

Name of Instrument: **Health-Promoting Activities of Older Adults Measure**

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Contact Info:

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Privacy Use Cost: \$

Public Use Cost: \$

Year Developed: 1997

Where to obtain Instrument:

- Contact author

Description of the Instrument

- The Health-Promotion Activities of Older Adults Measure is a 44-item instrument composed of five subscales: Collaborative Health Management/Injury Prevention, Stress Reduction/Rest and Relaxation, Exercise, Substance Abuse Prevention, and Nutrition.
- The Measure uses a 4-point Likert response scale, with responses ranging from usually (4) to never (1), to measure participation in health promotion activities.

Form of instrument:

- Questionnaire/ Survey

Method of delivery:

- Self-Report

Relevance to injury/ Percentage of the instrument specific to injury

- Three items measure injury prevention (e.g. inspect home for safety hazards).

Time to administer or complete the instrument

- 10 minutes

Methods of data analyses:

- Quantitative

Setting/sample instrument used in:

- Phase 1 sample consisted of 60 couples from senior centers in Rhode Island and 93 individuals recruited from senior centers.
- Phase 2 sample was 207 older adults (65 or older and able to speak English), recruited through senior meal sites, church groups, community agencies, and senior housing complexes.

Was it pilot tested?

Pilot test sample:

Reliability Measures

- Cronbach's alpha for Collaborative Management/Injury Prevention (15 items) is .92, for Stress Reduction/Rest and Relaxation (10 items) .87, for Exercise is .93, for Substance Abuse Prevention (6 items) is .88, and for Nutrition (8 items) is .88.

Validity Measures

Reference

Padula, C.A. (1997). Development of the Health Promotion Activities of Older Adults Measure. Public Health Nursing, 14(2), 134-128.

Other References

Keywords: health, older adults, injury prevention.