

Columbia University Disability Questionnaire for Essential Tremor

Overview: The Columbia University Disability Questionnaire for Essential Tremor (CADET Columbia University Assessment of Disability in Essential Tremor) is a 36 item instrument that can be used to quickly evaluate a patient with essential tremor. The authors are from Columbia University in New York City.

Functional ability:

- (1) signing your name
- (2) writing a letter postcard thank you note or check
- (3) typing
- (4) placing a letter in an envelope
- (5) drinking from a glass
- (6) pouring milk or juice from a bottle
- (7) carrying a cup of coffee
- (8) using a spoon to drink soup
- (9) carrying a tray of food
- (10) eating in a restaurant
- (11) inserting a coin in a pay telephone or a washing machine
- (12) dialing a telephone
- (13) holding a telephone to your ear
- (14) buttoning your buttons
- (15) tying your shoelaces
- (16) zipping up a zipper
- (17) putting on your eyeglasses
- (18) putting on your contact lenses
- (19) using eye drops
- (20) cutting trimming or filing your nails
- (21) putting on your watch
- (22) brushing your teeth
- (23) replacing a dollar bill in your wallet or purse
- (24) reading a book magazine or newspaper

(25) unlocking a door with a key

(26) threading a needle

(27) using a screwdriver

(28) screwing in a light bulb

(29) placing a plug in an electric socket

(30 male) tying your necktie

(30 female) putting on lipstick

(31 male) shaving

(31 female) putting on your eyeliner

Additional questions:

(32) Does your voice almost always tremble when you talk?

(33) Does your head often shake uncontrollably?

(34) Does your tremor often embarrass you?

(35) Do you have uncontrollable tremor in your legs?

(36) Do you have uncontrollable tremor in your trunk?

Responses for items 1 to 31:

(1) Do you have difficulty or disability in performing the task?

(2) If no difficulty then do you need to modify the way you perform the task?

(3) If no difficulty then have you experienced a loss of efficiency when performing the task?

(4) not applicable

Response for items 1 to 31	Score
normal (no disability no need to modify activity no loss of efficiency)	0
no disability but need to modify	1
no disability but loss of efficiency	1
unable to perform at all (disabled)	2

Response for items 32 to 36	Score
never or not a problem	0
occasional	1
can control	1
always or uncontrollable	2

total score = SUM(points for applicable items)

percent disability = (total score) / (2 * (number of applicable items)) * 100%

Interpretation:

- minimum total score: 0
- maximum total score: 72
- The higher the score the greater the degree of disability.

Performance:

- The questionnaire is valid based on performance relative to quantitative computerized tremor analysis.
- The test shows test-retest reliability when used on separate occasions.
- The disability measurement was independent of depression anxiety or general disability.

References:

Louis ED Wendt KJ et al. Validity of a performance-based test of function in essential tremor. 1999; 56: 841-846.

Louis ED Barnes LF et al. Validity and test-retest reliability of a disability questionnaire for essential tremor. Movement Disorders. 2000; 15: 516-523. (Appendix page 523).

Wendt KJ Albert S et al. The Columbia University Assessment of Disability in Essential Tremor (CADET): methodologic issues in essential tremor research. J Parkinsonism and Related Disorders. 2000; 6: 17-23.