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Development and psychometric properties of Iranian self-care questionnaire in hypertension

Maryam Eghbali-Babadi
Isfahan University of Medical Sciences, Iran

Due to high prevalence of hypertension, the tendency to develop self-care role has been increased. But, existing tools do not capture all the critical domains of self-care. Therefore, the lack of a valid and reliable scale to assess self-care led us to create and present an appropriate scale to measure self-care in hypertension. A cross-sectional study was conducted. Content and face validity, internal and external reliability and construct validity was done. At first, the initial questionnaire about self-care was designed. Furthermore, the face validity was conducted and the questionnaire with 22 questions was approved by expert panel. The Content Validity Ratio (CVR) and Content Validity Index (CVI), for the questionnaire were calculated. Then the questionnaire was given to 20 patients with hypertension. The inner consistency with Cronbach's alpha was calculated. After 14 days, the same questionnaire was given to the same patients again and Intraclass Correlation Coefficient (ICC) was calculated to assess the reliability of external. Finally, construct validity was done by using exploratory factor analysis. Self-care questionnaire was implemented on 203 (for each variable, 9 samples) patients with hypertension. According to Lawshe's technique, any item that scored more than 0.5 in the CVR score and significant level of 0.05% was considered as essential. 4-items of self-care questionnaire were removed by using CVR and CVI. Final questionnaire's Cronbach's alpha was 0/819 and ICC was obtained 0/952 (0/880-0/981). In factor analysis, load factor of all items were between 0.422 and 0.869. In addition, the questionnaire contained 16 items in 5 subscales: Follow up (3 items), personal healthy life style (4 items), knowledge improvement and utilizing supporting systems (4 items), medication (2 items), avoiding environmental risk factors (3 items). The questionnaire is desirable and it has appropriate psychometric properties to measure self-care in hypertensive patients.

Biography

Maryam Eghbali-Babadi is currently a PhD candidate of Hypertension at Isfahan University of Medical Sciences, Iran. She has been an Academic Member of Nursing and Midwifery Department at Isfahan University of Medical Sciences for 25 years. She has published more than 10 papers in reputed journals and more than 10 books.

eghbali@nm.mui.ac.ir

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