

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>