

Multiple Errands Test–Revised (MET–R): A Performance-Based Measure of Executive Function in People With Mild Cerebrovascular Accident

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MeSH TERMS

- activities of daily living
- executive function
- reproducibility of results
- stroke
- task performance and analysis

OBJECTIVE. This article describes a performance-based measure of executive function, the Multiple Errands Test–Revised (MET–R), and examines its ability to discriminate between people with mild cerebrovascular accident (mCVA) and control participants.

METHOD. We compared the MET–R scores and measures of CVA outcome of 25 participants 6 mo post-mCVA and 21 matched control participants.

RESULTS. Participants with mCVA showed no to minimal impairment on measures of executive function at hospital discharge but reported difficulty with community integration at 6 mo. The MET–R discriminated between participants with and without mCVA ($p < .002$).

CONCLUSION. The MET–R is a valid and reliable measure of executive functions appropriate for the evaluation of clients with mild executive function deficits who need occupational therapy to fully participate in community living.

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Executive function (EF) refers to a cluster of thinking abilities identified as high-level cognitive processes distinct from memory and attentional capacities (Baddeley, 1986; Lezak, 1982; Norman & Shallice, 1986; Stuss & Alexander, 2000). EF enables people to establish purposeful goals and determine effective strategies that support goal attainment (Tranel, Harthaway-Neppele, & Anderson, 2007). EF involves the orchestration of many complex behaviors, and even mild deficits in EF can result in significant functional deficits and decline in occupational performance (Edlinger, Moore, Anderson, & Grossman, 2011; Foster et al., 2011).

Mild to moderate EF deficits are notoriously difficult to identify with customary neuropsychological or occupational therapy evaluations (Chan, Shum, Touloupoulou, & Chen, 2008). To date, no universally accepted assessments of EF are available (Schmitter-Edgecombe, Parsey, & Cook, 2011; Stuss & Alexander, 2000). Traditional neuropsychological tests fail to identify subtle EF deficits that are serious enough to result in real-world functional decline (Manchester, Priestley, & Jackson, 2004). Similarly, functional assessments commonly present routine tasks that prioritize procedural memory and may fail to capture EF impairments (Miyake et al., 2000). In fact, depending on the degree of task familiarity, people with EF impairments may perform activities of daily living (ADLs) and instrumental activities of daily living (IADLs) without difficulty (Edwards, Hahn, Baum, & Dromerick, 2006).

Multiple Errands Test Manual

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