

The Short-Form Balance Recovery Confidence (SF-BRC) Scale

Instructions to participants:

Please rate **how certain** you are, now, that you can **recover your balance** in order to arrest a fall in each of the following scenarios. Answer all questions to show whether you think you can recover from a loss of balance, trip or slip if the situation occurs.

Rate your degree of confidence by recording a number from 0 to 10 using the scale given below:

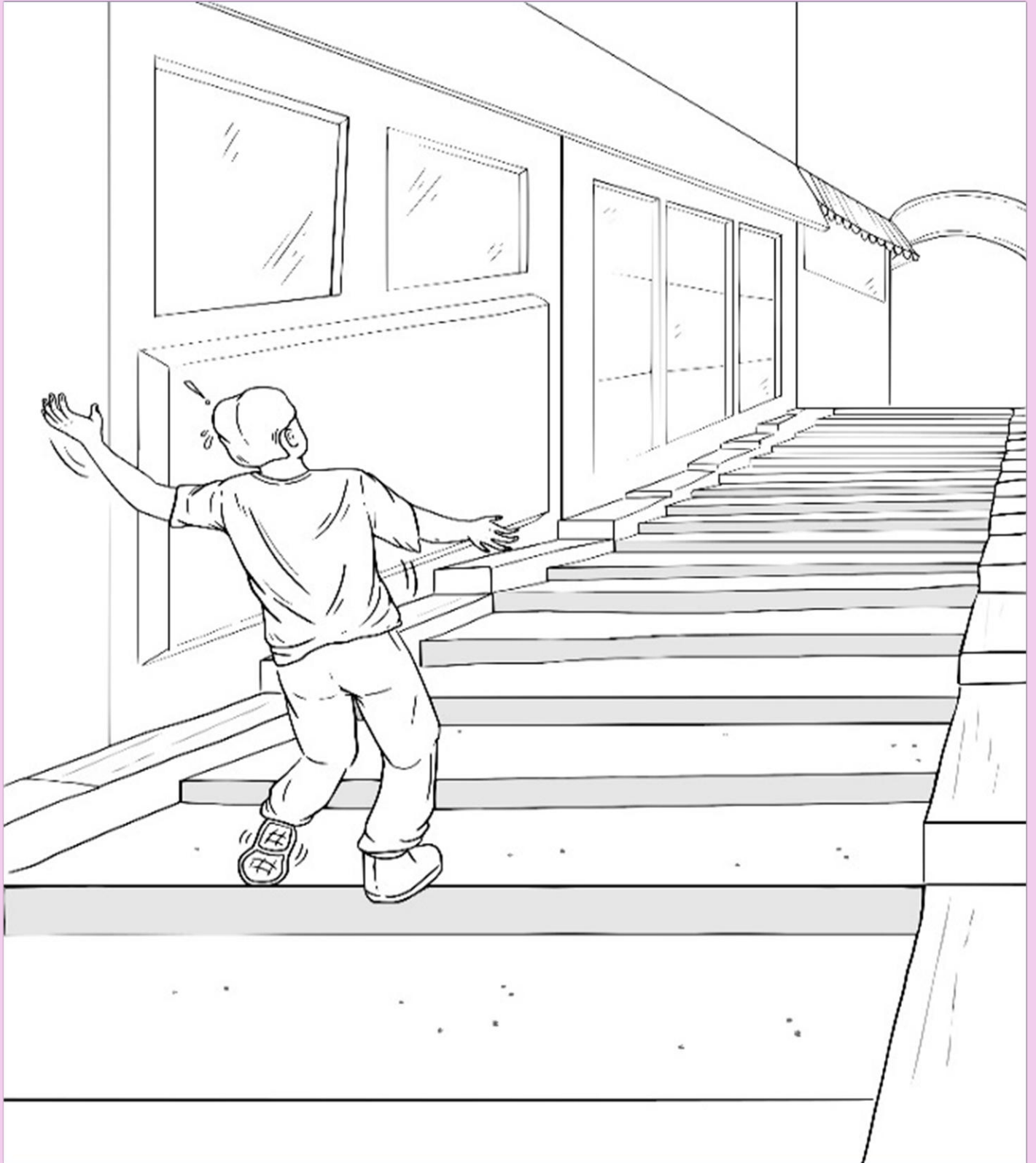
0	1	2	3	4	5	6	7	8	9	10
Cannot do at all				Moderately can do			Highly certain can do			

Scenario		Score
1	Recover from a loss of balance while walking up a flight of steps without railings.	
2	Recover from a minor slip on a puddle of water.	
3	Recover from falling forwards when a vehicle (e.g. bus, train or tram) stops suddenly.	
4	Recover from a minor slip while taking a shower.	
5	Recover from a loss of balance while stepping onto the escalator.	
6	Recover from falling forwards while walking down a gentle slope.	
7	Recover from a loss of balance while stepping over an object or obstacle (e.g. a one foot/30.48 cm wide drain).	
	Total Score	
	Average Score	

Soh SL-H, Ang CW, Chan CZY, et al. Development of a short-form balance recovery confidence (SF-BRC) scale. Journal of Clinical and Translational Science. 2026;10(1):e61.

Item 1.

Recover from a loss of balance while walking up a flight of steps without railings.



Item 2.

Recover from a minor slip on a puddle of water.



Item 3.

Recover from falling forwards when a vehicle (e.g. bus, train or tram) stops suddenly.



Soh, S. L., Tan, C. W., Xu, T., Yeh, T. T., Abdul Rahman, F. B., Soon, B., Gleeson, N., & Lane, J. (2024). The balance recovery confidence (BRC) scale. *Physiotherapy Theory and Practice*, 40(3), 658–669. <https://doi.org/10.1080/09593985.2022.2135420>

Soh, S. L.-H., Ang, C. W., Chan, C. Z. Y., Goh, R. X. L., Kuoh, J. J., Lim, Z. Y., Ting, H. X. T., Ho, J., Boonsinsukh, R., & Sattelmayer, K. (Year). Development of a short-form balance recovery confidence (SF-BRC) scale. *Journal of Clinical and Translational Science*, XX, eX. <https://doi.org/xxxxx>

Item 4.

Recover from a minor slip while taking a shower.



Item 5.

Recover from a loss of balance while stepping onto the escalator.



Item 6.

Recover from falling forwards while walking down a gentle slope.



Item 7.

Recover from a loss of balance while stepping over an object or obstacle (e.g. a one foot/30.48 cm wide drain).

