Scoring Information for PACE Adult (Women) Psychosocial Measures

**Physical Activity Measures**

**Stage of Change**
Using the branching scheme:
If physically active 0 to 4 days a week:
  Question B1:
    1 = Precontemplation stage
    2 = Contemplation stage
    3 = Preparation stage
If physically active 5 to 7 days a week:
  Question B2:
    1 = Action stage
    2 = Maintenance stage.

**Physical Activity Change Strategies**
Create a composite strategy score by computing the mean of items 1 to 15.

**Physical Activity Pros & Cons**
Pros of change scale = mean of items 1, 3, 5, 7.
Cons of change scale = mean of items 2, 4, 6, 8.

**Physical Activity Confidence (Self-Efficacy)**
Compute mean of items 1 to 6.

**Physical Activity Social Support**
Compute mean of items 1 to 5.

**Physical Activity Environmental Factors**
Reverse code item 2, then compute mean of items 1 to 4.

**Fruit & Vegetable Consumption**

**Stage of Change**
Using the branching scheme:
If 0 to 4 servings per day:
  Question B1:
    1 = Precontemplation stage
    2 = Contemplation stage
    3 = Preparation stage
If 5 to 6 or more serving per day:
  Question B2:
    1 = Action stage
    2 = Maintenance stage.
**Fruit & Vegetable Pros & Cons**

Pros of change scale = mean of items 1, 3, 5, 7.
Cons of change scale = mean of items 2, 4, 6, 8.

**Fruit & Vegetable Confidence (Self-Efficacy)**

Compute mean of items 1 to 6.

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**Fiber**

**Stage of Change**

NOTE: Questions A1: 1 to 7 are used to calculate a fiber servings score in the online HTML survey page. Values were coded as 0 = Never, 1 = Rarely, 2 = Some of the time, 15 = Most of the time, 16 = Always. If fiber_score < 75, then go to question B1; if fiber_score > 74, then go to question B2.

Using the branching scheme:
If 0 to 4 servings per day:
   Question B1:
   1 = Precontemplation stage
   2 = Contemplation stage
   3 = Preparation stage
If 5 to 6 or more serving per day:
   Question B2:
   1 = Action stage
   2 = Maintenance stage.

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**Fiber Pros & Cons**

Pros of change scale = mean of items 1, 3, 5, 7.
Cons of change scale = mean of items 2, 4, 6, 8.

**Fiber Confidence (Self-Efficacy)**

Compute mean of items 1 to 8.

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**Dietary Fat**

**Stage of Change**

NOTE: Online HTML page determined dietary fat servings using 26 items from the FHCRC FFQ. Survey automatically branched to question B1 or B2.
If more than 5 servings per day:
   Question B1:
   1 = Precontemplation stage
   2 = Contemplation stage
   3 = Preparation stage
If 5 or fewer serving per day:
   Question B2:
   1 = Action stage
   2 = Maintenance stage.
Dietary Fat Pros & Cons
Pros of change scale = mean of items 1, 3, 5, 7.
Cons of change scale = mean of items 2, 4, 6, 8.

Dietary Fat Confidence (Self-Efficacy)
Compute mean of items 1 to 5.

General Healthy Eating
Healthy Eating Change Strategies
Create a composite strategy score by computing the mean of items 1 to 15.

Healthy Eating Social Support
Compute mean of items 1 to 5.

Self-Evaluation 1 = CESD-10.
Self-Evaluation 2 = Crowne-Marlowe Social Desirability Scale (Need for Approval)
Self-Evaluation 2 = Rosenberg Self-esteem Scale

Body Image
Eating Habits

Related Publications


