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Reliability and validity of the Arabic Activities-specific Balance Confidence scale in people with multiple sclerosis study [abstract]," Multiple Sclerosis Journal,

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Abstract: The prevalence of multiple sclerosis (MS) in Jordan is around 39/100,000. Ataxia, or balance problems are among the most reported manifestations in people with MS generally. Therefore, balance assessment in this population is always a necessity. Activities-specific Balance Confidence (ABC) scale is a valid scale for balance assessment in people with MS. The purpose of this study was to examine the reliability and validity of the Arabic ABC (A-ABC) scale among Arabic-speaking MS patients in Jordan. Design and Methods: The A-ABC was administered to a convenience sample of people with MS. The test-retest reliability of the A-ABC item and total scores were examined using the intraclass correlation coefficient (ICC) and 95% confidence interval (CI). Additionally, the validity of the A-ABC with Barthel Index (BI), Beck Depression Scale (BDI), Berg Balance Scale (BBS), and Dynamic Gait Index (DGI) were assessed using Spearman Correlation Coefficient (r). Result: Thirty-three MS patients (mean (SD) age = 39 (9); female = 24) were enrolled from multicenter sites in Jordan. Excellent test-retest reliability of the A-ABC total score (ICC = 0.97; 95% CI = 0.94-0.98) was found. The test-retest reliability of the A-ABC item score reflected high agreement with a range from ICC = 0.56 for 'reach at eye level' to ICC = 0.98 for 'walk on icy sidewalks.' The A-ABC had significant correlations with BI (r = 0.50, p < 0.05), BDS (r = 0.23, p < 0.05), BBS (r = 0.72, p < 0.05), and DGI (r = 0.51, p < 0.05). Conclusions: The A-ABC scale showed very good psychometric properties and can be utilized with Arabic-speaking patients with MS.