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Validity and reliability of the self-care of hypertension inventory in a brazilian population.

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Background: Hypertension affects the 25.7% of Brazilian population. Hypertension is associated with worse patient outcomes but if patients adopt self-care behaviors (e.g., reducing salt in the diet) they can have better outcomes. To measure hypertension self-care, American investigators developed the Self-Care of Hypertension Inventory (SC-HI) that measure self-care with three scales: self-care maintenance, that measures adherence to prescribed treatments and behaviors; self-care management, that evaluates the responses to signs and symptoms of exacerbation; and self-care confidence, that measures the self-efficacy in dealing with the entire self-care process. To date, only one study has tested validity and reliability of the SC-HI and no study has tested validity and reliability of the SC-HI in the Brazilian population.

Purpose: The purpose of this study was to test the psychometric characteristics of validity and reliability of the SC-HI Brazilian version.

Design and methods: The SC-HI underwent to translation, back-translation and cross-cultural adaptation and then was administered to a sample of 360 Brazilian patients affected by hypertension. Confirmatory Factor Analysis (CFA) and Exploratory Factor Analysis (EFA) were used to test the SC-HI factorial structure; factor score determinacy coefficient was used to evaluate SC-HI internal consistency reliability.

Results: The sample was composed mostly by females (65%) with a mean age of 65 years old (SD=10), white (70%) and with an educational level quite low. The SC-HI self-care maintenance scale resulted unidimensional with supportive fit indices (CFI = 0.901, RMSEA = 0.048); the SC-HI self-care management did not reflect the original factorial structure and had unsupportive fit indices. EFA showed a different factorial solution in reference to the original study. Finally, the SC-HI self-care confidence scale resulted unidimensional scale with supportive fit indices (CFI = 0.940, RMSEA = 0.093). The reliabilities of the self-care maintenance, management and confidence scales resulted with a factor score determinacy coefficient of 0.83, 0.78 and 0.97 respectively.

Conclusion: This study demonstrated that the Brazilian version of the SC-HI, has supportive validity and reliability and can be used to measure the self-care in adults with hypertension with the three scales of self-care maintenance, management and confidence.