

Demographic and Self-Report Measures and Cognitive Screening for Falls Risk Assessment
Post-Module Quiz

1. Which of the following combinations of characteristics would be MOST associated with an increased risk of falls?
 - a. Low balance confidence, mild cognitive impairments, sedentary life style, and depression.
 - b. High confidence level, positive outlook, living alone, and sedentary lifestyle.
 - c. Fear of falling, positive outlook, active lifestyle, and poor visual acuity.
 - d. Anxiety, normal cognition, high activity levels, and depression.

2. When completing the Activities-Specific Balance Confidence Scale, participants rate their confidence along a scale from 0% to 100% using which of the following increments?
 - a. 1%
 - b. 5%
 - c. 10%
 - d. 20%

3. During the Mini Mental State Exam, a participant is asked to count backwards from 100 by 7's. The participant states "I would rather not as I'm not good with numbers". Which of the following actions should the examiner take in this situation?
 - a. Instruct the participant to name all 12 months of the year.
 - b. Enter a score of 0 for this section of the assessment.
 - c. Ask the participant to spell the word "world" backward.
 - d. Move on to the next question and return to this section later.

4. Which of the following methods is BEST for assessing an individual for depression?
 - a. Observing whether the participant seems unusually quiet or tearful.
 - b. Administering the Geriatric Depression Scale in interview format.
 - c. Asking a family member to complete a questionnaire about the participant's mood.
 - d. Asking the participant how she has been feeling over the past few weeks.

5. Which of the following procedures is critical to correct administration of the Rapid Assessment of Physical Activity?
 - a. Ask the participant to describe all of the exercises that he/she performs daily.
 - b. Provide the participant with examples of light, moderate, and vigorous activities.
 - c. Explain to the participant that most people can still carry on a conversation when performing vigorous activities.
 - d. Instruct the participant to distinguish between exercise and physical activity when completing the assessment.

6. Which of the following methods for administering the Activities-Specific Balance Confidence Scale is BEST?
 - a. Repeat the stem of the question for each activity described on the test.

- b. Suggest a rating of 10% if the participant reports that he or she does not feel very confident in performing an activity.
 - c. Record the highest percentage reported by the participant for each activity described on the test.
 - d. Show the participant the form and ask him/her to fill in the percentages.
7. Which of the following geometric figures should be formed by the overlapping area of the two pentagons on the visual construction section of the Mini Mental State Exam?
- a. Triangle
 - b. Hexagon
 - c. Quadrangle
 - d. Circle
8. On the first section of the RAPA (RAPA 1), a participant answers “yes” to question 6 and “no” to question 7. On the second section of the RAPA (RAPA 2), the participant indicates that he/she performs strengthening exercises but not flexibility exercises. Which of the following scores should the participant receive?
- a. 6 points for the RAPA 1 and 1 point for the RAPA 2.
 - b. 7 points for the RAPA 1 and 3 points for the RAPA 2.
 - c. 6 points for the RAPA 1 and 2 points for the RAPA 2.
 - d. 7 points for the RAPA 1 and 2 points for the RAPA 2.
9. A participant is having difficulty with immediate recall of the 3 words in the Registration section of the MMSE. Which of the following actions is MOST appropriate for the administrator to take?
- a. Give the participant one additional attempt to repeat the three words.
 - b. Decrease the number of words to be recalled to two.
 - c. Repeat the three words up to 6 times, until the participant can demonstrate immediate recall.
 - d. Enter a score of 0 for this section of the assessment.
10. Which of the following actions is MOST appropriate when a participant states that he or she does not perform an activity on the ABC scale?
- a. Enter a score of 0 for that activity.
 - b. Ask the participant to imagine performing the activity.
 - c. Skip the question and come back to it later.
 - d. Omit that question and divide by 15 instead of 16 to obtain total score.

Link to Qualtrics Quiz

https://unc.az1.qualtrics.com/jfe/form/SV_bx9Dhd02iggWwPr