

SURVEY OF ACTIVITIES AND FEAR OF FALLING IN THE ELDERLY (SAFFE)

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and

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Dear SAFFE User:

As you requested, I am sending a copy of the SAFFE. The scoring information is also included.

I grant you permission to use the SAFFE in your research. Please cite the following reference in your work:

Lachman, M. E., Howland, J., Tennstedt, S., Jette, A., Assman, S., & Peterson, E. (1998). Fear of Falling and Activity Restriction: The Survey of Activities and Fear of Falling in the Elderly. *Journal of Gerontology: Psychological Sciences*, 53B, P43-P50.

I ask that you please send me preprints and/or reprints of any articles that you prepare which report results with the SAFFE. I am most interested to hear about the research you are doing. Good luck with your research project. Feel free to contact me if you have further questions.

Sincerely yours,

Margie E. Lachman, Ph.D.
Professor

Scoring Information for Survey of Activities and Fear of Falling in the Elderly (SAFFE)

A. Activity Level: Scored as the number of activities they do out of 11. No and nonresponse are given a 0 and a yes is given a 1. Count the number of 1's.

B. Fear of Falling: (see page 46 in Lachman et al., 1998) Recode scoring so that low scores mean low fear: 0 = not at all, 3 = very worried. Recode is 4=0, 3=1, 2=2, 1=3. The fear score is computed as the average worry scores across the 11 activities (or across as many of the activities that are done, i.e., if yes to A). Range is 0 to 3.

F. Activity Restriction: Number of activities that are reported as doing less than used to. That is the number of "less than you used to" responses (response 3) to the question, Compared to 5 years ago, would you say that you.... (range is from 0 to 11).

Scoring the reasons for not doing an activity is optional (see page 48 in the 1998 article):

C. Count the "not at all worried" responses to determine the number of activities that are not done due to reasons other than fear of falling.

D. Count the number of yes responses, to determine the number of activities that are not done because of other reasons in addition to fear of falling.

Activity Questionnaire

<p>A. Do you currently:</p>	<p>1. Go to the store?</p> <p>1. NO 2. YES ↓ ↓ GO TO C GO TO B</p>	<p>2. Prepare simple meals?</p> <p>1. NO 2. YES ↓ ↓ GO TO C GO TO B</p>
<p>B. When you....., how worried are you that you might fall?</p>	<p>1. Very worried 2. Somewhat worried 3. A little worried, or 4. Not at all worried</p> <p style="text-align: right;">GO TO F</p>	<p>1. Very worried 2. Somewhat worried 3. A little worried, or 4. Not at all worried</p> <p style="text-align: right;">GO TO F</p>
<p>C. Do you not [ACTIVITY] because you are..... that you might fall?</p>	<p>1. Very worried GO 2. Somewhat worried → TO 3. A little worried D Or 4. Not at all worried → GO TO E</p>	<p>1. Very worried GO 2. Somewhat worried → TO 3. A little worried D Or 4. Not at all worried → GO TO E</p>
<p>D. Are there other reasons that you do not.....</p>	<p>1. NO 2. YES → SPECIFY: _____ _____ _____</p> <p style="text-align: right;">GO TO F</p>	<p>1. NO 2. YES → SPECIFY: _____ _____ _____</p> <p style="text-align: right;">GO TO F</p>
<p>E. What are the reasons that you do not.....</p>	<p>SPECIFY: _____ _____ _____</p> <p style="text-align: right;">GO TO F</p>	<p>SPECIFY: _____ _____ _____</p> <p style="text-align: right;">GO TO F</p>
<p>F. Compared to 5 years ago, would you say that you.....</p>	<p>1. More than you used to, 2. About the same, or 3. Less than you used to.</p>	<p>1. More than you used to, 2. About the same., or 3. Less than you used to.</p>

A. Do you currently:	3. Take a tub bath? 1. NO 2. YES ↓ ↓ GO TO C GO TO B	4. Get out of bed? 1. NO 2. YES ↓ ↓ GO TO C GO TO B
B. When you....., how worried are you that you might fall?	1. Very worried 2. Somewhat worried 3. A little worried, or 4. Not at all worried GO TO F	1. Very worried 2. Somewhat worried 3. A little worried, or 4. Not at all worried GO TO F
C. Do you not [ACTIVITY] because you are..... that you might fall?	1. Very worried GO 2. Somewhat worried → TO 3. A little worried D Or 4. Not at all worried → GO TO E	1. Very worried GO 2. Somewhat worried → TO 3. A little worried D Or 4. Not at all worried → GO TO E
D. Are there other reasons that you do not.....	1. NO 2. YES → SPECIFY: _____ _____ _____ GO TO F	1. NO 2. YES → SPECIFY: _____ _____ _____ GO TO F
E. What are the reasons that you do not.....	SPECIFY: _____ _____ _____ GO TO F	SPECIFY: _____ _____ _____ GO TO F
F. Compared to 5 years ago, would you say that you.....	1. More than you used to, 2. About the same, or 3. Less than you used to.	1. More than you used to, 2. About the same, or 3. Less than you used to.

A. Do you currently:	5. Take a walk for exercise? 1. NO 2. YES ↓ ↓ GO TO C GO TO B	6. Go out when it is slippery? 1. NO 2. YES ↓ ↓ GO TO C GO TO B
B. When you....., how worried are you that you might fall?	1. Very worried 2. Somewhat worried 3. A little worried, or 4. Not at all worried <div style="text-align: right;">GO TO F</div>	1. Very worried 2. Somewhat worried 3. A little worried, or 4. Not at all worried <div style="text-align: right;">GO TO F</div>
C. Do you not [ACTIVITY] because you are..... that you might fall?	1. Very worried GO 2. Somewhat worried → TO 3. A little worried D Or 4. Not at all worried → GO TO E	1. Very worried GO 2. Somewhat worried → TO 3. A little worried D Or 4. Not at all worried → GO TO E
D. Are there other reasons that you do not.....	1. NO 2. YES → SPECIFY: _____ _____ _____ <div style="text-align: right;">GO TO F</div>	1. NO 2. YES → SPECIFY: _____ _____ _____ <div style="text-align: right;">GO TO F</div>
E. What are the reasons that you do not.....	SPECIFY: _____ _____ _____ <div style="text-align: right;">GO TO F</div>	SPECIFY: _____ _____ _____ <div style="text-align: right;">GO TO F</div>
F. Compared to 5 years ago, would you say that you.....	1. More than you used to, 2. About the same, or 3. Less than you used to.	1. More than you used to, 2. About the same., or 3. Less than you used to.

<p>A. Do you currently:</p>	<p>7. Visit a friend or relative?</p> <p>1. NO 2. YES ↓ ↓ GO TO C GO TO B</p>	<p>8. Reach for something over your head?</p> <p>1. NO 2. YES ↓ ↓ GO TO C GO TO B</p>
<p>B. When you....., how worried are you that you might fall?</p>	<p>1. Very worried 2. Somewhat worried 3. A little worried, or 4. Not at all worried</p> <p style="text-align: right;">GO TO F</p>	<p>1. Very worried 2. Somewhat worried 3. A little worried, or 4. Not at all worried</p> <p style="text-align: right;">GO TO F</p>
<p>C. Do you not [ACTIVITY] because you are..... that you might fall?</p>	<p>1. Very worried GO 2. Somewhat worried → TO 3. A little worried D Or 4. Not at all worried → GO TO E</p>	<p>1. Very worried GO 2. Somewhat worried → TO 3. A little worried D Or 4. Not at all worried → GO TO E</p>
<p>D. Are there other reasons that you do not....</p>	<p>1. NO 2. YES → SPECIFY: _____ _____</p> <p style="text-align: right;">GO TO F</p>	<p>1. NO 2. YES → SPECIFY: _____ _____</p> <p style="text-align: right;">GO TO F</p>
<p>E. What are the reasons that you do not.....</p>	<p>SPECIFY: _____ _____</p> <p style="text-align: right;">GO TO F</p>	<p>SPECIFY: _____ _____</p> <p style="text-align: right;">GO TO F</p>
<p>F. Compared to 5 years ago, would you say that you.....</p>	<p>1. More than you used to, 2. About the same, or 3. Less than you used to.</p>	<p>1. More than you used to, 2. About the same., or 3. Less than you used to.</p>

A. Do you currently:	9. Go to a place with crowds? 1. NO 2. YES ↓ ↓ GO TO C GO TO B	10. Walk several blocks outside? 1. NO 2. YES ↓ ↓ GO TO C GO TO B
B. When you....., how worried are you that you might fall?	1. Very worried 2. Somewhat worried 3. A little worried, or 4. Not at all worried <div style="text-align: right;">GO TO F</div>	1. Very worried 2. Somewhat worried 3. A little worried, or 4. Not at all worried <div style="text-align: right;">GO TO F</div>
C. Do you not [ACTIVITY] because you are..... that you might fall?	1. Very worried GO 2. Somewhat worried → TO 3. A little worried D Or 4. Not at all worried → GO TO E	1. Very worried GO 2. Somewhat worried → TO 3. A little worried D Or 4. Not at all worried → GO TO E
D. Are there other reasons that you do not....	1. NO 2. YES → SPECIFY: _____ _____ _____ <div style="text-align: right;">GO TO F</div>	1. NO 2. YES → SPECIFY: _____ _____ _____ <div style="text-align: right;">GO TO F</div>
E. What are the reasons that you do not.....	SPECIFY: _____ _____ _____ <div style="text-align: right;">GO TO F</div>	SPECIFY: _____ _____ _____ <div style="text-align: right;">GO TO F</div>
F. Compared to 5 years ago, would you say that you.....	1. More than you used to, 2. About the same, or 3. Less than you used to.	1. More than you used to, 2. About the same., or 3. Less than you used to.

A. Do you currently:	<p>11. Bend down to get something?</p> <p>1. NO 2. YES</p> <p style="text-align: center;">↓ ↓</p> <p>GO TO C GO TO B</p>
B. When you....., how worried are you that you might fall?	<p>1. Very worried</p> <p>2. Somewhat worried</p> <p>3. A little worried, or</p> <p>4. Not at all worried</p> <p style="text-align: right;">GO TO F</p>
C. Do you not [ACTIVITY] because you are..... that you might fall?	<p>1. Very worried GO</p> <p>2. Somewhat worried → TO</p> <p>3. A little worried D</p> <p style="text-align: center;">Or</p> <p>4. Not at all worried → GO</p> <p style="text-align: right;">TO E</p>
D. Are there other reasons that you do not....	<p>1. NO</p> <p>2. YES → SPECIFY: _____</p> <p style="text-align: center;">_____</p> <p style="text-align: center;">_____</p> <p style="text-align: right;">GO TO F</p>
E. What are the reasons that you do not.....	<p>SPECIFY: _____</p> <p style="text-align: center;">_____</p> <p style="text-align: center;">_____</p> <p style="text-align: right;">GO TO F</p>
F. Compared to 5 years ago, would you say that you.....	<p>1. More than you used to,</p> <p>2. About the same, or</p> <p>3. Less than you used to.</p>