

Original version of ABC scale

For each of the following activities, please indicate your level of self-confidence by choosing a corresponding number from the following rating scale:

0% 10 20 30 40 50 60 70 80 90 100%

No Confidence Completely Confident

"How confident are you that you can maintain your balance and remain steady when you...."

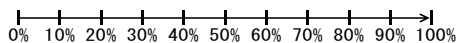
- 1 walk around the house?
- 2 walk up or down stairs?
- 3 bend over and pick up a slipper from the front of a closet floor?
- 4 reach for a small can off a shelf at eye level?
- 5 stand on your tip toes and reach for something above your head?
- 6 stand on a chair and reach for something?
- 7 sweep the floor?
- 8 walk outside the house to a car parked in the driveway?
- 9 get into or out of a car?
- 10 walk across a parking lot to the mall?
- 11 walk up or down a ramp?
- 12 walk in a crowded mall where people rapidly walk past you?
- 13 are bumped into by people as you walk through the mall?
- 14 step onto or off of an escalator while holding onto a railing?
- 15 step onto or off an escalator while holding onto parcels such that you cannot hold onto the railing?
- 16 walk outside on icy sidewalks?

Japanese version of ABC scale: ABC-J*

バランスを崩さずに安定した状態で、以下の活動を行うのどのくらい自信がありますか。

あなたの自信の程度を0% (全く自信がない) から100% (確実に自信がある) までの11段階で選び、数字に○をつけてください。

全く自信がない 確実に自信がある



- 1 自宅の周りを歩く
- 2 階段を昇り降りする
- 3^a 床からスリッパのような小さなものを拾い上げる
- 4 目の高さの棚にある小さなものに手を伸ばす
- 5 つま先立ちをして、頭の上にあるものに手を伸ばす
- 6 椅子の上立って、何かに手を伸ばす
- 7 床の掃き掃除をする
- 8^b 自宅の外に出て、自宅のそばに停まっている車まで歩く (タクシーや自家用車など)
- 9 車の乗り降りをする
- 10^c (普段よく利用する) 商店街やショッピングセンターの駐車場から店まで歩く
- 11 坂道を歩いて昇り降りする
- 12 急いで歩く人で混雑した商店街やショッピングセンターの中を歩く
- 13 商店街やショッピングセンターで、人に押されたりぶつかったりされる状況の中を歩く
- 14 手すりにつかまって、エスカレーターの乗り降りをする
- 15^d 手すりにつかまらずに、エスカレーターの乗り降りをする
- 16^e 雨や雪、凍結などで滑りやすくなっている歩道を歩く

Note. *translated with the permission of the original authors⁸⁾.

The following items were very carefully translated in consultation with the original authors, taking into account other language scales and the Japanese culture and environment.

^a Item 3: In Japan, slippers are not necessarily placed under the shelf, so this was translated to 'bend over and pick up something small object (such as a slipper) from the floor'. For the same reason, 'from the front of a closet floor' was deleted in the Chinese version^{12,13)}.

^b Item 8: Since Canada is an automobile-based society (where the original work was developed), it is assumed there are specified distances such as on private roads from the home to the garage / parking lot. However, in Japan, the parking lot is often at the home or just near the entrance of the home, even for those who do not own cars, as may occur with elderly and urban residents. Therefore, 'Walk outside to nearby car (a taxi or your own car)' was adopted. The British¹⁴⁾, Chinese¹²⁾, and Italian¹⁵⁾ versions also used the same expression.

^c Item 10: This was translated to 'walking from the car park at a frequently used shopping street or shopping center to a store' because there are various forms of shopping malls, shopping districts, supermarkets etc. in urban and rural areas in Japan. In other languages, the words 'shops' or 'supermarket' were also used in this item^{14,16)}.

^d Item 15: This was simply translated to 'step on to or off an escalator without holding onto a handrail'. It was not considered whether or not parcels were held onto. The Italian¹⁵⁾ and Chinese versions¹²⁾ were similarly translated.

^e Item 16: In some regions in Japan, road surfaces do not freeze because of the temperate climate, so this was translated to 'Walking along a sidewalk that is slippery from rain, snow, or frost'. In three language versions^{13,14,16)}, the word 'slippery' was used instead of the word 'icy'.