

*Physiotherapy Client Outcomes
Center for Victims of Torture - Nairobi*

Pain and Discomfort Inventory (PDI)	N¹	Min.	Max.	Mean			Standard Deviation			Cohen's <i>d</i>²
				Intake	3-month	6-month	Intake	3-month	6-month	
How much pain or discomfort are you feeling right now?	266	0	5	2.48	1.14	1.12	1.00	1.19	1.05	1.33
In the last 7 days, how much pain or discomfort did you feel when the pain was at its worst?	232	0	5	3.22	1.64	1.66	0.91	1.35	1.21	1.46
In the last 7 days, how much pain or discomfort did you feel when the pain was at its least?	231	0	5	1.81	0.65	0.74	0.81	0.91	0.88	1.27
How much pain or discomfort do you feel most of the time?	265	0	5	2.59	1.12	1.14	0.73	1.06	0.97	1.69
Without treatments or medications (if any), how much pain or discomfort do you feel?	232	0	5	2.95	1.37	1.51	0.81	1.12	1.12	1.47
When you take treatments or medications [discussed earlier], how much pain or discomfort do you feel?	14	0	5	1.93	1.36	1.29	0.73	1.39	0.99	0.74
<i>Please indicate how much pain or discomfort has interfered with your...</i>										
General Activity	232	0	3	1.57	0.75	0.75	0.69	0.80	0.76	1.13
Mood	232	0	3	0.83	0.27	0.31	0.73	0.52	0.52	0.82
Walking Ability	231	0	3	1.12	0.42	0.51	0.80	0.70	0.72	0.80
Normal Work (both work outside the home and housework)	230	0	3	1.44	0.51	0.64	0.75	0.70	0.74	1.07
Relations with Other People	231	0	3	0.67	0.16	0.24	0.77	0.42	0.48	0.67
Sleep	231	0	3	1.00	0.40	0.37	0.78	0.60	0.58	0.92
Enjoyment of Life	229	0	3	0.95	0.41	0.48	0.60	0.54	0.58	0.80
Appetite	230	0	3	0.47	0.20	0.19	0.69	0.46	0.43	0.49

¹ N indicates total number of clients with completed intake, 3-month, and 6-month assessments.

² Effect size between intake and 6-months. For all items, there is a significant difference between intake and 6-months at .001-level in paired sample t-tests.

Disability Rating Index (DRI)	N ¹	Min.	Max.	Mean			Standard Deviation			Cohen's <i>d</i> ²
				Intake	3-month	6-month	Intake	3-month	6-month	
<i>How do you manage the following activities?</i>										
Dressing (without help)	144	0	100	20.50	3.65	2.36	29.85	9.96	6.82	0.84
Outdoor walks	144	0	100	28.67	11.58	9.37	26.86	17.60	14.02	0.90
Climbing stairs	144	0	100	28.26	19.00	14.07	24.00	21.47	17.69	0.67
Sitting longer time	144	0	100	34.26	18.15	17.92	23.00	20.80	22.90	0.71
Standing bent over sink	144	0	100	23.22	13.92	13.54	23.32	18.60	19.50	0.45
Carrying a bag	144	0	100	18.37	10.02	9.46	22.68	16.36	13.08	0.48
Making a bed	144	0	100	17.45	8.75	9.03	21.71	12.68	14.42	0.46
Running	144	0	100	44.74	40.22	35.34	30.20	32.08	29.06	0.32
Light work	144	0	100	17.91	7.90	10.58	19.26	10.79	14.63	0.43
Heavy work	144	0	100	66.99	53.59	55.81	31.34	29.91	31.30	0.36
Lifting heavy objects	144	0	100	65.67	54.94	56.45	35.09	30.05	33.01	0.27
Participating in exercise & sports	141	0	100	28.09	17.74	20.99	24.63	16.09	18.26	0.33
¹ N indicates total number of clients with completed intake, 3-month, and 6-month assessments. ² Effect size between intake and 6-months. For all items, there is a significant difference between intake and 6-months at .001-level in paired sample t-tests.										

For any questions, please contact the CVT Research Department at research@cvt.org.