

Guide to using the Measure of Experiential Aspects of Participation (MeEAP)

MeEAP was designed to be conceptually aligned with the six experiential aspects of participation among people with physical disabilities (i.e., autonomy, belongingness, challenge, engagement, mastery, and meaning)¹. It was also designed to be relevant across the employment, mobility, sport, and exercise life domains.

Before responding to MeEAP items, it is important to first assess whether respondents participate in the four life domains. Here is how we defined the four life domains in the validation of the MeEAP:

Employment: Refers to all paid work you have done in the past year. If you have worked more than one job in the past year, please answer the following questions by thinking of your primary employment.

Mobility: Refers to moving or getting around from one place to another in your home and community (e.g., travelling from place to place, wheeling or walking; moving as a driver or passenger, using a bus, a taxi or a car).

Sport: Refers to your participation in informal, recreational, competitive, or high-level sport (e.g., individual and/or team-sport).

Exercise: Refers to your exercise activities (e.g., attending an accessible gym, doing exercise on your own).

For each life domain, respondents need to indicate if they participated in the domain, in one of two ways: (1) yes/no or (2) five options that assess the satisfaction in the amount of participation for each life domain. For example:

Based on the description above, do you participate in [mobility, employment, exercise, or sport] activities?

Option 1:

- A. Yes
- B. No

Option 2:

- A. Yes – as much as I want
- B. Yes – but more than I want
- C. Yes – but less than I want
- D. No – but I would like to
- E. No – and I do not want to

Respondents are only directed to MeEAP items for the life domains in which they participate. Specifically, respondents who answer A in Option 1, or A, B, or C in Option 2 for a life domain, will be directed to the MeEAP. Any other responses will not result in being directed to the MeEAP for that life domain.



¹Martin Ginis, K. A., Evans, M. B., Mortenson, W. B., & Noreau, L. M. (2017). Broadening the conceptualization of participation of persons with physical disabilities: A configurative review of recommendations. *Archives of Physical Medicine and Rehabilitation*, 98, 395-402. doi: 10.1016/j.apmr.2016.04.017

Respondents rate their agreement with each MeEAP item using the following 7-point scale:

STRONGLY DISAGREE	DISAGREE	SOMEWHAT DISAGREE	NEITHER AGREE NOR DISAGREE	SOMEWHAT AGREE	AGREE	STRONGLY AGREE
1	2	3	4	5	6	7

Stem: When engaging in [employment/mobility/sport/exercise], I feel ...

1. I do what is desirable for me	1	2	3	4	5	6	7
2. Free to make my own choices	1	2	3	4	5	6	7
3. I fit in	1	2	3	4	5	6	7
4. Accepted by others	1	2	3	4	5	6	7
5. My skills match the level of difficulty of the activity	1	2	3	4	5	6	7
6. I get just the right amount of challenge	1	2	3	4	5	6	7
7. Entirely focused on what I am doing	1	2	3	4	5	6	7
8. That time passes very quickly	1	2	3	4	5	6	7
9. I can achieve my goals	1	2	3	4	5	6	7
10. Confident in my skills/abilities	1	2	3	4	5	6	7
11. A sense of purpose	1	2	3	4	5	6	7
12. A sense of responsibility to others	1	2	3	4	5	6	7

SCORING THE MEASURE OF EXPERIENTIAL ASPECTS OF PARTICIPATION (MeEAP)

Autonomy	Average of items 1 & 2
Belongingness	Average of items 3 & 4
Challenge	Average of items 5 & 6
Engagement	Average of items 7 & 8
Mastery	Average of items 9 & 10
Meaning	Average of items 11 & 12

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