

THE FiND QUESTIONNAIRE

The self-reported screening tool for detecting community-dwelling older persons with frailty syndrome in the absence of mobility disability (The FiND Questionnaire) - English version (Cesari et al. PLoS One 2014;9:e101745)

Domain	Questions	Answers	Score
Disability	A. Have you any difficulties at walking 400 meters?	a. No or some difficulties	0
		b. A lot of difficulties or unable	1
	B. Have you any difficulties at climbing up a flight of stairs?	a. No or some difficulties	0
		b. A lot of difficulties or unable	1
Frailty	C. During the last year, have you involuntarily lost more than 4.5 kg?	a. No	0
		b. Yes	1
	D. How often in the last week did you feel than everything you did was an effort or that you could not get going?	a. Rarely or sometimes (twice or less/week)	0
		b. Often or almost always (3 or more times per week)	1
	E. Which is your level of physical activity?	a. Regular physical activity (at least 2–4 hours per week)	0
b. None or mainly sedentary		1	

If $A+B \geq 1$, the individual is considered as "disabled".
 If $A+B = 0$ and $C+D+E \geq 1$, the individual is considered as "frail".
 If $A+B+C+D+E = 0$, the individual is considered as "robust".
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The FiND questionnaire consists of five different questions. Two questions (A and B) are specifically aimed at identifying individuals with mobility disability (an early stage of the disabling process [16, 21]). For the present analyses, the presence of mobility disability was defined as "a lot of difficulties" or "inability" at performing at least one of these two tasks. Three additional questions (items C–E) were aimed at assessing signs, symptoms, or conditions commonly considered as components of the frailty syndrome [10]: weight loss (item C), exhaustion (item D), and sedentary behavior (item E). In the present analyses, participants presenting one or more frailty criteria in the absence of mobility disability (items A and B) were considered as "frail". It is noteworthy that the weight loss and exhaustion criteria included in the FiND questionnaire are exactly the same of those originally proposed in the frailty phenotype. Participants reporting no mobility disability as well as no frailty criterion were considered as robust at the FiND questionnaire.