

Psychiatry 2019: Psychometric properties of the healthy family life style scale - Nadereh Sohrabi Shekefti - Islamic Azad University

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Introduction:

Life style is an important factor in life quality. Life style refers to the set of habits and behaviour that one does daily, weekly and monthly. According to the action-reaction principle in systems theory, all our actions or behaviour will follow with an emotional, cognition and behavioural reaction. Generally, these actions are selected by individuals consciously. Based on these two (action-reaction principle and conscious selection), what an individual feels, is the result of his/her selection. As individuals are agent to choose their behaviour and life style is a choice for choosing, selecting a specific life style (as a set of action) will make a specific consequence for him/her. So, life style is a good predictor for life quality. The main goal in the research was to develop a healthy life style scale.

An instrumental study of 392 households with sick or disabled members was conducted to analyze the psychometric properties of the Family Disease Management Scale. Three different models were analyzed using the Confirmatory Factor Analysis (CFA). One was a single-dimensional factor (family disease management) with 30 items; and two hierarchical models with three factors, which represent the dimensions, family support, family normalization and family participation, that placed the workload into another of higher order called family disease management, the first with 30 items and the second with 29. The CFA results showed that the latter 29-item model provided a better fit. The internal consistency analysis using the Cronbach alpha test showed a value of .93 for the complete scale and above .80 in the three subscales. This instrument may be useful to assess how families manage the illness or disability of its members, especially in clinical practice given the importance of the family as the primary caregiver. As well as in performing epidemiological studies, and in the field of

management, planning and assistance. The global increase in the prevalence of non-communicable diseases is a public health problem which has the potential to overwhelm healthcare systems worldwide. Health promotion, as reflected in a healthy lifestyle, is an integral part of disease prevention. Health-promoting behaviour has been associated not only with improved physical and mental health outcomes but also with lower healthcare costs.

Method:

The sample consisted of 300 college students in Shiraz Branch, Islamic Azad University. A 28 items scale was used to assess healthy life style. These items were pooled based on semi-structured interview with 30 married persons between 25 to 58 years old. All participants filled out the scale. Principle factor analysis was run to test factor structure of the scale.

Results:

The results of the factor analysis showed a seven factor structure for the family life style scale. These factors named: emotional relationship, private time with close people, time for fun and play, effective social network, respect and appreciation, quality of sleep and, physical activity. The result revealed an acceptable reliability for these factors.

Conclusion:

In sum, the results of the research showed that the healthy family life style scale is a valid and reliable scale to assess life style.

Keywords: Family, Disease management, Confirmatory Factor Analysis, Instrumental study.