

The Short Activities-specific Balance Confidence (ABC-6) Scale

For each of the following activities, please indicate your level of self-confidence by choosing a corresponding number from the following rating scale:

10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
←-----no confidence			-----				completely confident---->		

How confident are you that you will not lose your balance or become unsteady when you...

1.	stand on your tiptoes and reach for something above your head?	
2.	stand on a chair and reach for something?	
3.	are bumped into by people as you walk through the mall?	
4.	step onto or off an escalator while you are holding onto a railing?	
5.	step onto or off an escalator while holding onto parcels such that you cannot hold onto the railing?	
6.	walk outside on icy sidewalks?	
	Total/6	

ABC-6 confidence mean score (\pm S.E.M.) for fallers (66.65 ± 5.56)

ABC-6 confidence mean score non-fallers (80.88 ± 4.09)

Schepens, S., Goldberg, A., & Wallace, M. (2010). The short version of the Activities-specific Balance Confidence (ABC) scale: Its validity, reliability, and relationship to balance impairment and falls in older adults. *Archives Of Gerontology And Geriatrics*, 51(1), 9-12. doi: 10.1016/j.archger.2009.06.003

*Peretz, C., Herman, T., Hausdorff, J.M., Giladi, N., 2006. Assessing fear of falling: can a short version of the Activities-specific Balance Confidence scale be useful? *Mov. Disord.* 21, 2101–2105.

Additional Interpretations

Parkinson's Disease

ABC-6 was significant predictor of future recurrent falls in idiopathic PD
Sensitivity 71.4%, Specificity 74.5%, Cutoff 65.8% and lower = high risk of falling

Cole, M., Rippey, J., Naughton, G., & Silburn, P. (2016). Use of a Short-Form Balance Confidence Scale to Predict Future Recurrent Falls in People With Parkinson Disease. *Archives Of Physical Medicine And Rehabilitation*, 97(1), 152-156. doi: 10.1016/j.apmr.2015.07.027

Lower Extremity Amputations

Poor agreement between short-form Activities-specific Balance Confidence and Activities-specific Balance Confidence indicates the scales should not be used interchangeably for subjects with lower extremity amputations.

Fuller, K., Omaña Moreno, H., Frengopoulos, C., & Payne, M. (2019). Reliability, validity, and agreement of the short-form Activities-specific Balance Confidence Scale in people with lower extremity amputations. *Prosthetics And Orthotics International*, 43(6), 609-617. doi: 10.1177/0309364619875623

In Medigraph Special Tests Section

ACTIVITIES SPECIFIC BALANCE CONFIDENCE SCALE--SHORT (ABC-6)

A valid and reliable measure of balance confidence in community dwelling older adults, showing a relationship to falls and clinical measures of balance. The six questions are self rated (from 0-100% confidence) and demonstrate very difficult situations community dwelling older adults would realistically encounter.

--Schepens, S., Goldberg, A., & Wallace, M. (2010). The short version of the Activities-specific Balance Confidence (ABC) scale: Its validity, reliability, and relationship to balance impairment and falls in older adults. *Archives Of Gerontology And Geriatrics*, 51(1), 9-12. doi: 10.1016/j.archger.2009.06.003

Interpretation:

<66.6% = increased risk for falls

<50%= low level of physical functioning (per ABC 16)