

Barthel Index of Activities of Daily Living (Barthel Index)

Category: Geriatrics, Rehabilitation | Items: 10 | Time: ~2-3 min

Description / When to Use

Functional independence in ADLs

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 10 items in this scale. Estimated completion time: 2-3 min.

Scale Items

1. Feeding

0 = Unable | 5 = Needs help | 10 = Independent

2. Bathing

0 = Dependent | 5 = Independent

3. Grooming

0 = Needs help | 5 = Independent

4. Dressing

0 = Dependent | 5 = Needs help | 10 = Independent

5. Bowels

0 = Incontinent | 5 = Occasional accident | 10 = Continent

6. Bladder

0 = Incontinent / catheter | 5 = Occasional accident | 10 = Continent

7. Toilet use

0 = Dependent | 5 = Needs some help | 10 = Independent

8. Transfers (bed?chair)

0 = Unable | 5 = Major help (1-2 people) | 10 = Minor help | 15 = Independent

9. Mobility on level

0 = Immobile | 5 = Wheelchair independent | 10 = Walks with help | 15 = Independent >= 50 m

10. Stairs

0 = Unable | 5 = Needs help | 10 = Independent

Scoring Guide

Sum all 10 items. Total range 0-100.

Cutoff Interpretation

Score Range	Severity	Recommended Action
0-20	Total dependence	Total dependence.
21-60	Severe dependence	Severe dependence.
61-90	Moderate dependence	Moderate dependence.
91-99	Slight dependence	Slight dependence.
100-100	Independent	Independent.

Psychometric Properties

See original validation study for reliability and validity data.

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Citation (APA Format)

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