

## Appendix - II

### BEHAVIORAL ASSESSMENT SCALES FOR INDIAN CHILDREN WITH MENTAL RETARDATION -BASIC —MR (PART A) BY MRS. DIPALI UPADHYAY & DR. CHIRAG UPADHYAY

Age level in yrs.	Item no.	DOMAIN-I MOTOR (M)
0-5	1	Retains two one inch cubes in one hand for 30 seconds.
	2	Claps hands
	3	Crawls a distance of 5 feet or more
	4	When made to stand, stands without support for a minimum of two minutes.
	5	Puts small objects into a container
	6	Uses thumb and index finger to pick up objects.
	7	From sitting position is able to stand
	8	From standing position, bends knees to squatting position
	9	Throws ball in any direction
	10	Walks minimum 5-10 steps
	11	Kicks ball in any direction
	12	Runs for minimum ten steps
	13	Climbs up chair
	14	Climbs upstairs using alternate feet
	15	Pours liquid from one glass o another without spilling
	16	Climbs down the stairs using alternate feet
	17	Turns pages singly from a book
	18	Jumps off the ground with both feet
	19	Opens the door
	20	Does simple physical exercises
	21	Throws ball at least five meters away before first bounce
	5-7	22
23		Swings for at least 2-3 minutes
24		Wipes blackboard clean using duster
25		Pushes a cycle tyre (male)/ Plays five stones (female)
26		Climbs at least eight to ten steps of a slide or ladder
27		Stands on one foot for minimum 30 seconds
28		Jumps from a height of 2 feet
29		Folds paper and inserts into an envelop
5-7	30	Walks on straight line at least 5-10 steps
	31	Plays marbles(male)/ hopscotch(female)
	32	Tears off a perforated sheet
	33	Throws ball into a basket
	34	Cuts along a straight line using scissors
	35	Hops on one foot or minimum 30 seconds
7-9	36	Plays ring games
	37	Threads a medium sized needle
9+	38	Strikes and lights a match stick within two attempts
	39	Rides a bicycle
	40	Skips



VIBES

FRESH

SH

Change the children's Lives...

**Age level in yrs.    Item no.    DOMAIN-H ACTIVITIES OF DAILY LIVING(ADL)**

**Eating**

- |            |          |  |
|------------|----------|--|
| <b>0-5</b> | <b>1</b> | Swallows liquid or semi-solid foods          |
|            | 2        | Drinks from cup or glass                     |
|            | 3        | Discriminates eatables from non-eatables     |
|            | 4        | Chews solid foods                            |
|            | 5        | Picks up food with fingers and puts in mouth |
| <b>5-7</b> | 6        | Peels banana/orange skin                     |
|            | 7        | Sucks water or liquid through a straw        |
|            | 8        | Mixes rice, dal and eats with hands/spoon    |

**Toileting**

- |            |    |   |
|------------|----|---|
| <b>0-5</b> | 9  | Indicates need to go to toilet                        |
|            | 10 | Reaches the toilet                                    |
| <b>5-7</b> | 11 | Removes under ware/pant before sitting on toilet seat |
|            | 12 | Washes self after use of the toilet                   |
|            | 13 | Hushes toilet after use                               |

**Brushing**

- |            |    |                                  |
|------------|----|----------------------------------|
| <b>0-5</b> | 14 | Wipes hands with towel/cloth     |
|            | 15 | Washes hands with soap and water |
| <b>5-7</b> | 16 | Brushes teeth                    |
|            | 17 | Spits paste                      |
|            | 18 | Cleans the tongue                |
|            | 19 | Applies paste on the tooth brush |

**Bathing**

- |            |           |                                   |
|------------|-----------|-----------------------------------|
| <b>0-5</b> | <b>20</b> | Pours water on self for bathing   |
|            | 21        | Wipes face with towel/cloth       |
| <b>5-7</b> | 22        | Washes face with soap and water   |
|            | 23        | Uses towel for drying body        |
|            | 24        | Removes soap from body with water |
|            | 25        | Applies soap on body              |

**Dressing**

- |            |    |  |
|------------|----|--|
| <b>0-5</b> | 26 | Takes off clothes when unbuttoned        |
|            | 27 | Puts on under pant or elastic knickers   |
|            | 28 | Unbuttons clothing                       |
|            | 29 | Puts on shirt/ frock (need not button)   |
|            | 30 | Puts on slippers on correct feet         |
|            | 31 | Buttons own clothing                     |
|            | 32 | Puts on pullover shirt/ skirt and blouse |
|            | 33 | Laces shoes or buckles sandals           |
|            | 34 | Ties knots                               |

**Grooming**

- |           |  |
|-----------|--|
| <b>35</b> | Applied powder on face/ body                           |
| 36        | Oils Hair  |
| 37        | Cuts nails with nail cutter / scissors                 |
| 38        | Puts on wrist watch                                    |
| 39        | Plaits hair (female) / Combs hair with parting (male)  |
| 40        | Looks after menstrual hygiene (female) / Shaves (male) |



VIVID FRESH  
 Changing Children's Lives...

**Age level in yrs.      Item no.      DOMAIN-III LANGUAGE (L)**

Receptive

- |     |    |  |
|-----|----|--|
| 0-5 | 1  | Locates items/persons on command by looking at them    |
|     | 2  | Responds to verbal/gestural commands                   |
|     | 3  | Follows simple commands that call for action           |
|     | 4  | Points to five body parts                              |
|     | 5  | Points to familiar objects                             |
|     | 6  | Points to picture in a book                            |
| 5-7 | 7  | Follows question forms, whose?                         |
|     | 8  | Follows post positions like in, on and under           |
|     | 9  | Carries out two sequential verbal or gestural commands |
|     | 10 | Follows question forms, which?                         |
|     | 11 | Follows questions forms, why?                          |
|     | 12 | Follows adjectives like big-small, up-down             |
| 7-9 | 13 | Follows the concept of whole-part                      |
|     | 14 | Follows three step directions                          |
|     | 15 | Identifies first, middle and last in a group           |
|     | 16 | Follows left, right                                    |
|     | 17 | Follows sight words                                    |
|     | 18 | Arranges pictures after listening to a story           |

Follows traffic signs/signals

- |    |                          |
|----|--------------------------|
| 20 | Follows voting rights _— |
|----|--------------------------|

Expressive

- |     |     |  |   |
|-----|-----|--|---|
| 0-5 | 21  | Imitates five vowel sounds                       |   |
|     | 22  | Uses yes/no by nodding of head                   |   |
|     | 23  | Indicates basic needs by pointing or gesturing   |   |
|     | 24  | Speaks five single words meaningfully            |   |
|     | 25  | When asked tells own name                        |   |
|     | 26  | Imitates sounds of animals and inanimate objects |   |
|     | 27  | Uses two words phrases                           |   |
|     | 28  | Tells use of five familiar objects               |   |
|     | 29  | Describes actions of people using words          |   |
|     | 30  | Uses words to indicate commands                  |   |
|     | 31  | Identifies sex                                   |   |
|     | 32  | Names five common vehicles                       |   |
|     | 33  | Names five common vegetables                     |   |
|     | 34  | Names five common fruits                         |   |
|     | 35  | Recites rhymes of atleast 3-4 lines              |   |
|     | 36  | Names five common animals                        |   |
|     | 7-9 | 37   | Uses adjectives like long-short, rough-smooth and clean-dirty |
|     |     | 38   | Uses complex sentences  |
| 9+  | 39  | Narrates simple jokes                            |   |
|     | 40  | Carries on simple conversation                   |   |



V  
W  
X  
Y  
Z  
Change Children's Lives...

**Age level in yrs.    Item no.    DOMAIN- IV READING-WRITING (RW)**

**Reading**

- 0-5**    **1**    Matches five similar objects  
           **2**    Matches five common objects to pictures in book  
           **3**    Matches five colours  
           **4**    Recognizes his/her name  
           **5**    Reads his/her name  
           **6**    Sorts five similar pictures into same category  
           **7**    Matches five three letter words

- 5-7**    **8**    Identifies five colours  
           **9**    Names five colours

- 7-9**    **10**    Reads five printed words  
           **11**    Reads names of parents  
           **12**    Reads two word phrases  
           **13**    Reads own address  
           **14**    Reads names of family members/friends  
           **15**    Reads short sentences  
           **16**    Reads sign boards

- 9+**    **17**    Reads small paragraphs  
           **18**    Reads large prints from magazines, newspapers etc.  
           **19**    Reads medium sized handwritten paragraphs  
           **20**    Reads short news items from newspapers

**Writing**

- 0-5**    **21**    Scribbles with chalk or pencil on a slate, floor or paper  
           **22**    Traces along a three-inch straight line  
           **23**    Traces along a circular object  
           **24**    Traces alphabets of own name  
           **25**    Copies alphabets of own name  
           **26**    Copies a straight line  
           **27**    Copies a circle  
           **28**    Draws a line connecting three dots  
           **29**    Writes own name

- 5-7**    **30**    Copies a square  
           **31**    Copies a triangle  
           **32**    Copies own address  
           **33**    Writes own address

- 7-9**    **34**    Copies five printed sentences  
           **35**    Writes 5-6 words on dictation  
           **36**    Writes five sentences on dictation

- 9+**    **37**    Writes a letter  
           **38**    Fills in an application  
           **39**    Writes a composition of minimum 40 words on simple topic  
           **40**    Writes a leave letter



WORLD SKILLS  
 Children's Lives...

Age level in yrs.	Item no.	DOMAIN-V NUMBER-TIME(NT)
		<u>Number</u>
0-5	1	Rote counts 1-5
	2	Separates one object from a group upon request
	3	Discriminates between less and more
	4	Matches identical number of concrete objects
5-7	5	Recognizes written number from 1-10
	6	Writes number sequentially from 1-10
	7	Picks up specifies number of objects up to five
	8	Arranges number symbols sequentially from 1-5 in an order
	9	Follows directions to fill up to half glass
	10	Adds single digit number within 10
	11	Subtracts single digit number within 10
7-9	12	Writes numerals up to 100 on random dictation
	13	Does two-digit addition without carry over
	14	Does two-digit subtraction without borrowing
	15	Does two-digit addition with carry over
	16	Does two-digit subtraction with borrowing
9+	17	Names Math symbols
	18	Measures liquid using measuring cups
	19	Weighs objects using weighing scale
	20	Uses calculator for basic arithmetic operations
		<b>Time</b>
0-5	21	Associates time/events to routine school activities
	22	Associates watch/clock with time
	23	Follows 'now', 'later', 'hurry', 'wait'
	24	Tells correctly if it is day or night
	25	Tells correctly if it is morning or evening
	26	Follows yesterday, tomorrow and today
5-7	27	Tells hour and minute hands on the clock
	28	Names and identifies days of the week
	29	Counts by five's
7-9	30	Tells time by hour
	31	Tells own age in years
	32	Names and identifies months of the year
	33	Associates time with work routine
	34	Tells time by quarter hour
	35	Tells date of birth
9+	36	Tells day, month and year
	37	Reads and uses a calendar
	38	Tells time to the minutes on the clock
	39	Reminds on prefixed time
	40	Sets watch to correct time



V
S
H

Change Your Lives...

Age level in yrs.	Item no.	DOMAIN-VI DOMESTIC-SOCIAL(DS)
		<u>Domestic</u>
0-5	1	Keeps things at place when asked to
	2	Collects waste and puts away in the waste paper basket
	3	Dust/wipes table, chairs
5-7	4	Waters plants
	5	Sweeps floor using a broom
	6	Wets/mops floor
7-9	7	Wets/mops floor
	8	Serves eatables
	9	Washes utensils
	10	Washes clothes
	11	Cuts vegetables
9+	12	Lights a gas/kerosene stove
	13	.Prepares tea/coffee
	14	Prepares dough for chapatti/puris
	15	Prepares simple breakfast items
	16	Sews buttons
	17	Cooks rice or other food items
	18	Prepares a curry / subji
	19	Irons own cotton clothes
	20	Prepares a complete meal
		<u>Social</u>
0-5	21	Responds with correct gestures when said ta-ta
	22	Responds to own name by turning his/her head
	23	Identifies teacher by her name
	24	Goes inside school yard and comes back
	25	Shares food or toys with other children
5-7	26	Greets others
	27	Seeks permission to go out
	28	Sings/dances with others
	29	Offers help to teachers in classroom/ school chores
	30	Knows duties of various occupations
	31	Waits for his turn with 4-5'other children
	32	Plays with 4-5 children
7-9	33	Comes and goes to school unattended when the school is within the same neighborhood
	34	Says 'Please' and 'Thank you'.
	35	Introduces himself to others
	36	Plays with children for 20 minutes in cooperative play/activity
	37	Can cross road
	38	Goes to home from school or vice versa outside his neighborhood
9+	39	Receives or gives message taken on phone or in person
	40	Travels in a bus on own



V K W F S H  
 Children's lives...

**Age level in yrs.    Item no.    DOMAIN-VII PRE-VOCATIONAL- MONEY (PV)**

**Pre-Vocational**

- |     |    |   |
|-----|----|---|
| 0-5 | 1  | Carries notice/messages from one classroom to another |
|     | 2  | Brush paints  |
| 5-7 | 3  | Uses a pencil sharpener                               |
|     | 4  | Sticks using gum or glue.                             |
|     | 5  | Cuts simple shapes                                    |
|     | 6  | Rings school bell on time                             |
|     | 7  | Clips using stapler                                   |
|     | 8  | Makes holes using punching machine                    |
|     | 9  | Stacks objects into groups                            |
|     | 10 | Puts away things in appropriate places after use      |
|     | 11 | Assembles similar objects of three to four sizes      |
|     | 12 | Nails and hangs a calendar                            |
|     | 13 | Uses a screw driver to insert or remove screws        |
| 9+  | 14 | Tells date of National festivals                      |
|     | 15 | Makes a garland using flowers                         |
|     | 16 | Applies medicine on a cut                             |
|     | 17 | Does simple hemming work                              |
|     | 18 | Plants a sapling                                      |
|     | 19 | Tells names of important people                       |
|     | 20 | Wraps a gift box                                      |

**Money**

- |     |    |  |
|-----|----|--|
| 0-5 | 21 | Sorts coins from other similar metal objects       |
|     | 22 | Aware that money can buy things                    |
|     | 23 | Keeps money safely                                 |
|     | 24 | Selects a rupee note from other paper objects      |
|     | 25 | Sorts out mixed coins                              |
|     | 26 | Identifies/ names denominations of all coins       |
|     | 27 | Identifies/ names currency notes up to 10          |
|     | 28 | Rank orders coins                                  |
| 7-9 | 29 | Adds collects coins to make a rupee                |
|     | 30 | Makes purchases within ire.                        |
|     | 31 | Makes purchases within 1 Re. With correct change   |
|     | 32 | Makes purchases up to Rs2 with correct change      |
|     | 33 | Knows transactional value for item below Rs.10     |
| 9+  | 34 | Calculate change up to 10 rupees                   |
|     | 35 | Makes purchases up to Rs.5 with correct changes    |
|     | 36 | Makes purchases up to Rs.10 with correct changes   |
|     | 37 | Knows transactional value for items up to Rs.100/- |
|     | 38 | Maintains account of money in a piggy bank         |
|     | 39 | Deposits money in a bank                           |
|     | 40 | Withdraws money from bank                          |



WORLD FRESH  
change children's Lives...