

## Short FES-I

De følgende spørgsmål handler om, hvor bekymret du er over muligheden for at falde.

Vi beder dig om at besvare samtlige spørgsmål. Selv om du ikke i øjeblikket er nødt til at udføre handlingen (f.eks. fordi en anden køber ind for dig) vil vi bede dig om at angive, om du TROR at du ville være bekymret for at falde, HVIS du udførte handlingen.

Sæt et kryds ved det udsagn, der er tættest på din egen fornemmelse af, i hvor høj grad du er bekymret for at falde.

		<i>Overhoved et ikke bekymret 1</i>	<i>Noget bekymret 2</i>	<i>Temmelig bekymret 3</i>	<i>Meget bekymret 4</i>
1	Tage tøj af og på	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
2	Tage brusebad eller karbad	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
3	Rejse dig fra og sætte dig på en stol	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
4	Gå op og ned ad trapper	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
5	Række efter noget over hovedhøjde eller på gulvet	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
6	Gå op eller ned ad en skråning	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>
7	Deltage i sociale sammenkomster (f.eks. familiesammenkomster, foreningsmøder eller gudstjeneste)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>

**Handling Short FES-I sumscores:**

To obtain a total score for the Short FES-I simply add the scores on all the items together, to give a total that will range from 7 (no concern about falling) to 28 (severe concern about falling).

**Handling Short FES-I missing data:**

If data are missing on more than one item then that questionnaire cannot be used. If data are missing on no more than one of the 7 items then calculate the sumscore of the 6 items that have been completed (i.e. add together the responses to each item on the scale), divide by six, and multiply by seven. The new sumscore should be rounded up to the nearest whole number to give the score for an individual.

The Short FES-I includes items 2, 4, 6, 7, 9, 15 and 16 of the original FES-I.

**References regarding validity of the Short FES-I and the original FES-I:**

Yardley L, Beyer N, Hauer K, Kempen G, Piot-Ziegler C, Todd C. Development and initial validation of the Falls Efficacy Scale-International (FES-I). *Age Ageing*. 2005;34(6):614-9.

Kempen GI, Todd CJ, Van Haastregt JC, Zijlstra GA, Beyer N, Freiburger E, Hauer KA, Piot-Ziegler C, Yardley L. Cross-cultural validation of the Falls Efficacy Scale International (FES-I) in older people: results from Germany, the Netherlands and the UK were satisfactory. *Disabil Rehabil*. 2007;29(2):155-62.

Kempen GI, Yardley L, van Haastregt JC, Zijlstra GA, Beyer N, Hauer K, Todd C. The Short FES-I: a shortened version of the falls efficacy scale-international to assess fear of falling. *Age Ageing*. 2008;37(1):45-50.

Hauer K, Yardley L, Beyer N, Kempen G, Dias N, Campbell M, Becker C, Todd C. Validation of the Falls Efficacy Scale and Falls Efficacy Scale International in geriatric patients with and without cognitive impairment: results of self-report and interview-based questionnaires. *Gerontology*. 2010;56(2):190-9.

Hauer KA, Kempen GI, Schwenk M, Yardley L, Beyer N, Todd C, Oster P, Zijlstra GA. Validity and sensitivity to change of the falls efficacy scales international to assess fear of falling in older adults with and without cognitive impairment. *Gerontology*. 2011;57(5):462-72.

There are published more than 100 scientific articles where the FES-I is included.