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Response to the Comment on “Validity of the Kihon Checklist for evaluating frailty status in Turkish older adults”

Dear Editor,

We read with great interest the comment on our recent study titled “Validity of the Kihon Checklist for evaluating frailty status in Turkish older adults.”¹ In Turkey, the prevalence of frail and prefrail older adults is high, like many other countries.² Therefore, in this study we aimed to test the validity of a Turkish version of the Kihon Checklist (KCL), and to evaluate its strength in determining frailty defined by the Fried criteria. One of the comments suggested that by setting the gold standard for frailty, a validation study of KCL should be carried out as further studies.³ As far as we are concerned, there is no gold standard method for detecting frailty, therefore the Fried physical frailty phenotype is one of the most widely used scales for frailty studies.⁴ In addition, if a gold standard method can be developed to evaluate frailty, the validation of KCL for frailty can be re-evaluated by this new method.

Additionally, as many previous studies showed that the total KCL score should be more effective for screening frailty than the subtotal KCL score,⁵ in our study we evaluated the validity of a Turkish version of the whole KCL rather than each KCL subscale separately.¹ However, some studies used the subscales of KCL so that they could evaluate different outcomes, which proves the multidimensional nature of the KCL.⁶ Also, many studies have considered KCL subscales differently, and despite some suggestions, there is currently no consensus on the division of KCL subscales.⁶ Given the fact that frailty is also multidimensional and dynamic, it is obvious how important the whole of the KCL is.⁷ Accordingly, in our study, we also showed that the Turkish version of the whole KCL is a quick, simple and sensitive screening method for older adults.¹

The KCL subscales can be evaluated for frailty or other geriatric outcomes in future studies. We hope this additional information helps shed light on your questions.

Disclosure statement

The authors declare no conflict of interest.

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