活动平衡信心量表(Activities-Specific Balance Confidence Scale)的描述

|  |  |
| --- | --- |
| 功能 | 步行，平衡能力，手握力 |
| 关联 | 身体功能，自我照顾，外出活动 |
| 对象 | 安老服务 |
| 回应者 | 长者 |
| 特色 | 16项11分评分项目 |
| 信度 | .97 |
| 参考 | 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. |

活动平衡信心量表的计分

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 回应 | 无信心 |  |  |  |  |  |  |  |  |  | 绝对信心 |
| 项目1-16的分数 | 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |

|  |  |
| --- | --- |
| 量表得分：项目分数的平均 | 行动 |
| 70-100 | 赞赏 |
| 30-70 | 需要稍作干预 |
| 0-30 | 需要积极干预 |