Test-retest reliability of a Swedish version of the Weekly Calendar Planning Activity (WCPA) – a performance test of executive function

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Background

Weekly Calendar Planning Activity (WCPA) is a performance test that aims to assess executive functioning in planning everyday activities. During the test, the client is to enter a list of 17 appointments into a weekly calendar, while taking a number of rules into consideration. The test is ended by an interview were the client has the opportunity to reflect on his/her performance and how to do differently next time. There are outcomes such as total time, entered appointments, accurate appointments and strategies used. The original American version of WCPA has shown good clinical relevance, proper psychometric characteristics but also some possible learning effects that might be a problem if using WCPA as an outcome measure in interventions focusing e.g. time management skills. Thus, the aim of this study was to explore a Swedish version of WCPA regarding test-restest reliability

Method

Twenty-four adults in working age, with self-rated difficulties in time-management and everyday activity planning, were included; 16 with psychiatric/neuropsychiatric diagnoses and eight with mild intellectual disability. For each participant, the test was conducted three times with two weeks interval between each test. Data was analyzed with descriptive and comparing statistics.

Results

Preliminary analyses show relatively stable results regarding total time, number of entered appointments and strategies used were stable over the three test occasions. There was a tendency of a learning effect in number of accurate appointments between test 1 and 2, but stable between test 2 and 3. Final results will be presented at the conference.

Conclusions

The Swedish version of WCPA seems to show stable test-retest reliability. Only limited learning effects were found which indicates that WCPA could be used as a performance outcome measure in intervention studies focusing activity planning and time management skills.