

6th World Nursing and Healthcare Conference

August 15-17, 2016 London, UK

Validation of weight control efficacy evaluation scale (WCEE Scale)

Wan-Ru Wu, Yi-Ci Chen and Shih-Hsien Kuo
Fooyin University, Taiwan

Background & Purpose: The rising prevalence of chronic diseases, such as cardio-vascular diseases, hyperlipidemia, diabetes, osteoarthritis is all associated with obesity, which is the major public health problem worldwide. The need of a comprehensive instrument to evaluate the success of individual weight control is merged. This study aimed to construct the internal reliability and validity of the Weight Control Efficacy Evaluation Scale (WCEE Scale).

Methods: A questionnaire, based on regulatory focus theory (RFT), including “external and internal factors toward weight control”, “diet behaviors of weight control”, and attempts to weight control” was constructed. Participants are 300 young adults (18-25 years old) recruited from a university of southern Taiwan. Construct validity was evaluated using a principal axis factoring method with varimax rotation. Reliability and constructive validity was also evaluated.

Results: After factor analysis for “external and internal factors toward weight control” and “attempts and diet behaviors of weight control” (KMO 0.8 and 0.79, respectively), 6 factors were included: barrier of exercise (6 items); colleague relationships (3 items); belief of weight control (7 items); content of body shape (5 items); self-efficacy of weight control (9 items) and; levels of self-esteem (7 items). Factor 1 and Factor 2 are categorized as the external domain of weight control and factor 3 to 6 are categorized as internal domain of weight control. WCEE Scale and its subscales showed good reliability values (Cronbach’s α were between 0.672 and 0.847). Other statistical analyses were proceeded to evaluate the availability and validity of this questionnaire.

Conclusions: Results showed that this theory-based weight control measurement, WCEE scale, is performed for good availability and validity and has adequate psychometric properties to support both research and the clinical practice.

Biography

Wan-Ru Wu is a dietician student of School of Medical and Health Science, Fooyin University, Kaohsiung, Taiwan. She carries out an independent study for weight control in college adults. She is also very interested in developing the healthy food specially for weight loss and dysmenorrhea.

t7701646@yahoo.com.tw

Notes: