

## Tilburg Frailty Indicator (TFI)\*

Gobbens RJJ, van Assen MALM, Luijkx KG, Wijnen-Sponselee MTh, Schols JMGA. The Tilburg Frailty Indicator: psychometric properties. J Am Med Dir Assoc 2010; 11(5):344-355.

### Part A Determinants of frailty

1. Which sex are you?  male  female
2. What is your age? ..... years
3. What is your marital status?  
 married/living with partner  
 unmarried  
 separated/divorced  
 widow/widower
4. In which country were you born?  
 The Netherlands  
 Former Dutch East Indies  
 Suriname  
 Netherlands Antilles  
 Turkey  
 Morocco  
 Other, namely.....
5. What is the highest level of education you have completed?  
 none or primary education  
 secondary education  
 higher professional or university education
6. Which category indicates your net monthly household income?  
 €600 or less  
 €601 - €900  
 €901 - €1200  
 €1201 - €1500  
 €1501 - €1800  
 €1801 - €2100  
 €2101 or more
7. Overall, how healthy would you say your lifestyle is?  
 healthy  
 not healthy, not unhealthy  
 unhealthy
8. Do you have two or more diseases and/or chronic disorders?  yes  no
9. Have you experienced one or more of the following events during the past year?
  - the death of a loved one  yes  no
  - a serious illness yourself  yes  no
  - a serious illness in a loved one  yes  no
  - a divorce or ending of an important intimate relationship  yes  no
  - a traffic accident  yes  no
  - a crime  yes  no
10. Are you satisfied with your home living environment?  yes  no

## Part B Components of frailty

### B1 Physical components

- |     |   |       |      |
|-----|---|-------|------|
| 11. | Do you feel physically healthy?   | 0 yes | 0 no |
| 12. | Have you lost a lot of weight recently without wishing to do so?<br>( <i>'a lot' is: 6 kg or more during the last six months, or 3 kg or more during the last month</i> ) | 0 yes | 0 no |

Do you experience problems in your daily life due to:

- |     |   |       |      |
|-----|---|-------|------|
| 13. | .....difficulty in walking?               | 0 yes | 0 no |
| 14. | .....difficulty maintaining your balance? | 0 yes | 0 no |
| 15. | .....poor hearing?                        | 0 yes | 0 no |
| 16. | .....poor vision?                         | 0 yes | 0 no |
| 17. | .....lack of strength in your hands?      | 0 yes | 0 no |
| 18. | .....physical tiredness?                  | 0 yes | 0 no |

### B2 Psychological components

- |     |   |       |             |      |
|-----|---|-------|-------------|------|
| 19. | Do you have problems with your memory?                  | 0 yes | 0 sometimes | 0 no |
| 20. | Have you felt down during the last month?               | 0 yes | 0 sometimes | 0 no |
| 21. | Have you felt nervous or anxious during the last month? | 0 yes | 0 sometimes | 0 no |
| 22. | Are you able to cope with problems well?                | 0 yes |             | 0 no |

### B3 Social components

- |     |  |       |             |      |
|-----|--|-------|-------------|------|
| 23. | Do you live alone?                               | 0 yes |             | 0 no |
| 24. | Do you sometimes miss having people around you?  | 0 yes | 0 sometimes | 0 no |
| 25. | Do you receive enough support from other people? | 0 yes |             | 0 no |

\* The TFI was translated into English using the method of back-translation.

Scoring Part B Components of frailty (range: 0 – 15)

Question 11:           yes = 0, no = 1

Question 12 – 18:    no = 0, yes = 1

Question 19:           no and sometimes = 0, yes = 1

Question 20 and 21: no = 0, yes and sometimes = 1

Question 22:           yes = 0, no = 1

Question 23:           no = 0, yes = 1

Question 24:           no = 0, yes and sometimes = 1

Question 25:           yes = 0, no = 1

Cutpoint: 5