Activities-specific Balance Confidence Scale (ABC)

Name: _____ Date: _____

For each of the following activities, please indicate your level of balance confidence by choosing one of the points on the scale below from 0% to 100%. If you do not currently do the activity, 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, please ask the administrator. (0% = No Confidence, 100% = Completely Confident.) Item stem: "How confident are you that you can maintain your balance and remain steady when you...."

1. walk around the house?

[ ] 0% (no confidence)	0
[ ] 10%	10
[ ] 20%	20
[ ] 30%	30
[ ] 40%	40
[ ] 50%	50
[ ] 60%	60
[ ] 70%	70
[ ] 80%	80
[ ] 90%	90
[ ] 100% (completely confident)	100

2. walk up or down stairs?

[ ] 0% (no confidence)	0
[ ] 10%	10
[ ] 20%	20
[ ] 30%	30
[ ] 40%	40
[ ] 50%	50
[ ] 60%	60
[ ] 70%	70
[ ] 80%	80
[ ] 90%	90
[ ] 100% (completely confident)	100

3. bend over and pick up a slipper from the front of a closet floor?

[ ] 0% (no confidence)	0
[ ] 10%	10
[ ] 20%	20
[ ] 30%	30
[ ] 40%	40
[ ] 50%	50
[ ] 60%	60
[ ] 70%	70
[ ] 80%	80
[ ] 90%	90
[ ] 100% (completely confident)	100

4. reach for a small can off a shelf at eye level?

[ ] 0% (no confidence)	0
[ ] 10%	10
[ ] 20%	20
[ ] 30%	30
[ ] 40%	40
[ ] 50%	50
[ ] 60%	60
[ ] 70%	70
[ ] 80%	80
[ ] 90%	90
[ ] 100% (completely confident)	100

5. stand on your tip toes and reach for something above your head?

[ ] 0% (no confidence)	0
[ ] 10%	10
[ ] 20%	20
[ ] 30%	30
[ ] 40%	40
[ ] 50%	50
[ ] 60%	60
[ ] 70%	70
[ ] 80%	80
[ ] 90%	90
[ ] 100% (completely confident)	100

6. stand on a chair and reach for something?

[ ] 0% (no confidence)	0
[ ] 10%	10
[ ] 20%	20
[ ] 30%	30
[ ] 40%	40
[ ] 50%	50
[ ] 60%	60
[ ] 70%	70
[ ] 80%	80
[ ] 90%	90
[ ] 100% (completely confident)	100

7. sweep the floor?

[ ] 0% (no confidence)	0
[ ] 10%	10
[ ] 20%	20
[ ] 30%	30
[ ] 40%	40
[ ] 50%	50
[ ] 60%	60
[ ] 70%	70
[ ] 80%	80
[ ] 90%	90
[ ] 100% (completely confident)	100

8. walk outside the house to a car parked in the driveway?

[ ] 0% (no confidence)	0
[ ] 10%	10
[ ] 20%	20
[ ] 30%	30
[ ] 40%	40
[ ] 50%	50
[ ] 60%	60
[ ] 70%	70
[ ] 80%	80
[ ] 90%	90
[ ] 100% (completely confident)	100

9. get into or out of a car?

[ ] 0% (no confidence)	0
[ ] 10%	10
[ ] 20%	20
[ ] 30%	30
[ ] 40%	40
[ ] 50%	50
[ ] 60%	60
[ ] 70%	70
[ ] 80%	80
[ ] 90%	90
[ ] 100% (completely confident)	100

10. walk across a parking lot to the mall?

[ ] 0% (no confidence)	0
[ ] 10%	10
[ ] 20%	20
[ ] 30%	30
[ ] 40%	40
[ ] 50%	50
[ ] 60%	60
[ ] 70%	70
[ ] 80%	80
[ ] 90%	90
[ ] 100% (completely confident)	100

11. walk up or down a ramp?

[ ] 0% (no confidence)	0
[ ] 10%	10
[ ] 20%	20
[ ] 30%	30
[ ] 40%	40
[ ] 50%	50
[ ] 60%	60
[ ] 70%	70
[ ] 80%	80
[ ] 90%	90
[ ] 100% (completely confident)	100

12. walk in a crowded mall where people rapidly walk past you?

[ ] 0% (no confidence)	0
[ ] 10%	10
[ ] 20%	20
[ ] 30%	30
[ ] 40%	40
[ ] 50%	50
[ ] 60%	60
[ ] 70%	70
[ ] 80%	80
[ ] 90%	90
[ ] 100% (completely confident)	100

13. are bumped into by people as you walk through the mall?

[ ] 0% (no confidence)	0
[ ] 10%	10
[ ] 20%	20
[ ] 30%	30
[ ] 40%	40
[ ] 50%	50
[ ] 60%	60
[ ] 70%	70
[ ] 80%	80
[ ] 90%	90
[ ] 100% (completely confident)	100

14. step onto or off of an escalator while holding onto a railing?

[ ] 0% (no confidence)	0
[ ] 10%	10
[ ] 20%	20
[ ] 30%	30
[ ] 40%	40
[ ] 50%	50
[ ] 60%	60
[ ] 70%	70
[ ] 80%	80
[ ] 90%	90
[ ] 100% (completely confident)	100

15. step onto or off an escalator while holding onto parcels such that you cannot hold onto the railing?

[ ] 0% (no confidence)	0
[ ] 10%	10
[ ] 20%	20
[ ] 30%	30
[ ] 40%	40
[ ] 50%	50
[ ] 60%	60
[ ] 70%	70
[ ] 80%	80
[ ] 90%	90
[ ] 100% (completely confident)	100

16. walk outside on icy sidewalks?

[ ] 0% (no confidence)	0
[ ] 10%	10
[ ] 20%	20
[ ] 30%	30
[ ] 40%	40
[ ] 50%	50
[ ] 60%	60
[ ] 70%	70
[ ] 80%	80
[ ] 90%	90
[ ] 100% (completely confident)	100

Scoring

Total the 16 ratings (0 to 1600) and divide by 16, or by the number of items completed (minimum 12 items). If a person qualifies items 2, 9, 11, 14 or 15 (e.g. up versus down), use the lowest rating of the two.

ABC score: _____ %

Source: Powell, L. E., & Myers, A. M. (1995). The Activities-specific Balance Confidence (ABC) Scale. Journals of Gerontology Series A: Biological Sciences and Medical Sciences, 50A(1), M28-M34.

Online calculator and more: physiotutors.com/questionnaires