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:

0% 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? ____%

*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.