

The Activities-Specific Balance Confidence (ABC) Scale

Patient Name: _____ DOB: _____ Date: _____

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. Walk around the house? _____%
2. Walk up or down stairs? _____%
3. Bend over and pick up a slipper (or item) from the front of a closet floor _____%
4. Reach for a small can off a shelf at eye level? _____%
5. Stand on your tiptoes and reach for something above your head? _____%
6. Stand on a chair and reach for something? _____%
7. Sweep the floor? _____%
8. Walk outside the house to a car parked in the driveway? _____%
9. Get into or out of a car? _____%
10. Walk across a parking lot to the mall (store)? _____%
11. Walk up or down a ramp? _____%
12. Walk in a crowded mall where people rapidly walk past you? _____%
13. Are bumped into by people as you walk through the mall? _____%
14. Step onto or off an escalator while you are holding onto a railing? _____%
15. Step onto or off an escalator while holding onto parcels such that you cannot hold onto the railing? _____%
16. Walk outside on icy sidewalks? _____%

Instructions for Scoring:

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.

Total Score: _____