Modified Falls Efficacy Scale (MFES)

Population: Elderly with balance or mobility dysfunction

Description: The Modified Falls Efficacy Scale (MFES) is a 14 activity questionnaire that is an expanded version of the original 10 activity Falls Efficacy Scale (FES). The MFES includes outdoor activities, which the FES does not cover.

Mode of Administration: Either the patient or the clinician can complete the test.

Scoring:
- Time to Complete: Less than 5 minutes.
- Time to Score: Less than 5 minutes.
- Scoring: Each item is scored on a 10 point visual analogue scale. 0 = not confident/not sure at all, 5 = fairly confident/fairly sure, and 10 = completely confident/completely sure. Scores can fall in between 0, 5, and 10.

Interpretation: Higher scores reflect more confidence, less fear of falling. Lower scores reflect less confidence and more fear of falling.

Reliability: Cronbach’s alpha was used to demonstrate internal consistency of the items on the questionnaire and the result was 0.95. Test-retest reliability was measured for every question as well as the overall test by testing two groups twice, one week apart. Intraclass correlation coefficients were calculated. The lowest ICC was 0.54 for the individual items. The overall ICC for the MFES was 0.93.

Validity: In order to evaluate the discriminative validity of the MFES, subjects from two separate samples were scored. The one sample consisted of healthy elderly and the other sample included patients from a Falls and Balance Clinic (FBC). Significant differences were found between the two groups using multivariate analysis of variance (MANOVA) with post hoc univariate ANOVA.

The Modified Falls Efficacy Scale

**Instructions:**

Subjects are asked, "How confident are you that you can do each of the activities without falling?"

The items on the scale are scored from 0 to 10, with 0 meaning "not confident at all" and 10 being "completely confident/completely sure."

<table>
<thead>
<tr>
<th>Item</th>
<th>Score</th>
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</thead>
<tbody>
<tr>
<td>1. Line up to take stairs at home</td>
<td></td>
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<tr>
<td>2. Get in/out of bed</td>
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<tr>
<td>3. Get in/out of chair</td>
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<tr>
<td>4. Take a bath or shower</td>
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<td>5. Get in/out of car</td>
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<td>6. Answer the door of refrigerator</td>
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<tr>
<td>7. Walk around the inside of your house</td>
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<tr>
<td>8. Reach into cabinets or closets</td>
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<td>9. Light house keeping</td>
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<tr>
<td>10. Simple shopping</td>
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</tbody>
</table>

**Scoring:**

- **Completely unconfident:** 0
- **Partially unconfident:** 1-2
- **Neither confident nor unconfident:** 3-4
- **Partially confident:** 5-6
- **Completely confident:** 7-10

**Scoring Conversion:**

- 0 = 1
- 1-2 = 2
- 3-4 = 3
- 5-6 = 4
- 7-10 = 5

**Total Score:**

The total score can range from 10 (least confident) to 50 (most confident).