

**NINDS CDE Notice of Copyright  
Activities Specific Balance Confidence Scale (ABC-Scale)**

<b>Availability:</b>	Please email the author for information about obtaining the instrument: <a href="mailto:amyers@uwaterloo.ca">mailto:amyers@uwaterloo.ca</a>
<b>Classification:</b>	Supplemental
<b>Short Description of Instrument:</b>	<p><b>Construct measured:</b> Measures an aspect of the psychological impact of balance impairment and/or falls</p> <p><b>Generic vs. disease specific:</b> Generic</p> <p><b>Means of administration:</b> Self-administered or administered in person or via telephone interview.</p> <p><b>Intended respondent:</b> Patient</p> <p><b># of items:</b> 15</p> <p><b># of subscales and names of sub-scales:</b> N/A</p> <p><b># of items per sub-scale:</b> N/A</p>
<b>Comments/Special Instructions:</b>	<p><b>Scoring:</b> The ABC is an 11-point scale and ratings should consist of whole numbers (0-100) for each item. Total the ratings (possible range = 0 – 1600) and divide by 16 to get each subject’s ABC score. If a subject qualifies his/her response to items #2, #9, #11, #14 or #15 (different ratings for “up” vs. “down” or “onto” vs. “off”), solicit separate ratings and use the lowest confidence of the two (as this will limit the entire activity, for instance the likelihood of using the stairs.)</p> <p><b>Background:</b> The Activities-specific and Balance Confidence (ABC) Scale is a questionnaire developed to measure an aspect of the psychological impact of balance impairment and/or falls. Greater situation-specificity of items may also assist clinicians in targeting appropriate interventions.</p>
<b>References:</b>	<p>Powell, LE &amp; Myers AM. The Activities-specific Balance Confidence (ABC) Scale. J Gerontol Med Sci 1995; 50(1): M28-34.</p> <p>Hill, K. The Activities-specific Balance Confidence (ABC) Scale. Australian Journal of Physiotherapy. 2005; 51:197.</p>

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<b>Rationale/Justification:</b>	<p><b>Strengths/Weaknesses:</b> The greater item responsiveness of the ABC scale makes it more suitable to detect loss of balancing confidence in more highly functioning seniors.</p> <p><b>Psychometric Properties:</b> The ABC was found to be internally consistent and demonstrated good test-retest reliability, convergent and criterion validity.</p> <p><b>Administration:</b> The ABC can be self-administered or administered via personal or telephone interview. Larger typeset should be used for self-administration, while an enlarged version of the rating scale on an index card will facilitate in-person interviews. Regardless of method of administration, each respondent should be queried concerning their understanding of instructions, and probed regarding difficulty answering specific items.</p>
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