

## LETTER TO THE EDITOR

**Electronic activity of daily living: a proposal of a new evaluation tool**Chia-Chun WU,<sup>1,2</sup> Yi-Nuo SHIH<sup>1,3,4</sup><sup>1</sup>Department of Occupational Therapy, College of Medicine, Fu Jen Catholic University<sup>2</sup>Division of Psychiatry, Fu Jen Catholic University Hospital<sup>3</sup>Department of Psychiatry, Wan Fang Medical Center, Taipei Medical University<sup>4</sup>Psychiatric Research Center, Wan Fang Medical Center, Taipei Medical University*Correspondence:* Yi-Nuo Shih, Ph.D., 510 Chung Cheng Road, Hsinchuang, New Taipei City 24205, Taiwan. E-mail: 062161@mail.fju.edu.tw*Disclosure:* The authors have no potential conflicts of interest to disclose.**Key words:** *activities of daily living, e-operation, independence of life, Shih-Wu EADL Evaluation Tool (SWEET)***Dear Editors,**

Activities of daily living (ADLs) are an important issue for occupational therapists (Legg, 2017; Kaldenberg, 2020). ADLs include dressing, eating, attending to hygiene, using the toilet, and recreational and social activities. They can be divided into basic activities of daily living (BADLs) and instrumental activities of daily living (IADLs). IADLs are generally activities that are thought to be more complex in nature than BADLs, and typically include cooking, housekeeping, managing medication and money, shopping, and using the telephone. All are related to whether a person can live independently (Ayres, 2015; Kaldenberg, 2020; Legg, 2017; Moore, 2010). Tools used in evaluation of ADLs are of great value to occupational therapists (Pashmdarfard, 2020).

Over time, many ADLs have changed, and the increased use of electronics in relation to ADLs is an important trend (de Boer, 2016). Many ADLs may increasingly be carried out electronically, including the aforementioned management of health and finances, shopping, and recreational and social activities. Meanwhile, many patients are unfamiliar or uncomfortable with the operation of electronic devices, and their experiences of BADLs and IADLs may differ from in the past.

Electronic activities of daily living (EADLs) may include electronic money management, social activity, shopping and recreation. Electronic money management refers to computerized banking, electronic transactions, online payments, transfers or tax returns. Commerce is similarly increasingly conducted online, and fewer physical stores are predicted for the future, requiring widespread adjustment of habits.

Meanwhile, many social and recreational activities no longer in person, and are instead conducted through online video or social media, including online gatherings and discussions. Moreover, many leisure activities and games are also becoming electronic, for example, movies, television and music and even books are now often accessed online. Until recently, many of these ADLs were solely carried out in a traditional fashion, and adaption to an electronic-based lifestyle is becoming increasingly necessary. Whether patients can perform EADLs will depend on whether they can adapt to these innovations. We therefore designed a new tool to evaluate performance of EADLs.

Based on our experiences in evaluation of patients in clinical practice and clinical studies (Shih, 2020, 2022), we propose an early-stage exemplary 25-item questionnaire that includes items on e-money management, e-social activity, e-shopping, and e-recreation.

According to the definition of EADLs in this proposal, our questionnaire (Table 1), the Shih-Wu EADL evaluation tool (SWEET), can be used as reference when testing the EADL performance of individual patients. Two points are assigned to each question, 50 in total.

Many patients have cognitive impairment in daily life (Moore, 2010; Pashmdarfard, 2020), which may affect their ability to comfortably perform EADLs. Discussion of the issues affecting ADLs has previously focused upon discussion of BADLs and IADLs. Irrespective of whether BADL or IADL, ADLs now requires additional assessment with consideration of modern e-style activities. It is thought that SWEET can be used to evaluate most EADLs. SWEET is cur-

**Table 1.** Shih-Wu EADL evaluation tool (SWEET)

Question	Your answer	Score
1. Can you type?		
2. Have you used communication/social media software in the past three months?		
3. Can you use digital maps?		
4. Could you register for the hospital online?		
5. Can you do online shopping?		
6. Can you search for information online?		
7. Can you transfer/remit money to an ATM?		
8. Can you order/take food smoothly?		
9. Can you use electronic tickets?		
10. Can you use electronic payment?		
11. Can you use Health Care ordering service?		
12. Can you watch videos online?		
13. Can you listen to music online?		
14. Can you use video software?		
15. Can you scan QR codes?		
16. Could you search for transportation times using an electronic device?		
17. Have you ever used a Taxi-hailing service?		
18. Can you file tax returns online?		
19. Can you use your mobile phone to take pictures?		
20. Can you use mobile phone to record video?		
21. Can send and receive e-mail?		
22. Have you ever used e-books?		
23. Can you use a cloud drive?		
24. Can you use your mobile phone to set an alarm clock?		
25. Can you use e-invoice/carrier?		

rently an early concept proposal and requires testing by for content validity, and test-retest reliability, so further revisions are expected.

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