Scoring Information for PACE Adolescent Psychosocial Measures

Physical Activity Measures

Stage of Change
Using the branching scheme:
If physically active 5 to 7 days a week:
  Question 2:
    1 = Action stage
    2 = Maintenance stage.
If physically active 0 to 4 days a week:
  Question 3:
    1 = Precontemplation stage
    2 = Contemplation stage
    3 = Preparation 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 2, 3, 5, 8, 9.
Cons of change scale = mean of items 1, 4, 6, 7, 10.

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

Physical Activity Family Support (Family Influences)
Compute mean of items 1 to 4.

Physical Activity Friend Support (Peer Influences)
Reverse code item 3, then compute mean of items 1 to 5.

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

Sedentary Behaviors

Stage of Change
NO, and I do NOT intend to in the next six months = Precontemplation
NO, but I intend to in the next six months. = Contemplation
NO, but I intend to in the next 30 days. = Preparation
YES, and I have been, but for LESS than 6 months. = Action
YES, and I have been for MORE than 6 months. = Maintenance

Sedentary Habits Change Strategies
Create a composite strategy score by computing the mean of items 1 to 15.
**Sedentary Habits Pros & Cons**
Pros of change scale = mean of items 1, 3, 4, 9.
Cons of change scale = mean of items 2, 5, 6, 10, 11, 12.
Note: Item 7 did not load on either factor (Norman et al., 2004).

**Sedentary Habits Confidence (Self-Efficacy)**
Compute mean of items 1 to 7.

**Sedentary Habits Family Support (Family Influences)**
Compute mean of items 1 to 4.

**Sedentary Habits Friend Support (Peer Influences)**
Reverse code item 3, then compute mean of items 1 to 3.

**Fruit & Vegetable Consumption**

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

**Fruit & Vegetable Change Strategies**
Create a composite strategy score by computing the mean of items 1 to 15.

**Fruit & Vegetable Pros & Cons**
Pros of change scale = mean of items 2, 3, 5, 7, 9.
Cons of change scale = mean of items 1, 4, 6, 8, 10.

**Fruit & Vegetable Confidence (Self-Efficacy)**
Compute mean of items 1 to 7.

**Fruit & Vegetable Family Support (Family Influences)**
Compute mean of items 1 to 4.

**Fruit & Vegetable Friend Support (Peer Influences)**
Reverse code item 3, then compute mean of items 1 to 4.
**Dietary Fat**

**Stage of Change**

- NO, and I do NOT intend to in the next six months = Precontemplation
- NO, but I intend to in the next six months. = Contemplation
- NO, but I intend to in the next 30 days = Preparation
- YES, and I have been, but for LESS than 6 months. = Action
- YES, and I have been for MORE than 6 months. = Maintenance

**Dietary Fat Change Strategies**

Create a composite strategy score by computing the mean of items 1 to 15.

**Dietary Fat Pros & Cons**

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

**Dietary Fat Confidence (Self-Efficacy)**

Compute mean of items 1 to 8.

**Dietary Fat Family Support (Family Influences)**

Compute mean of items 1 to 4.

**Dietary Fat Friend Support (Peer Influences)**

Reverse code item 4, then compute mean of items 1 to 4.

**References**

