

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. (close to ABC now)
Mode of Administration:	Either the patient or the clinician can complete the test.
Scoring:	
<i>Time to Complete:</i>	Less than 5 minutes.
<i>Time to Score:</i>	Less than 5 minutes.
<i>Scoring:</i>	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 .54 for the individual items. The overall ICC for the MFES was .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.
Reference:	Hill, K.D., Schwarz, J.A., Kalogeropoulos, A.J., & Gibson, S.J. (1996). Fear of Falling Revisited. <u>Arch Phys Med Rehabil</u> , 77, 1025-1029.

The Modified Falls Efficacy Scale

Items from Tinetti et al ¹	Not Confident		Fairly Confident				Completely Confident				
	(0)	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
1. Get dressed and undressed											
2. Prepare a simple meal											
3. Take a bath or shower											
4. Get in/out of a chair											
5. Get in/out of bed											
6. Answer the door or telephone											
7. Walk around the inside of your house											
8. Reach into cabinets or closets											
9. Light house keeping											
10. Simple shopping											
Additional items											
11. Using public transportation											
12. Crossing roads											
13. Light gardening or hanging out the wash*											
14. Using front or rear steps at home											

The items on the scale are scored from 0 to 10, with 0 meaning "not confident/not sure at all," 5 being "fairly confident/fairly sure," and 10 being "completely confident/completely sure." Subjects are asked, "How confident/sure are you that you do each of the activities without falling?"

* Rate most commonly performed of these activities

¹ Tinetti M, Richman D, Powell I. Falls efficacy as a measure of fear of falling. *J Gerontol* 1990; 45:P239-43.