

Name of Instrument: **Activities-specific Balance Confidence (ABC) Scale**

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Privacy Use Cost: \$

Public Use Cost: \$

Year Developed: 1993

Where to obtain Instrument:

- Contact author

Description of the Instrument

- The Activities-specific Balance Confidence (ABC) Scale is a 16-item scale; each item is rated from 0% (no confidence) to 100% (complete confidence).
- Elderly respondents are asked to rate their confidence that they will lose their balance or become unsteady in the course of daily activities.

Form of instrument:

- Questionnaire/ Survey

Method of delivery:

- In-person interview/assessment

Relevance to injury/ Percentage of the instrument specific to injury

- To assess balance confidence in daily activities.

Time to administer or complete the instrument

Methods of data analyses:

- Quantitative

Setting/sample instrument used in:

- 60 community seniors (aged 65-95) who self-classified as either high or low in mobility confidence according to their perceived need for a walking aid and personal assistance to ambulate

Was it pilot tested? No

Pilot test sample:

Reliability Measures

- The total ABC score was found to be highly stable over a two-week period with $r = 0.92$, ($p < 0.001$).
- Cronbach's alpha was 0.96, indicating high internal consistency of the ABC scale.

Validity Measures

- Participants who had reported fallen in the past year had lower mean ABC scores compared to those who had not experienced a fall.
- Physical Self-Efficacy Scale scores were correlated $r=0.49$ ($p<0.001$) with ABC
- Total ABC & Falls Efficacy Scale scores correlated at $r=.84$ ($p=0.001$).
- ABC discriminates better than FES of high vs. low mobility participants.

Reference

Powell, L.E., & Myers, A.M. (1995). The activities-specific balance confidence (ABC) scale. Journal of Gerontology: MEDICAL SCIENCES, 50A(1), M28-M34.

Other References

Keywords: falls, mobility, elderly, seniors, balance confidence.