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Project Title

Psychometric properties and interpretability of the 4-Metre Walk Test in the Canadian Longitudinal Study on Aging

Project Summary

The 4-Metre Walk Test (4MWT) is one of the most widely-used mobility tests in older adults. The 4MWT is a simple test of physical function, where individuals are asked to walk a 4-metre distance at their usual pace. The course is timed, and walking speed is reported in metres divided by seconds. The ability of the 4MWT to capture physical function and health, and its ability to capture change over time has not yet been evaluated in Canadian community-dwelling older adults. This study will 1) assess the relationship of the 4MWT with other mobility tests and questionnaires; 2) determine the ability of the 4MWT to predict undesirable health events, such hospitalizations; 3) assess the ability of the 4MWT to detect change in mobility and function over time; and 4) determine clinically meaningful change values on the 4MWT, in Canadian community-dwelling older adults.

Keywords

4-metre walk test, older adults, psychometric properties, mobility