

Strength, Ambulation, Rising from a Chair, Stair Climbing, and History of Falling (SARC-F) Questionnaire

Patient name: _____

Age: _____

Gender: _____

Date of examination: _____


Instructions

The SARC-F Test screens for sarcopenia by assessing strength, walking assistance, chair rising, stair climbing, and fall history. It takes 5 minutes to complete and can be administered by a general practitioner or nurse. Based on the participant's response, select a score for each question and calculate the total.

| Component | Question | Scoring | | | Score |
|-----------------------|--|---------|-----------|------------------------------|-------|
| | | 0 | 1 | 2 | |
| Strength | How much difficulty do you have in lifting and carrying 10 pounds? | None | Some | A lot or unable | |
| Assistance in walking | How much difficulty do you have walking across a room? | None | Some | A lot, use aids, or unable | |
| Rise from a chair | How much difficulty do you have transferring from a chair or bed? | None | Some | A lot or unable without help | |
| Climb stairs | How much difficulty do you have climbing a flight of 10 stairs? | None | Some | A lot or unable | |
| Falls | How many times have you fallen in the past year? | None | 1-3 falls | 4 or more falls | |
| Total score: | | | | | |

A total score of equal to or greater than 4 is predictive of sarcopenia and poor outcomes.

Assessed by: _____

Signature: 

Date: _____

Reference

Malmstrom, T. K., & Morley, J. E. (2013). SARC-F: A simple questionnaire to rapidly diagnose sarcopenia. *Journal of the American Medical Directors Association, 14*(8), 531–532.
<https://doi.org/10.1016/j.jamda.2013.05.018>