

DEVELOPMENT OF THE PRECONCEPTIONAL HEALTHY LIFESTYLE BEHAVIORS SCALE

Background

Assessment of the lifestyle related to the health of men and women in the preconception period is the first step in identifying and solving problems [1].

Aim(s)

The aim of this study is to develop a valid and reliable measurement tool that measures healthy lifestyle behaviors in the preconception period of women and men.

Methods

The population of the study consisted of fertile women of reproductive age and married/partner men who applied to a Family Health Center. The sample of the study consisted of 6 people for face validity and 15 experts for content validity, 543 people for explanatory factor analysis and internal consistency analyses, 311 people for confirmatory factor analysis, 229 people for criterion validity analysis, and 50 people for time constancy. Data were collected with the Individual Information Form, Draft Preconceptional Healthy Lifestyle Behaviors Scale (PHLBS), and Healthy Lifestyle Behavior II (HLBS-II). Institutional permission was obtained from the Ministry of Health General Directorate of Public Health, and ethical approval was obtained from the ethics committee. Lawshe Technique for Content Validity; Exploratory Factor Analysis (EFA) and Confirmatory Factor Analysis (CFA) for Construct Validity; Spearman correlation for Criterion validity and Test-Retest Analysis; Cronbach Alpha and Item Total Score Correlation in Calculation of Internal Consistency Coefficient were used.

Results

The content validity index of PHLBS was calculated as 0.87. As a result of EFA made with Principal Components Analysis and Varimax Method, the draft scale consisted of 26 items and 7 factors, and factor load values of the items are between 0.472-0.878. CFA concordance values were obtained as CMIN/DF=2.014, RMSEA=0.057, CFI=0.871, SRMR=0.059. Although CFI and GFI among these fit indices were not within the required limits, all path coefficients of the items were found to be statistically significant ($p<0,001$). Cronbach's alpha values were examined in the sub-dimensions because the scale was not additive Cronbach's alpha values were determined as 0.73 for Factor 1, 0.73 for Factor 2, 0.69 for Factor 3, 0.64 for Factor 4, 0.71 for Factor 5, 0.62 for Factor 6, and 0.71 for Factor 7, and these values were found to be reliable. According to criterion-related reliability results, the relationship between the sub-dimensions of both scales (PHLBS and HLBS-II) was significant in some dimensions ($p<0,001$). The test-retest reliability of the scale was found to be statistically and positively significant for each sub-dimension ($p<0,001$).

Discussion

After the face, content, and construct validity of the scale were ensured [2], the Cronbach Alpa Coefficient, Item Total Score Correlation, and time invariance results were found within the desired limits [3]. It was thought that the insignificance of the relationship in some sub-dimensions in criterion-related validity was due to the special health behaviors specific to the preconception period.

Implications and future perspectives

Considering that not only women's but also men's health is important in pregnant and newborn health, PHLBS is a valid and reliable measurement tool that can be used to identify problems and meet needs according to the data obtained.

References

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