活動平衡信心量表(Activities-Specific Balance Confidence Scale)的描述

|  |  |
| --- | --- |
| 功能 | 步行，平衡能力，手握力 |
| 關聯 | 身體功能，自我照顧，外出活動 |
| 對象 | 安老服務 |
| 回應者 | 長者 |
| 特色 | 16項11分評分項目 |
| 信度 | .97 |
| 參考 | Mak, M. K., Lau, A. L., Law, F. S., Cheung, C. C., & Wong, I. S. (2007). Validation of the Chinese translated activities-specific balance confidence scale. *Archives of physical medicine and rehabilitation, 88*(4), 496-503.  Powell, L. E., & Myers, A. M. (1995). The activities-specific balance confidence (ABC) scale. *The journals of Gerontology Series A: Biological sciences and Medical sciences, 50*(1), M28-M34. |

活動平衡信心量表的計分

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 回應 | 無信心 |  |  |  |  |  |  |  |  |  | 絕對信心 |
| 項目1-16的分數 | 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |

|  |  |
| --- | --- |
| 量表得分：項目分數的平均 | 行動 |
| 70-100 | 讚賞 |
| 30-70 | 需要稍作干預 |
| 0-30 | 需要積極干預 |