Falls Efficacy Scale International (FES-I)

Name: _____ Date: _____

Now we would like to ask some questions about how concerned you are about the possibility of falling. Please reply thinking about how you usually do the activity. If you currently don't do the activity (e.g. if someone does your shopping for you), please answer to show whether you think you would be concerned about falling IF you did the activity. For each of the following activities, please tick the box which is closest to your own opinion to show how concerned you are that you might fall if you did this activity.

1. Cleaning the house (e.g. sweep, vacuum or dust)

[ ] Not at all concerned 1
[ ] Somewhat concerned 2
[ ] Fairly concerned 3
[ ] Very concerned 4

2. Getting dressed or undressed

[ ] Not at all concerned 1
[ ] Somewhat concerned 2
[ ] Fairly concerned 3
[ ] Very concerned 4

3. Preparing simple meals

[ ] Not at all concerned 1
[ ] Somewhat concerned 2
[ ] Fairly concerned 3
[ ] Very concerned 4

4. Taking a bath or shower

[ ] Not at all concerned 1
[ ] Somewhat concerned 2
[ ] Fairly concerned 3
[ ] Very concerned 4

5. Going to the shop

[ ] Not at all concerned 1
[ ] Somewhat concerned 2
[ ] Fairly concerned 3
[ ] Very concerned 4

6. Getting in or out of a chair

[ ] Not at all concerned 1
[ ] Somewhat concerned 2
[ ] Fairly concerned 3
[ ] Very concerned 4

7. Going up or down stairs

[ ] Not at all concerned 1
[ ] Somewhat concerned 2
[ ] Fairly concerned 3
[ ] Very concerned 4

8. Walking around in the neighbourhood

[ ] Not at all concerned 1

[ ] Somewhat concerned 2

[ ] Fairly concerned 3

[ ] Very concerned 4

9. Reaching for something above your head or on the ground

[ ] Not at all concerned 1

[ ] Somewhat concerned 2

[ ] Fairly concerned 3

[ ] Very concerned 4

10. Going to answer the telephone before it stops ringing

[ ] Not at all concerned 1

[ ] Somewhat concerned 2

[ ] Fairly concerned 3

[ ] Very concerned 4

11. Walking on a slippery surface (e.g. wet or icy)

[ ] Not at all concerned 1

[ ] Somewhat concerned 2

[ ] Fairly concerned 3

[ ] Very concerned 4

12. Visiting a friend or relative

[ ] Not at all concerned 1

[ ] Somewhat concerned 2

[ ] Fairly concerned 3

[ ] Very concerned 4

13. Walking in a place with crowds

[ ] Not at all concerned 1

[ ] Somewhat concerned 2

[ ] Fairly concerned 3

[ ] Very concerned 4

14. Walking on an uneven surface (e.g. rocky ground, poorly maintained pavement)

[ ] Not at all concerned 1

[ ] Somewhat concerned 2

[ ] Fairly concerned 3

[ ] Very concerned 4

15. Walking up or down a slope

[ ] Not at all concerned 1

[ ] Somewhat concerned 2

[ ] Fairly concerned 3

[ ] Very concerned 4

16. Going out to a social event (e.g. religious service, family gathering or club meeting)

[ ]	Not at all concerned	1
[ ]	Somewhat concerned	2
[ ]	Fairly concerned	3
[ ]	Very concerned	4

Scoring

Sum of the 16 item scores (1 to 4 each).

FES-I total: _____ / 64

Source: Yardley, L., Beyer, N., Hauer, K., Kempen, G., Piot-Ziegler, C., & Todd, C. (2005). Development and initial validation of the Falls Efficacy Scale-International (FES-I). Age and Ageing, 34(6), 614-619.

Online calculator and more: physiotutors.com/questionnaires