Improving Modified Rankin Scale Assessment With a Simplified Questionnaire

Askiel Bruno, MD; Neel Shah, BS; Chen Lin, BS; Brian Close, BS; David C. Hess, MD; Kristin Davis, MD; Vanessa Baute, MD; Jeffrey A. Switzer, DO; Jennifer L. Waller, PhD; Fenwick T. Nichols, MD

Background and Purpose—The modified Rankin Scale (mRS) is a popular primary stroke outcome measure, but its usefulness is limited by suboptimal reliability (inter-rater agreement).

Methods—We developed and tested the reliability of a simplified mRS questionnaire (smRSq) in 50 patients after stroke seen in outpatient clinics. Randomly chosen paired raters administered the smRSq within 20 minutes of each other and the ratings were blinded until the end of this study.

Results—Agreement among the raters was 78%, the κ statistic was 0.72 (95% CI, 0.58–0.86), and the weighted κw statistic taking into account the extent of disagreement was 0.82 (95% CI, 0.72–0.92). The average time to administer the smRSq was 1.67 minutes.

Conclusions—The smRSq appears to have very good reliability that is similar to that of a structured interview mRS and is considerably less time-consuming. (Stroke. 2010;41:1048-1050.)

Key Words: clinometrics ▪ modified Rankin Scale ▪ outcome assessment

R eliability (consistency) of measurements is of paramount importance in scientific research.1 The modified Rankin Scale (mRS)2 is a popular primary outcome measure in acute stroke trials, but its usefulness is limited by suboptimal reliability (inter-rater agreement). There is considerable variability in the reported reliability of the mRS.3 A structured interview mRS that takes ≈15 minutes to administer was developed to help improve the mRS reliability.4 In a recent systematic review the overall agreement between mRS raters without a standardized rating approach was 71%, the kappa (κ) statistic was 0.46 (95% CI, 0.41–0.51), and the weighted kappa (κw) statistic, taking into account the extent of all disagreements, was 0.90 (95% CI, 0.86–0.94).3 Using the structured interview mRS, the overall agreement was ≈73%, κ was 0.62 (95% CI, 0.56–0.69), and κw was 0.87 (95% CI, 0.75–1.00).3,5,6 Inter-rater agreement was significantly improved with the structured interview mRS among raters with varied professional backgrounds,7 which simulates a multi-center clinical trial. In an effort to simplify, standardize, and increase further the reliability of the mRS, we developed a simplified mRS questionnaire (smRSq) and tested it among raters with varied professional experiences.

Materials and Methods

Four stroke faculty members with a total of 63 years experience applying the traditional unstructured mRS jointly created the smRSq (Figure). Using the key issues distinguishing between consecutive mRS categories, we created relatively simple questions that could be answered “yes” or “no” by patients or caregivers with little or no explanation. The key mRS issues were having no residual symptoms (0), being able to resume all prestroke activities (≤1), being able to live independently (≤2), being able to walk without assistance (≤3), and not requiring constant supervision (≤4).

We screened patients for this study consecutively in 4 weekly clinics staffed by the stroke specialists and in 2 weekly resident continuity clinics at the Medical College of Georgia. Eligibility for this study required a diagnosis of ischemic or hemorrhagic stroke 1 to 12 months before the assessment and having been discharged from acute care. The diagnosis of stroke required documentation of a sudden focal neurological deficit lasting longer than 24 hours and cerebral neuroimaging showing no other cause.

The 9 mRS web-certified8 raters in this study included 4 faculty stroke specialists, 2 neurology residents, 2 second-year medical students, and a stroke coordinator. We generated a random list of paired raters before this study began. The order of the paired raters was also random. The 2 raters administered the smRSq within 20 minutes of each other. If either of the designated paired raters was unavailable to administer the smRSq when a patient was enrolled, then the next pair of raters was called until a randomly selected pair was available. Ratings were performed face-to-face with patients and their caregivers by asking the prespecified questions (Figure). The 2 interviews of each patient were performed in an independent fashion. In cases of persistent disagreement between patients and their caregivers, the caregivers’ answers were accepted as more accurate.9 Each rater’s scores were concealed in envelopes from the other raters until all subjects were rated.

After rating all 50 patients in this study, the results were tabulated and analyzed. The κ and κw statistic examined the degree of agreement among the raters was 78%, the κ statistic was 0.72 (95% CI, 0.58–0.86), and the weighted κw statistic taking into account the extent of disagreement was 0.82 (95% CI, 0.72–0.92). The average time to administer the smRSq was 1.67 minutes.

Conclusions—The smRSq appears to have very good reliability that is similar to that of a structured interview mRS and is considerably less time-consuming. (Stroke. 2010;41:1048-1050.)

Key Words: clinometrics ▪ modified Rankin Scale ▪ outcome assessment

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agreement between the raters in each pair. The Bowker test evaluated
symmetry in cross-tabulation of the scores. This study was approved
by the Medical College of Georgia Institutional Review Board.

**Results**

Of the 50 subjects in this study the mean age was 60±13
years, 23 (46%) were men, 23 (46%) were black, and 26
(52%) were white. Six patients (12%) had intracerebral
hemorrhage and the remainder had ischemic stroke. The 4
faculty members performed a total of 60 ratings, the 2
residents performed 17 ratings, the 2 medical students per-
formed 11 ratings, and the stroke research coordinator per-
formed 12 ratings. The average time estimated by the 9 raters
to administer the smRSq was 1.67 minutes.

The overall agreement between the rater pairs was 78%.
The Table shows the cross-tabulation of the smRSq scores
by the first and second raters of the 50 rater pairs. All rater
pairs asked all 50 patients about being able to live independ-
ently (first question) and the agreement was excellent
(48/50; 96%). Subsequently, for scores 0 to 2, 13 pairs of
raters asked 13 patients about resumption of all prestroke
activities and 3 pairs of raters asked 3 patients about complete
recovery and the agreement on each of these questions was
perfect. However, for scores 3 to 5, 22 paired raters asked 22
patients about walking unassisted and the agreement was 68%
(15/22) and 8 paired raters asked 8 patients about being bedrid-
en or constant supervision; the agreement was 63% (5/8).

Bowker test ($P=0.98$) indicated symmetry in the scores
between raters. The $\kappa$ statistic was 0.72 (95% CI, 0.58–0.86)
and the weighted $\kappa$ statistic, taking into account the extent of
disagreement, was 0.82 (95% CI, 0.72–0.92). Our study was
too small to test for smRSq reliability based on rater experi-
ence. However, all 3 disagreements by >1 point involved
only the 4 faculty members.

**Discussion**

Our simplified questionnaire version of the mRS offers a new
standardized approach to mRS rating that could prove advan-
tageous in multicenter clinical stroke trials. The smRSq
shows substantial reliability in this study among raters with
diverse professional experiences that is similar to the reliabil-
ity of the structured interview mRS3 and is considerably less
time-consuming. The percent agreement between raters ap-
pears excellent for mRS scores 0 to 2, which are most
relevant for the functional outcomes in acute stroke trials.

The smRSq questions can be understood by the majority of
patients and caregivers with little or no explanation, and the
assessment usually can be completed in <2 minutes. Because
the smRSq is based on the key criteria that distinguish the
mRS categories, we believe that the validity of the smRSq is
similar to that of the traditional or structured interview mRS.

The paired ratings in this study performed within only 20
minutes of each other might have resulted in simple repetition
of the answers from the first to the second interview, yielding

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**Table. Agreement Between the First and Second Raters in
Scoring the smRSq**

<table>
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<th>Second Rater</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
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<td></td>
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<tr>
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<td>3</td>
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artificially high reliability. However, we believe that the patients and caregivers answered the study questions as accurately as they could during the first interview and that the second interview answers were at risk for being different because of the additional time for consideration.

As with the traditional or structured mRS rating, judgment is needed during the smRSq rating to decide who is providing more accurate answers in cases of disagreement between patients and their caregivers. Because stroke survivors tend to overstate their abilities,9 it is probably best to accept the caregivers’ answers. A rater’s clinical experience does not appear to offer an advantage toward the reliability of smRSq in this study. Similarly, professional background did not affect the reliability of web-based mRS rating in the United Kingdom.10 This suggests that these outcome assessments can be performed reliably by a wide variety of raters. We anticipate that the overall reliability of the smRSq and the agreement for scores 3 to 5 will improve by more specifically defining what qualifies as walking unassisted and what constitutes being bedridden and needing constant supervision.

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Disclosures
None.

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