

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

Carlson, JA, Sallis, JF, Wagner, N, Calfas, KJ, Patrick, K, Groesz, LM, Norman, GJ. (2012). Brief Physical Activity-Related Psychosocial Measures: Reliability and Construct Validity. *Journal of Physical Activity and Health*. 9, 1178-1186.

Norman, GJ, Carlson, JA, Sallis, JF, Wagner, N, Calfas, KJ, Patrick, K. (2010). Reliability and validity of brief psychosocial measures related to dietary behaviors. *International Journal of Behavioral Nutrition and Physical Activity*. doi:10.1186/1479-5868-7-56.

Roesch, S.C., Norman, G.J., Villodas, F., Sallis, J.F., & Patrick, K. (2010). Intervention-mediated effects for adult physical activity: A latent growth curve analysis. *Social Science and Medicine*, 71, 494-501.

Rosenberg, D.E, Norman, G.J., Wagner, N., Patrick, K., Calfas, K.J., Sallis, J.F. (2010). Reliability and validity of the sedentary behavior questionnaire (SBQ) for adults. *Journal of Physical Activity and Health*, 7, 697-705

Robinson, A.H., Norman, G.J., Sallis, J.F., Calfas, K.J., Patrick, K. (2008). Validating stage of change for physical activity and dietary behaviors for overweight women. *International Journal of Obesity*, 32, 1137-1144.

Kerr, J., Patrick, K., Norman, G.J., Stein, M.B., Calfas, K.J., Zabinski, M.F., Hagler, A. (2008). Randomized control trial of a behavioral intervention for overweight women: Impact on depressive symptoms. *Depression and Anxiety*. 25, 555.