(18) 活动平衡信心量表

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|  | 当你做下面这些活动的时候，你有多少信心你可以保持平衡与稳定 | 无信心 | …… | 绝对信心 |
| 1. | 在屋里面走来走去 | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
| 2. | 上下楼梯 | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
| 3. | 蹲低身体从地下拿起一只拖鞋 | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
| 4. | 在架子上拿一个摆在和你头一样高的罐头 | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
| 5. | 踮高脚，去拿高过你头顶的东西 | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
| 6. | 站在凳子上拿东西 | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
| 7. | 扫地 | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
| 8. | 走出家里，去附近乘车 | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
| 9. | 上落你搭惯的交通工具 | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
| 10. | 穿过停车场去商场 | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
| 11. | 走上或者走下一条短斜坡 | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
| 12. | 在一个好拥挤，和周围的人又走得好快的商场里面走 | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
| 13. | 在商场里走的时候，被人撞到你 | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
| 14. | 扶着扶手，走进或者走出扶手电梯 | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
| 15. | 拎着一些东西，手又不能扶着，走入或者走出扶手电梯 | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |
| 16. | 在湿滑的地面出入方便 | 0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80% | 90% | 100% |