

Name of Instrument: **Falls Efficacy Scale (FES)**

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Privacy Use Cost: \$

Public Use Cost: \$

Year Developed: 1989

Where to obtain Instrument:

- Contact author

Description of the Instrument

- FES is a 10-item rating scale to assess confidence in performing daily activities without falling. Each item is rated from 1 = extreme confidence to 10 = no confidence at all.
- Participants who reported avoiding activities because of fear of falling had higher FES scores, representing lower self-efficacy or confidence, than those not reporting fear of falling.
- The independent predictors of FES score are usual walking pace (a measure of physical ability), anxiety, and depression.

Form of instrument:

- Questionnaire/ Survey

Method of delivery:

- Self-Report
- In-person interview/assessment

Relevance to injury/ Percentage of the instrument specific to injury

- To assess fear of falling when performing daily activities among older adults.

Time to administer or complete the instrument

Methods of data analyses:

- Quantitative

Setting/sample instrument used in:

- Community-dwelling elderly persons.

Was it pilot tested? Yes

Pilot test sample:

- Pretest samples included 74 cognitively intact persons over age 65.

Reliability Measures

- Test-retest reliability, $r=0.71$ (four to seven days)

Validity Measures

- FES score was significantly associated with difficulty getting up after a fall, anxiety trait, general fear score and several measures of balance and gait.
- Usual walking pace, anxiety trait, and depression were independent predictors of FES score (Multiple $R^2=0.487$)

Reference

Tinetti, M.E., Richman, D., & Powell, L. (1990). Falls efficacy as a measure of fear of falling. Journal of Gerontology: PSYCHOLOGICAL SCIENCES, 45(6), 239-243.

Other References

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

Keywords: fear of falling, falls, elderly, seniors, self-efficacy.