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Health Promoting Activities Scale

Information booklet

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This information booklet is designed to describe The Health Promoting Activities Scale (HPAS) for professionals interested in implementing the use of this scale in research or clinical practice. This booklet will describe the purpose, scale mechanics, design, and scoring related to the scale. The actual scale items and scoring response items are provided.

Professionals are invited to use the HPAS freely. However, this scale must not be altered in any way during administration or scoring. The authors request forwarding of any feedback or details about the use of this scale to the first author: Helen.Bourke-Taylor@monash.edu.

PURPOSE:

The Health Promoting Activities Scale (HPAS) is a brief, psychometrically sound instrument that is clinically relevant and appropriate for research. The HPAS measures the person's estimation of the frequency with which they participate in self-selected leisure occupations that promote or maintain health and well-being. The HPAS was developed for mothers of children with disabilities. The HPAS allows professionals to evaluate clients' participation in leisure occupations that are associated with subjective health, particularly mental health.

Professionals can use the findings to:

- Address a person/mother's capacity to participate in health-promoting leisure activities
- Educate person/mothers about their health needs
- Assist person/mothers in healthy lifestyle re-design of leisure pursuits
- Include client-centered goal setting in relation to HPAS items

Further development of the HPAS is underway, following promising initial evaluation and indications of the scales potential to be used as an outcome measure (Bourke Taylor, Law, Howie & Pallant, 2012).

DESIGN OF SCALE:

A mixed method instrument design model was applied to the research that developed the HPAS. An initial qualitative study generated items and scoring criteria (Bourke-Taylor, Howie & Law, 2010), and quantitative data were collected from 152 mothers of a school aged child with a disability in Victoria, Australia. Respondents are asked consider the sorts of activities they have participated in for health, social interaction, and leisure over the past year. Respondents then selected the corresponding frequency response item for each of the eight categories. Items were configured using an occupational therapy approach to categorizing the types of activities that people select to participate in. During the design of the instrument, the actual activity was not as important as the category of activity. Eight items were included in the HPAS in the form of statements (see Table 1). This was using a seven point Likert response scale (*1 = never, 2 = 1–3 times per year, 3 = once a month, 4 = 2–3 times a month, 5 = once per week, 6 = 2–3 times per week, and 7 = once or more every day*) See Appendix for instructions for completing the scale, scale items and response schedule.

Table 1

Examples of types of activities that mothers selected for leisure, enjoyment and recreation that relate to items 1-8.

Items representing categories of activities	Sample activity described by other mothers
Personal health care tasks, such as planning and eating healthy food and drinks; following exercise program; other tasks for <u>your</u> health.	Purposefully planning time for healthy eating and exercise routines. Meeting with a nutrition consultant; organizing a gym membership; reading health magazines and books.
A physically active recreational pursuit that you do alone.	Walking; gym program; shopping for pleasure; gardening; swimming, jogging; cycling; walking dog; woodwork; cooking and preparing for a large social gathering. g.
A physically active recreational pursuit that you do with other people.	Tap dancing; playing squash; walking with another mother; gym sessions with personal trainer; playing team sport; camping; bush walking/hiking; golf; picnic at a park.
Spiritual or rejuvenating personal time.	Praying; attending bible groups; being with similar others to pray/worship/reflect; meditating; contemplation and meaning making alone or with others; worship.
Social activities with people who are important and supportive towards you	Going to another family's home, or entertaining another family; cultural events with family and friends; attending social functions organized by people and organizations important to the person; extended family gatherings.
Time out for yourself to spend as you wish	Facials; shopping; doing nothing; resting; sleeping during the day; playing musical instrument/listening to musical instrument; art work/crafts.
A quiet, physically inactive leisure pursuit that you do alone.	Reading; sewing; baking; computer use; listening to music; scrap booking; building models/table top constructions; art work/crafts..
A quiet, physically inactive leisure pursuit that you do with others.	Watching a DVD; eating a meal; celebrating cultural occasions (Easter); outings; meeting a friend for coffee/lunch; playing cards/other games socially; social networking via computer.

SCORING THE HPAS:

The score is obtained by adding up the eight items to arrive at a single score. Lower scores indicate less frequent participation and higher scores more frequent participation.

PSYCHOMETRIC EVALUATION OF THE HPAS:

Psychometric evaluation of the HPAS on the population of Victorian mothers of school aged children with disabilities (N = 152) revealed the following properties. The Cronbach alpha value was high (0.78) indicating good internal consistency. Standard tests of normality indicated that the HPAS was not normally distributed. These tests revealed a skewed distribution (0.723) with kurtosis (0.408) and a significant Kolmogorov-Smirnov statistic ($p = .001$; Pallant, 2010), indicating violation of the assumption of normality. Construct validity was supported by moderate correlations with subjective mental health and general health (Short Form 36, Version 2) and by differentiation in leisure participation among groups of mothers reporting differences in mental health status.

Additionally, the HPAS was normed using a sample of 262 Victorian mothers of typically developing children. Mothers of typically developing children with those with a child with a disability demonstrated a statistically significant difference between the frequency that mother participate on every HPAS item ($p < .01$). The journal article describing the participation in health promoting behaviours of mothers of typically developing children and comparison to mothers of children with disabilities, is forthcoming (please contact Helen Helen.bourke-taylor@monash.edu).

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References

- Bourke-Taylor, H. M., Howie, L., & Law, M. (2010). Impact of caring for a school aged child with a disability: Understanding mothers' perspectives. *Australian Occupational Therapy Journal*, 57(2), 127-136.
- Bourke-Taylor, B., Law, M., Howie, L., & Pallant, J. F. (2012). Initial development of the Health Promoting Activities Scale to measure the leisure participation of mothers of children with disabilities. *American Journal of Occupational Therapy*, 66, e1-e10. doi: 10.5014/ajot.2012.000521

Appendix: Scale items and response schedule

HEALTH PROMOTING ACTIVITIES SCALE

Question		Never	1-3 times per year	Once a month	2-3 times a month	Once a week	2-3 times per week	Once/ more every day
1.	Personal health care tasks, such as planning and eating healthy food and drinks; following exercise program; other tasks for your health.	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆	<input type="checkbox"/> ₇
2.	A physically active recreational pursuit that you do alone.	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆	<input type="checkbox"/> ₇
3	A physically active recreational pursuit that you do with other people.	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆	<input type="checkbox"/> ₇
4.	Spiritual or rejuvenating personal time.	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆	<input type="checkbox"/> ₇
5.	Social activities with people who are important and supportive towards you	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆	<input type="checkbox"/> ₇
6.	Time out for yourself to spend as you wish	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆	<input type="checkbox"/> ₇
7.	A quiet, physically inactive leisure pursuit that you do alone.	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆	<input type="checkbox"/> ₇
8.	A quiet, physically inactive leisure pursuit that you do with others.	<input type="checkbox"/> ₁	<input type="checkbox"/> ₂	<input type="checkbox"/> ₃	<input type="checkbox"/> ₄	<input type="checkbox"/> ₅	<input type="checkbox"/> ₆	<input type="checkbox"/> ₇