

**Name of Instrument: The University of Illinois at Chicago Fear of Falling Measure (UICFFM)**

**Author: Craig A. Velozo and Elizabeth W. Peterson**

**Contact Info:**

**Name:** Craig A. Velozo  
**Address:** Department of Occupational Therapy (M/C 811)  
University of Illinois at Chicago  
1919 West Taylor Street  
Chicago, IL 60612

**Phone:**

**Fax:**

**E-mail:**

**Privacy Use Cost: \$**

**Public Use Cost: \$**

**Year Developed: 2001**

**Where to obtain Instrument:**

- Contact author

**Description of the Instrument**

- A four-point, 19 item rating scale (1= very worried; 2= moderately worried; 3= a little worried; 4= not at all worried) was used to assess the level of fear of falling in the elderly.
- The raw scores rating scales are transformed to the logit scale (log-odds metric), used to represent the “challenge” of the item or how much fear the item evokes in the participant with the center of the scale at “0”.
- Zero “fear” is defined as the probability of answering an item of average challenge affirmatively 50% of the time (i.e. ½ of the time, they would respond as having fear of falling to an item of average challenge). A person with a logit score >0 has <50% chance of responding as being fearful of falling to an item of average challenge
- A person with a logit score <0 (negative) has >50% chance of responding as being fearful to an item of average challenge.
- The logit scale ranges from -3 to + 3.
- The fearful rating scale is revised to a three-point scale with 16 items (1=very worried, 2=moderately worried/ a litle worried, and 3=not worried at all). Again, these raw scores are converted to the logit scale with a scale range of -3 to +3. The reason for the revision of the rating scale is that as fear lessens, the probability of getting a higher rating (expressing less fear) increase or progresses.

**Form of instrument:**

- Questionnaire/ Survey

**Method of delivery:**

- In-person interview/assessment

**Relevance to injury/ Percentage of the instrument specific to injury**

- To develop a fear of falling instrument designed to measure fear of falling among community dwelling elderly.
- To refine the fear of falling rate scale.

**Time to administer or complete the instrument****Methods of data analyses:**

- Quantitative

**Setting/sample instrument used in:**

- 106 community dwelling elderly were recruited from three community centers in the Chicago area (78% female and 22% male).

**Was it pilot tested?** No

**Pilot test sample:****Reliability Measures**

- Person separation reliability is 0.93. The person separation index was 3.56.

**Validity Measures**

- 91% (97/106) of the sample could be measured, with eight persons getting extreme maximum (indicating not worried at all for all items) and one person receiving an extreme minimum score (indicating very worried for all items). Of the 97 persons that received measures, 97.2% of all their responses were valid (within 2 SD of the expected response).

**Reference**

Velozo, C.A., & Peterson, C.W. (2001). Developing meaningful fear of falling measures for community dwelling elderly. *American Journal of Physical Medicine & Rehabilitation*, 80(9), 662-673.

**Other References**

**Keywords:** fear of falling, elderly, falls, fear rating scale, seniors.