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Validation of Transition Readiness Assessment Questionnaire (TRAQ) in Turkish adolescents and young adults with diabetes

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Background: Today, more than 90% of adolescents with chronic conditions are surviving into adulthood and move pediatric to adult care with their chronic illness. It is important to gain autonomy and ensure readiness for adolescents/ young adults to use the adult health care system prior to the transfer of care. However, the lack of the transition readiness assessment tool which is validated, patient-centered and appropriate to developmental differences in pediatric care is seen a major obstacle for transition of care from pediatric to adult services.

Aim: The aim of this study is examining of validity and reliability of a Turkish version of Transition Readiness Assessment Questionnaire (TRAQ) that assess readiness for transition from pediatric to adult health care for adolescents/ young adults with diabetes.

Study design: Methodological study

Methods: Participants were 109 adolescents/ young adults with type 1 diabetes aged 14 to 21 years. After obtaining permission to adapt the TRAQ, Turkish TRAQ and "self care scale" were applied to participants through face to face interviews in two pediatric endocrinology clinics. Validity was evaluated by exploratory and confirmatory factor analysis and content-scope validity; reliability was evaluated by item-total score correlation and continuity methods. Internal reliability was assessed by Cronbach's alpha and criterion validity.

Conclusion: The Turkish version of TRAQ is a valid and reliable measure of transition readiness of adolescents/young adults (AYA) with diabetes in Turkey. TRAQ assesses self management ability and HCT knowledge of the AYA with diabetes who need special health care. It is also considered to be a guide for health care professionals for detecting the educational fields that is required to gain self management and self care abilities.

Results: The item analysis, Exploratory Factor Analysis (EFA) and Confirmatory Factor Analysis (CFA) identified 5 basic dimensions with high internal consistency (.89 to .75). χ^2/df and the other conformity indices were good fit to the data. The correlation coefficient in the analyses of test-retest scores was .86 for the total scale ($p < .05$) and the Cronbach's alpha coefficient was found as .88 for overall scale.

Biography

Evrım Kızıl is an Asst. Professor in Clinical Paediatrics at Yıldırım Beyazıt University (School of Medicine) Turkey. She completed her masters at University of Health Sciences in the department of paediatric nursing. She done her schooling in Gulhane School of Nursing at Ankara.

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