

**Procedure:** The SOAPD is completed by a rater who has been trained to identify the behaviors contained in each of the items and determine their levels of intensity. The rater can observe the person with dementia in any setting (e.g., own room, outside in a garden, public room watching TV) for a 5-minute period. The person with dementia should not be interacting with another person.

Familiarize yourself with the SOAPD item definitions on page 2 and the times of the duration categories (noted below). You should be able to define the seven items from memory so that you can concentrate solely on listening to the person and observing his or her expressions and movements as you complete the SOAPD.

**Duration Categories:** There are four duration categories:

0 = not present

1 (short) = < 16 seconds

2 (medium) =  $\geq 16$  seconds to < 2.5 minutes

3 (long) =  $\geq 2.5$  minutes to 5 minutes

**Scoring:** All seven items must be scored. Five SOAPD items have intensity of the behavior built into their definitions and are scored for their presence and duration during 5 minutes. Two items are rated for intensity based on three options (mild, moderate, extreme). Rate these items' appropriate intensity and then their duration.

**SOAPD Rating Forms:** Three rating forms are provided. The SOAPD can be used in research and in the clinical setting. The intent and resources of the project will determine the appropriate version for use.

1. **Original SOAPD:** Consists of two forms. *Form 1* is the rating form used by observers to score the duration of those items present. There are seven items total, with the intensity of the behavior built into five items that are scored for their duration during the 5-minute rating period. The other two items have ranges of intensity (mild, moderate, extreme). Observers rate the intensity (highest intensity observed during the 5-minute rating period) of that behavior and then score its duration. These two items are color coded on the form to remind observers that the behavior is rated only once (for the duration of the highest intensity observed). *Form 2* is the algorithm for computing the weighted scores. This is the system used in the original research. The score range is 0 to 4,445.3.
2. **Combined SOAPD Rating/Scoring Form:** One form using the actual magnitude estimated weighted scores. This form combines the observational form with the algorithm for computing scores. The score range is 0 to 4,445.3. This one form reproduces the original work.
3. **Abridged SOAPD Rating/Scoring Form:** This form uses whole integers to weight the items (based on the original magnitude estimation [MES] by dividing the MES score of the shortest duration by 0.03 and rounding). Durations medium and long are multiplied by 2 and 3, respectively. This form provides a range of scores from 0 to 135. This system has not been tested empirically, but it appears equivalent to the original MES weighted scores, which ranged from 0 to 4,445.3. Multiplying the highest potential score of 4,445.3 by 0.03 = 133.4 indicates correspondence between the MES original scoring system and this abridged version.

## Item Definitions

1. **Total Body Movements from One Place:** The whole body is moving in a repetitive way. There is a sense of urgency, speed, hyperactivity, restlessness, or purposelessness. Includes a) disturbed pacing and disturbed walking (e.g., repetitively walking back and forth, either following a pattern or walking hyperactively with no apparent pattern); b) moving while confined to a chair (e.g., attempting to move or scoot a chair, geriatric chair, or wheelchair either back and forth or down the hall).
2. **Up/Down Movements:** A person's body actions are carried out in more than one place and with more speed and/or intensity than is used for purposeful or goal-directed activity. Includes a) getting up, sitting down, and then getting back up repetitively; b) repeated attempts to get out of a chair or to climb out of bed; c) sitting up in bed, lying back down, then sitting up repetitively; d) rolling from one side of the bed to the other repetitively.
3. **Repetitive Body Motions in Place:** This category involves repeated movements (not directed outwardly; includes self and clothes) that have a restless or fidgeting quality. A restless quality appears jittery, tense, nervous, uneasy, or unsettled. A fidgeting quality includes body movements that look like one is squirming or "itchy-twitchy." A key to this category is that the movement is done repetitively. Includes a) rubbing parts of the body, such as the thighs, hands, or feet, or rubbing a body part against a surface; b) picking at clothes (as if to remove lint that is not there); c) clapping; d) hand-wringing; e) scratching; f) squeezing; g) tapping (continuous movement of feet or fingers on a surface); h) rocking in place; i) marching in place; j) clothing actions (taking off or putting on shoes or clothing). The action may result in the person wearing more or less clothing than others in the same environment or being in undergarments in a nonprivate setting.
4. **Outward Motions:** Body actions of the extremities that are directed outward. Generally this category consists of repetitive behaviors that involve contact with a surface, object, or person, such as a) hitting; b) pinching; c) pushing; d) shoving; e) punching; f) threatening gestures (universally understood motions that cause alarm or signal that a harmful behavior may follow, such as shaking a clenched fist or pointing a finger at someone); g) banging or pounding on a table, door, or other object; h) kicking; i) elbowing or jabbing; j) slapping; k) throwing objects inappropriately (e.g., throwing food and other objects on the floor); l) messing (playing or randomly spreading substances, such as food/feces/soap); m) shaking or moving an object back and forth; n) flipping objects (randomly and purposelessly flipping papers or the pages of books or magazines); o) tapping, scratching, or rubbing an external surface.
5. **High-Pitched or Loud Noises:** Words or other sounds that are louder than usual or that have a high-pitched quality or tone. A key to this category is that the sound is louder or higher-pitched than conversational level. Includes a) calling out, b) shouting or yelling, c) crying out (an inarticulate sound of distress with a shrill tone), d) screaming (sounds with a high-pitched or wailing tone).
6. **Repetitive Vocalizations:** Words or sounds that are made over and over again. It can also include repeated requests for information or other assistance and running streams of talk or self-talk in which only some words are repeated. Includes a) repeated requests for information (using a few words over and over in a questioning tone, such as "Where am I?" or "Can I go home now?"); b) repeated words; c) whining (repeating words or sounds in a moaning, groaning, or sing-song manner); d) muttering (low-volume sounds that may include garbled speech or words with a grumbling tone); e) mumbling (using a low-volume, complaining tone; babbling); f) rapid speech (speaking at a rate faster than the speed of conversational speech); g) crying; h) self-talk.
7. **Negative Words:** Words that express negativity or a tone that is argumentative or demanding. Includes a) name calling (using a negative name for an individual); b) swearing, cursing, or profane language; c) hostile, threatening language (words and phrases with a belligerent or menacing theme, such as "Get away from me" or "Don't come near me"); d) abusive or obscene language (using insulting or lewd words); e) argumentative language (using quarrelsome speech with a heated tone of voice, such as "I don't have to . . ."); f) demanding (calling urgently, such as "I want to eat now").

## Scale for Observation of Agitation in Persons with Dementia of the Alzheimer Type (SOAPD)

Patient Identification Number: \_\_\_\_\_ Patient Unit: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Rater: \_\_\_\_\_

**Instructions:** Place a check in the block that matches the item's duration. *All 7 items must be scored.* For items 3 and 4, select the intensity observed for the majority of the rating period and then score the item's duration.

Items		Duration				
Item #	Label/Intensity	Not present (0)	Short < 16 seconds (1)	Medium ≥ 16 seconds to < 2.5 minutes (2)	Long ≥ 2.5 to 5 minutes (3)	Score
1	Total Body Movements from One Place					
2	Up/Down Movements					
<b>For Item # 3: Select the highest intensity observed and score that duration only.</b>						
3-a	Repetitive Motions in Place (MILD)					
3-b	Repetitive Motions in Place (MODERATE)					
3-c	Repetitive Motions in Place (EXTREME)					
<b>For Item # 4: Select the highest intensity observed and score that duration only.</b>						
4-a	Outward Motions (MILD)					
4-b	Outward Motions (MODERATE)					
4-c	Outward Motions (EXTREME)					
5	High-Pitched or Loud Noises					
6	Repetitive Vocalizations					
7	Negative Words					

## Weights for Computing the Weighted Scores for the SOAPD

Each observation form with raw data should have seven checks in a duration box. Rename the items and recode checks to the following weighted scores.

Items		Duration			
Item #	Label/Intensity	Not present (0)	Short (1)	Medium (2)	Long (3)
1	Total Body Movements from One Place	0	188.9	377.8	566.7
2	Up/Down Movements	0	194.2	388.4	582.6
3-a	Repetitive Motions in Place (MILD)	0	37.3	74.6	111.9
3-b	Repetitive Motions in Place (MODERATE)	0	98.7	197.4	296.1
3-c	Repetitive Motions in Place (EXTREME)	0	191.7	383.4	575.1
4-a	Outward Motions (MILD)	0	36.5	73.0	109.5
4-b	Outward Motions (MODERATE)	0	100.0	200.0	300.0
4-c	Outward Motions (EXTREME)	0	236.3	472.6	708.9
5	High-Pitched or Loud Noises	0	262.4	524.8	787.2
6	Repetitive Vocalizations	0	179.6	359.1	538.8
7	Negative Words	0	229.0	458.0	687.0

Sum the seven weighted scores to be the SOAPD total. The physical items (1–4) and verbal items (5–7) may also be summed to form subscale scores.

## SOAPD Combined Rating/Scoring Form

Patient Identification Number: \_\_\_\_\_ Patient Unit: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Rater: \_\_\_\_\_

**Instructions:** Circle the appropriate duration for each vocalization/movement's intensity and transfer this number to the score column.

<i>Items</i>		<i>Duration</i>				<i>Score</i>
<i>Item #</i>	<i>Movement/Intensity</i>	<i>Not present</i>	<i>Short</i>	<i>Medium</i>	<i>Long</i>	
1	Total Body Movements from One Place	0	188.9	377.8	566.7	
2	Up/Down Movements	0	194.2	388.4	582.6	
3-a	Repetitive Motions in Place (MILD)	0	37.3	74.6	111.9	
3-b	Repetitive Motions in Place (MODERATE)	0	98.7	197.4	296.1	
3-c	Repetitive Motions in Place (EXTREME)	0	191.7	383.4	575.1	
4-a	Outward Motions (MILD)	0	36.5	73.0	109.5	
4-b	Outward Motions (MODERATE)	0	100.0	200.0	300.0	
4-c	Outward Motions (EXTREME)	0	236.3	472.6	708.9	
5	High-Pitched or Loud Noises	0	262.4	524.8	787.2	
6	Repetitive Vocalizations	0	179.6	359.1	538.8	
7	Negative Words	0	229.0	458.0	687.0	
<b>Total score</b>						

## SOAPD Abridged Rating/Scoring Form

Patient Identification Number: \_\_\_\_\_ Patient Unit: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Rater: \_\_\_\_\_

**Instructions:** Circle the appropriate duration for each vocalization/movement's intensity and transfer this number to the score column.

<i>Item</i>		<i>Duration</i>				<i>Score</i>
<i>Item #</i>	<i>Movement/Intensity</i>	<i>Not present</i>	<i>Short</i>	<i>Medium</i>	<i>Long</i>	
1	Total Body Movements from One Place	0	6	12	18	
2	Up/Down Movements	0	6	12	18	
3-a	Repetitive Motions in Place (MILD)	0	1	2	3	
3-b	Repetitive Motions in Place (MODERATE)	0	3	6	9	
3-c	Repetitive Motions in Place (EXTREME)	0	6	12	18	
4-a	Outward Motions (MILD)	0	1	2	3	
4-b	Outward Motions (MODERATE)	0	3	6	9	
4-c	Outward Motions (EXTREME)	0	7	14	21	
5	High-Pitched or Loud Noises	0	8	16	24	
6	Repetitive Vocalizations	0	5	10	15	
7	Negative Words	0	7	14	21	
<b>Total score</b>						