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Validity and Reliability of the Caregiver Contribution to Self-Care Chronic Illness Inventory (CC-SCCII)

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INTRODUCTION. The management of chronic illnesses (CI) is critical for healthcare systems and providers. The management of CI involves both the patient and his/her family, with everyone contributing in different ways to health and behaviour changes. Patients’ informal caregivers (e.g., family members), provide most of the care needed by patients affected by chronic illnesses and contribute enormously to patients’ self-care. To our knowledge no generic instrument was developed to measure caregiver contributions (CC) to self-care in patients affected by CI.

PURPOSE. This study aimed to evaluate the psychometric properties of the Caregiver Contribution to Self-Care of Chronic Illness Inventory (CC-SCCII), a new instrument that measures CC in the dimensions of self-care maintenance (CC to maintain the CI stable), self-care monitoring (CC to monitor signs and symptoms of the CI) and self-care management (CC to respond to signs and symptoms of CI when they exacerbate).

METHODS. A cross-sectional design was used to study a sample of 276 caregivers of patients affected by CI. Caregivers were administered the CC-SCCII and a socio-demographic questionnaire. The CC-SCCII factorial structure was analysed using Confirmatory Factor Analysis (CFA); internal consistency reliability was evaluated with Cronbach’s alpha and the factor score determinacy coefficient.

RESULTS. Most caregivers were females (70.7%), with a mean age of 54.2 years (SD ±15.1). CFA for each CC-SCCII scale showed good model fit. Specifically, CC to self-care maintenance resulted with the following fit indices: x²(12) = 22.599, p= 0.031, CFI = 0.975, TLI = 0.955, RMSEA = 0.057 (90% Confidence Interval CI = 0.017-0.092) and SRMR = 0.035; CC to self-care monitoring resulted with the following excellent fit indices: x²(5) = 13.378, p= 0.020, CFI = 0.981, TLI = 0.962, RMSEA = 0.078 (90% Confidence Interval CI = 0.028-0.130) and SRMR = 0.021. CC to self-care management resulted with the following adequately fit indices: x²(11) = 33.821, p>0.001, CFI = 0.936, TLI = 0.877, RMSEA = 0.097 (90% Confidence Interval CI = 0.061-0.135) and SRMR = 0.053. Cronbach’s alpha and the factor determinacy coefficient were equal to or greater than 0.765. CONCLUSIONS. The CC-SCCII has supportive validity and reliability and can be used to evaluate CC to self-care in patients affected by CI. Since caregivers have a key role in the self-care process of CI, the CC-SCCII could be a valuable instrument to measure the contributions of caregivers in the management of CI.