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.

**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.

**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.

**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**


