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

Other References

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