Objective To validate the "International Fitness Scale" (IFIS) in older adults. Methods Firstly, cognitive interviews were performed to ensure that the questionnaire was comprehensive for older Chilean adults. After that, a transversal study of 401 institutionalized and non-institutionalized older adults from Maule region in Chile was conducted. A battery of validated fitness tests for this population was used in order to compare the responses obtained in the IFIS with the objectively measured fitness performance (back scratch, chair sit-and-reach, handgrip, 30-s chair stand, timed up-and-go and 6-min walking). Results Indicated that IFIS presented a high compliance in the comprehension of the items which defined it, and it was able of categorizing older adults according to their measured physical fitness levels. The analysis of covariance ANCOVA adjusted by sex and age showed a concordance between IFIS and the score in physical fitness tests. Conclusion Based on the results of this study, IFIS questionnaire is a good alternative to assess physical fitness in older adults. © 2017 Elsevier Inc.
Chile
controlled study
cross-sectional study
female
fitness
human
informed consent
interview
lifestyle
male
priority journal
questionnaire
very elderly
age
daily life activity
exercise tolerance
geriatric assessment
hand strength
middle aged
predictive value
procedures
questionnaire
reproducibility
validation study
walk test
Activities of Daily Living
Age Factors
Aged
Aging
Chile
Cross-Sectional Studies
Exercise Tolerance
Female
Geriatric Assessment
Hand Strength
Humans
Male
Middle Aged
Physical Fitness
Predictive Value of Tests
Reproducibility of Results
Surveys and Questionnaires
Walk Test