

## FES-I & Short FES-I

The FES-I and Short FES-I have been demonstrated to have good reliability and validity, and have been validated for use in older adults with cognitive impairment [4]. FES-I and Short FES-I are available to download below in a number of language versions along with instructions for use. Also featured are relevant publications to support the use of FES-I and Short FES-I.

### How do I use FES-I or Short FES-I?

The FES-I and Short-FES-I translations available on this site are free to download and use. FES-I and Short FES-I can be administered as self-completion questionnaires, or administered verbally as part of a research interview or clinical assessment. When completing the questionnaire, participants should follow the instructions at the top of the FES-I or Short FES-I document, ticking the relevant answer box for each question. It is important to stress that respondents should complete all items. We have created some notes for interviewers (and translators) as to what questions are intended to mean which should be read prior to use. Please let us know you are using FES-I or Short FES-I by emailing us at [fes-i@manchester.ac.uk](mailto:fes-i@manchester.ac.uk) See section Notes for translators and interviewers.

### Scoring FES-I and Short FES-I

To calculate the FES-I or Short FES-I score when all items are completed, simply add the scores for each item together to give a total that ranges as follows:

- FES-I: minimum 16 (no concern about falling) to maximum 64 (severe concern about falling)
- Short FES-I: minimum 7 (no concern about falling) to maximum 28 (severe concern about falling)

### Scoring with missing items

If responses are missing on more than four items on FES-I (i.e.  $\geq 5$ ), or more than two items (i.e.  $\geq 3$ ) for Short-FES-I then the questionnaire scores cannot be used. If responses are missing on four or less for FES-I, or 2 or less on Short FES-I then it is possible to calculate a FES-I/Short FES-I score. To do this first calculate the total score of the items which have been completed. Divide that score by the number of items completed and then multiply by 16 (FES-I) or 7 (Short FES-I). The new total score should be rounded up to the nearest whole number to give the score for an individual. For example, if scores on Short FES-I were: Item 1=2 Item 2=3 Item 3=missing Item 4=3 Item 5=2 Item 6=4 Item 7=missing Then  $2+3+3+2+4=14/5 = 2.8 \times 7 = 19.6$  which is rounded up to 20.

### Are there cut points for scores?

Delbaere and colleagues [established cut-points](#) for low, moderate and high concern about falling. We advise that you read the paper before using these cut points.

	Low concern	Moderate concern	High concern
FES-I	16-19	20-27	28-64
Short FES-I	7-8	9-13	14-28

<https://sites.manchester.ac.uk/fes-i/>