

ABC Scale Administration

The ABC 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 the method of administration, each respondent should be queried concerning their understanding of the instructions, and probed regarding difficulty answering specific items.

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 to 1600) and divide by 16 to get each subject's ABC score. If a subject qualifies his/her response to items #2, #9, #11, #14, or #15 (different ratings for "up" vs "down" or "onto" vs "off"), solicit separate ratings and use the lowest confidence of the two (as this will limit the entire activity, for instance the likelihood of using the stairs).

Powell, L. E., & Myers, A. M. (1995). The Activities-specific Balance Confidence (ABC) Scale. Journal of Gerontology A Biol Sci Med Sci, 50A, M28-34.