

## The Multidimensional Falls Efficacy (MdFES) Scale

The MdFES is a quick and simple method for rating a person's confidence in their ability to prevent and manage falls.

### Instructions:

We would like to ask you some questions about your confidence in your ability to prevent and manage the threat of falls.

For each of the following questions, please rate your confidence level by recording a number from 0 to 4 using the scale given below. The levels of confidence you can choose from are 0 = not at all confident; 1 = slightly confident; 2 = somewhat confident; 3 = quite confident; and 4 = completely confident.

Please provide a score of your ability based on your own judgement for all questions.

	Item	Not at all confident	Slightly confident	Somewhat confident	Quite confident	Completely confident
1	How confident are you in walking steadily?	0	1	2	3	4
2	How confident are you in stopping yourself from falling when you lose your balance?	0	1	2	3	4
3	How confident are you in protecting yourself if you fall?	0	1	2	3	4
4	How confident are you in getting up from the ground after a fall?	0	1	2	3	4

### Scoring Instructions

Scoring will be based on the targeted construct of interest. Each item of the MdFES represents a distinct domain of falls efficacy: Item 1 for balance confidence; Item 2 for balance recovery confidence; Item 3 for safe landing confidence; and Item 4 for post-fall recovery confidence.

To facilitate interpretation:

- The individual item score could be used to identify domain-specific confidence deficits.
- The combined scores of Items 1 and 2 represent an individual's perceived ability to prevent a fall, or their perceived balance control. The combined scores of Items 3 and 4 reflect the individual's confidence in managing a fall.
- The total score (sum of all four items) indicates the individual's falls efficacy. Users are encouraged to interpret both total and domain-specific scores carefully to avoid masking specific aspects of low confidence.