**Modified Falls Efficacy Scale\***

**Administration:**

The Modified Falls Efficacy Scale (mFES) can be self-administered or administered via personal or telephone interview. Larger typeset should be used for self-administration, while an enlarged version of the rating scale on an index card will facilitate in-person interviews. Regardless of method of administration, each respondent should be queried concerning their understanding of instructions, and probed regarding difficulty answering specific items.

**Instructions to Participants:**

Subjects are asked, “How confident/sure are you that you do each of the activities without falling?”

**Instructions for Scoring:**

The mFES scale is a visual analog scale in which items 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.” Total the ratings (possible range = 0 – 140) and divide by 14 to get each subject’s mFES score. Scores of < 8 indicate fear of falling, 8 or greater indicate lack of fear.

\*Hill KD, Schwarz JA, Kalogeropolous AJ, Gibson, SJ. *Fear of Falling Revisited.* Arch Phys Med Rehabil. 1996;77:1025-1029.

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**Modified Falls Efficacy Scale\***

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Instructions: For each statement circle the level of confidence expressed, using the code below.

**0= No confidence at all to 10 = Extreme confidence**

***How confident are you that you can...***

1. Get dressed and undressed 0 1 2 3 4 5 6 7 8 9 10

2. Prepare a simple meal 0 1 2 3 4 5 6 7 8 9 10

3. Take a bath or a shower 0 1 2 3 4 5 6 7 8 9 10

4. Get in/out of a chair 0 1 2 3 4 5 6 7 8 9 10

5. Get in/out of bed ­­­­ 0 1 2 3 4 5 6 7 8 9 10

6. Answer the door or telephone 0 1 2 3 4 5 6 7 8 9 10

7. Walk around the inside of your house 0 1 2 3 4 5 6 7 8 9 10

8. Reach into cabinets or closets 0 1 2 3 4 5 6 7 8 9 10

9. Light housekeeping 0 1 2 3 4 5 6 7 8 9 10

10. Simple shopping 0 1 2 3 4 5 6 7 8 9 10

11. Using public transportation 0 1 2 3 4 5 6 7 8 9 10

12. Crossing roads 0 1 2 3 4 5 6 7 8 9 10

13. Light gardening or hanging out the washing 0 1 2 3 4 5 6 7 8 9 10

14. Using front or rear steps at home 0 1 2 3 4 5 6 7 8 9 10

***…..without falling?* Score = Total \_\_\_\_\_/14 = \_\_\_\_\_\_**

\*Modified from Hill KD, Schwarz JA, Kalogeropolous AJ, Gibson, SJ. *Fear of Falling Revisited.* Arch Phys Med Rehabil. 1996;77:1025-1029