

ACTIVITIES-SPECIFIC BALANCE CONFIDENCE (ABC) SCALE

ADMINISTRATION

The ABC can be self-administered or administered via personal or telephone interview. Larger typeset should be used for self-administration, while an enlarged version of the rating scale on an index card will facilitate in-person interviews. Regardless of method of administration, each respondent should be queried concerning their understanding of instructions, and probed regarding difficulty answering specific items.

INSTRUCTIONS TO PARTICIPANTS

For each of the following, please indicate your level of confidence in doing the activity without losing your balance or becoming unsteady by choosing one of the percentage points on the scale from 0% to 100%. If you do not currently do the activity in question, try and imagine how confident you would be if you had to do the activity. If you normally use a walking aid to do the activity or hold onto someone, rate your confidence as if you were using these supports. If you have any questions about answering any of these items, please ask the administrator.

INSTRUCTIONS FOR SCORING

The ABC is an 16 point scale and ratings should consist of whole numbers (0 to 100) for each item. Total the ratings (possible range = 0 to 1600) and divide by 16 to get each subject's ABC score. If a subject qualifies his/her response to items #2, #9, #11, #14 or #15 (different ratings for "up" vs "down" or "onto" vs "off"), solicit separate ratings and use the lowest confidence of the two (as this will limit the entire activity, for instance likelihood of using the stairs).

ACTIVITIES-SPECIFIC BALANCE CONFIDENCE (ABC) SCALE

Appendix 1

Client Name: _____ Date: _____ Therapist: _____

*THE ACTIVITIES-SPECIFIC BALANCE CONFIDENCE (ABC) SCALE**

For each of the following activities, please indicate your level of self-confidence by choosing a corresponding number from the following rating scale:

0%	10	20	30	40	50	60	70	80	90	100%
No confidence					completely confident					

“How confident are you that you will not lose your balance or become unsteady when you . . .

1. . . . walk around the house? ____ %
2. . . . walk up or down stairs? ____ %
3. . . . bend over and pick up a slipper from front of a closet floor? ____%
4. . . . reach for a small can off a shelf at eye level? ____%
5. . . . stand on tip toes and reach for something above your head? ____%
6. . . . stand on a chair and reach for something? ____%
7. . . . sweep the floor? ____%
8. . . . walk outside the house to a car parked in the driveway? ____%
9. . . . get into or out of a car? ____%
10. . . . walk across a parking lot to the mall? ____%
11. . . . walk up or down a ramp? ____%
12. . . . walk in a crowded mall where people rapidly walk past you? ____ %
13. . . . are bumped into by people as you walk through the mall? ____ %
14. . . . step onto or off of an escalator while you are holding onto a railing?
____ %
15. . . . step onto or off an escalator while holding onto parcels such that you
cannot hold onto the railing? ____%
16. . . . walk outside on icy sidewalks? ____%

Total: _____ / _____ = _____

ACTIVITIES-SPECIFIC BALANCE CONFIDENCE (ABC) SCALE

Appendix 2

Confidence in Mobility (a.k.a. Falls Efficacy Scale –FES)

Directions: Ask subject or have him/her fill out this questionnaire:

“How confident are you that you can...[activity 1-10 below]...without falling?”

Ask the subject to rate his/her confidence on a scale of 1-10 (1=extreme confidence; 10=no confidence at all).

Name: _____ Date: _____

<p>“How confident are you that you can.....[]..... without falling?”</p> <p style="text-align: center;"> 1 2 3 4 5 6 7 8 9 10 extreme confidence ←-----→ no confidence at all </p>
--

<i>Score</i>	<i>Activity</i>
	Take a bath or shower
	Reach into cabinets or closets
	Prepare meals not requiring carrying heavy or hot objects
	Walk around the house
	Get in and out of bed
	Answer the door or telephone
	Get in and out of a chair
	Get dressed and undressed
	Light housekeeping
	Simple shopping
	TOTAL SCORE

Reliability: Internal consistency: = .90¹ Test-retest: (r=.71) in 18 cognitively intact seniors over 65.