Description of Activities-Specific Balance Confidence Scale

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| --- | --- |
| Function | Walking, balance, hand grip strength |
| Relevance | Physical functions, self-care, outings |
| Target | Services for Elders |
| Respondent | Older adults |
| Feature | 16 items in 11-point rating scale |
| Reliability | .97 |
| References | 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. |

Scoring of Activities-Specific Balance Confidence Scale

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Response | No confidence |  |  |  |  |  |  |  |  |  | Complete  confidence |
| Score for Items 1-16 | 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |

|  |  |
| --- | --- |
| Scale score: average of item scores | Action |
| 70-100 | Appreciation |
| 30-70 | Some concern for intervention |
| 0-30 | Great concern for intervention |