



Data Collection Worksheet

Please Note: The Data Collection Worksheet (DCW) is a tool to aid integration of a PhenX protocol into a study. The PhenX DCW is not designed to be a data collection instrument. Investigators will need to decide the best way to collect data for the PhenX protocol in their study. Variables captured in the DCW, along with variable names and unique PhenX variable identifiers, are included in the PhenX Data Dictionary (DD) files.

One Leg Stand

a) Describe the position.

Script: "I would like you to try to stand on one leg for 30 seconds. You may stand on either leg, whichever is more comfortable. I'll demonstrate."

b) Demonstrate the one leg stand by lifting the opposite leg so that the toes are about 2 inches off the floor. The knee should be flexed. While demonstrating say:

Script: "Try to hold your foot up until I say stop. If you lose your balance put your foot down."

c) Allow the participant to hold onto your arm to get balanced. Say:

Script: "Hold onto my arm while you get in position. When you are ready, let go."

Start timing when the participant lets go.

Stop the stopwatch if they take a step or grab a support. Record to 0.01 second how long participant is able to hold this position.

Say, "STOP" after 30 seconds.

d) If the participant holds the position for 30 seconds, stop the exam. Otherwise, perform a second trial of the One Leg Stand.

Script: "Now, let's do the same thing one more time."

Score as follows:

If the participant refuses to do the test or cannot understand the instructions, score "Participant refused."

If the examiner does not allow the participant to attempt a stand, score "Not attempted, unable."

If the participant cannot attain the position at all or cannot hold it for at least one second, score "Unable to attain position or cannot hold for at least one second."

Record to 0.01 second how long participant is able to hold each position.

Protocol source: <https://www.phenxtoolkit.org/protocols/view/170801>