

APPENDICES

APPENDIX A

Demographic Data Recording Form

Date of data collection _____ Subject's number □□

Direction: The following items are to obtain some information about yourself. Please give the answer that is closest your situation.

1. Gender ☐ 1 Male
☐ 2 Female
2. Age _____ years old.
3. Marital Status
☐ Single
☐ Married
☐ Separated
☐ Divorced
☐ Widowed
☐ Others _____
4. Years of education _____ years
5. Occupational background
☐ Teacher
☐ Office staff
☐ Business
☐ Health personnel
☐ Technicians

- ☐ Worker
- ☐ Unemployed (house keeper)
- ☐ Others _____

6. Average monthly income of one family member (yuan/person/month)

- ☐ < 250
- ☐ 250 - 500
- ☐ 501 - 750
- ☐ 751 - 1000
- ☐ 1001 - 1250
- ☐ 1251 - 1500
- ☐ > 1500

7. Times of hospitalization for myocardial infarction

- ☐ one
- ☐ two
- ☐ three

8. Location of myocardial infarction

- ☐ Anterior wall
- ☐ Inferior wall
- ☐ Lateral wall
- ☐ Posterior wall
- ☐ Mixed wall

9. Duration of myocardial infarction: _____ months

APPENDIX B

Instruments

Myocardial Infarction Self-efficacy Scale

Direction: The following statements are to describe the confidence of your ability to perform behaviors regarding myocardial infarction. For each sentence, there are four possible answers. There is no RIGHT or WRONG answer. Your honest indication is the only correct answer. Please read each sentence carefully, and indicate the degree to which you are confident with the following statements, then mark the answer you chose to express your perception. (3 = very confident, 2 = somewhat confident, 1 = not at all confident 0= not applicable).

In order to control the disease, I believe that I can perform the following behaviors.

- | | | | | |
|--|---|---|---|---|
| 1. Detecting abnormal pulse.----- | 3 | 2 | 1 | 0 |
| . | | | | |
| . | | | | |
| 4. Taking cardiac medication as prescribed | 3 | 2 | 1 | 0 |
| by a physician regularly.----- | | | | |
| . | | | | |
| . | | | | |

In order to prevent the recurrent MI, I believe
That I can perform the following behaviors.

7. Exercise for at least 20 minutes a time, and at
least

three times per week, as prescribed.----- 3 2 1 0

.

.

10. Going up stairs.----- 3 2 1 0

11. Lifting objects appropriately.----- 3 2 1 0

12. Regulating activities in my life.----- 3 2 1 0

.

.

19. Controlling body weight by eating an appropriate amount of food. ----- 3 2 1 0

20. Having my body weight checked per week.----- 3 2 1 0

.

.

.

Myocardial Infarction Health Behaviors Scale

Direction: The following statements are described health behaviors of myocardial infarction patients. For each sentence, there are four possible answers. There is no RIGHT or WRONG answer. Your honest indication is the only correct answer. Please read each sentence carefully, and indicate the frequency to which you perform with the following statements, then mark the answer you chose to express your perception. (3 = always 2 = sometime 1 = not at all 0 = not applicable)

In order to control disease, I perform the following health behaviors.

1. Checking for abnormal pulse regularly.----- 3 2 1 0

.

.

4. Taking cardiac medication as prescribed
by a physician regularly.----- 3 2 1 0

.

.

In order to prevent recurrent MI,

I perform the following health behaviors.

7. Exercise for at least 20 minutes at
least three times per week as prescribed.----- 3 2 1 0

.

.

10. Avoiding going up stairs too fast.----- 3 2 1 0
11. Avoiding lifting heavy objects.----- 3 2 1 0
12. Avoiding activities causing heart problem.--- 3 2 1 0
- .
- .
19. Controlling my body weight by eating an
appropriate amount of foods.----- 3 2 1 0
20. Having my body weight checked per week.----- 3 2 1 0
- .
- .
- .

APPENDIX C

Verbal Explanation

My name is Yuan Haobin. I am a second year master's degree student at Chiang Mai University. I am conducting nursing research. I would like to explain the purpose of my study in order to see if you would be willing to participate in this study.

The purposes of this study are to describe self-efficacy, and health behaviors, and to identify the relationship between these two variables among myocardial infarction patients. The information gained from the study will help nurses in planning appropriate nursing care for myocardial infarction patients to help them recover from the disease quickly. If you agree to participate, you will be asked to complete questionnaires on self-efficacy and health behaviors. It will take you about 40 minutes to complete these questionnaires. If you have any questions about the study, I would be glad to answer them. I will read each of the items to you and make your responses on the questionnaire for you. All of your responses and the information from your hospital record will remain confidential and your identity will not be revealed.

There is no risk in participating in this study. However, your participation is voluntary. There will be no penalty or any affect if you decide to withdraw from this study at any time, even after you start to answer the questions. All information will be used only for the purpose of this study.

Thank you for your cooperation.

Are you willing to participate?

For further information please contact me at the following address:

Yuan Haobin

Faculty of Nursing,

Shanghai Medical University

Tel: 64041900-2529

APPENDIX D

Research Consent Form

I have given consent to participate in a research project entitled "Self-efficacy and health behaviors among myocardial infarction patients". This research project will involve me in answering three questionnaires. The purposes of this study are to describe self-efficacy, and health behaviors, and to identify the relationship between these two variables among myocardial infarction patients.

I understand that my participation is voluntary. I can withdraw from the study at any time. There will be no risk involved in the study. I also know that information obtained as a consequence of my participation will be presented as group data in any scientific publications. I clearly understand the information provided and I have had the opportunity to ask questions. All my questions have been answered.

Signature _____

Date: _____

APPENDIX E

Letter for Permission

Dear Sir/Madam :

My name is Yuan Haobin. I am a second year master's degree student in Chiang Mai University. I am conducting a nursing research project for my master's degree study. I hope you may permit me to collect data in your hospital.

The aims of this study are to describe self-efficacy, and health behaviors, and to identify the relationship between these two variables among myocardial infarction patients. I will ask the patients who were diagnosed by physicians with myocardial infarction in the cardiac outpatient department of your hospital to complete the questionnaires, if they volunteer to participate in this study. It will take them about 40 minutes to complete the questionnaires. There is no known risk in participating in this study. If you give me a chance to do this study in your hospital, I will be there to collect data from November 1999 to January 2000. Your permission is voluntary, you have the right to refuse, but I really hope you will support me. I am looking forward to hearing from you. If you have any questions about the study, I will be happy to answer them. Thank you very much.

Yours sincerely,

Yuan Haobin

APPENDIX F

Letter Asking for Testing Content Validity

Dear experts:

I am a second year master's degree Chinese student. I am going to conduct a research on "Self-efficacy and health behaviors among myocardial infarction patients". I will use the MI Self-efficacy Scale and the MI Health Behavior Scale, which were developed by myself in the study.

To be sure of the content validity, I would like to invite you to evaluate these questionnaires first. Please indicate your comments about the relevance and clarity of each item.

The MI Self-efficacy Scale (MI-SES) will be used to measure the degree of confidence that individuals have in their ability to successfully perform tasks in the areas of follow-up visiting, taking medication as prescribed, checking their pulse, abnormal signs and symptoms, exercising, modifying nutrition, and managing stress. There are 35 items in the scale.

The MI Health Behaviors Scale (MI-HBS) will be used to measure the frequency of performance of follow-up visiting, taking medication as prescribed, checking pulse, abnormal signs and symptoms, exercising, modifying nutrition, and managing stress. There are also 35 items in the scale.

Thank you for your consideration and help

Sincerely yours

Yuan Haobin

APPENDIX G

Experts for testing the validity of research instruments

Assistant Professor Ladawan Phumvichuvate

Medical Nursing Department, Faculty of Nursing,
Chiang Mai University, Thailand

Assistant Professor Dr. Achara Sukonthasarn

Surgical Nursing Department, Faculty of Nursing,
Chiang Mai University, Thailand

Assistant Professor Dr. Taweeluk Vannarit

Medical Nursing Department, Faculty of Nursing,
Chiang Mai University, Thailand

Associate Professor Sombat Chaiwan

Medical Nursing Department, Faculty of Nursing,
Chiang Mai University, Thailand

Mrs. Worawan Tongsong

A Head Nurse, Coronary Care Unit,
Maharaj Nakorn Chiang Mai Hospital, Thailand

APPENDIX H

Calculation of a Content Validity Index (CVI) of MI-SES

A Content Validity Index is calculated using the formula (Davis, 1992). $CVI = \text{number of items rated "quite relevant" or "highly relevant" by both reviews} / \text{total items}$.

CVI value for each pair of five experts is calculated, and then the average CVI value is gained by dividing sum of all CVI values with 10. CVI between expert A and B = $29/35 = .83$

Using the same method, CVI between each pair of experts are as follows:

$$\text{Expert A and B} = 29/35 = .83$$

$$\text{Expert A and C} = 33/35 = .94$$

$$\text{Expert A and D} = 24/35 = .69$$

$$\text{Expert A and E} = 30/35 = .86$$

$$\text{Expert B and C} = 29/35 = .83$$

$$\text{Expert B and D} = 21/35 = .60$$

$$\text{Expert B and E} = 29/35 = .83$$

$$\text{Expert C and D} = 26/35 = .74$$

$$\text{Expert C and E} = 32/35 = .91$$

$$\text{Expert D and E} = 23/35 = .66$$

The average CVI

$$= (.83 + .94 + .69 + .86 + .83 + .60 + .83 + .74 + .91 + .66)/10 = .79$$

APPENDIX I

Calculation of a Content Validity Index (CVI) of MI-HBS

A Content Validity Index is calculated using the formula (Davis, 1992). $CVI = \text{number of items rated "quite relevant" or "highly relevant" by both reviews} / \text{total items}$. CVI value for each pair of five experts is calculated, and then the average CVI value is gained by dividing sum of all CVI values with 10. $CVI \text{ between expert A and B} = 29/35 = .83$. Using the same method, CVI between each pair of experts are as follows:

$$\text{Expert A and B} = 29/35 = .83$$

$$\text{Expert A and C} = 33/35 = .94$$

$$\text{Expert A and D} = 33/35 = .94$$

$$\text{Expert A and E} = 30/35 = .86$$

$$\text{Expert B and C} = 31/35 = .89$$

$$\text{Expert B and D} = 31/35 = .89$$

$$\text{Expert B and E} = 29/35 = .83$$

$$\text{Expert C and D} = 35/35 = 1.00$$

$$\text{Expert C and E} = 32/35 = .91$$

$$\text{Expert D and E} = 32/35 = .91$$

The average CVI

$$= (.83 + .94 + .94 + .86 + .89 + .89 + .83 + 1.00 + .91 + .91) / 10 = .90$$

APPENDIX J

Tests for normal distribution of scores of overall self-efficacy and health behaviors, each health behavior and corresponding self-efficacy

Normal distribution of scores of overall self-efficacy and health behaviors, each health behavior and corresponding self-efficacy were tested by using SPSS 7.5. The significance of Kolmogorov - Smirnov^a (KS) for overall self-efficacy and health behavior are .20. According to the significance of KS for at a normal distribution of data is more than .05 (Lu, Zhu, Sha, & Zhu, 1997), the score of overall self-efficacy and health behaviors are at a normal distribution. However, the significance of Kolmogorov - Smirnov^a (KS) for scores of each health behavior and corresponding self-efficacy are less than .05. Therefore, the scores of each health behavior and corresponding self-efficacy are not at a normal distribution. The results of testing normal distribution were shown in table 7 and figure 2.

Table 7

Tests for normal distribution of scores of overall self-efficacy and health behaviors, each health behavior and corresponding self-efficacy (N = 60)

Overall Scores	Kolmogorov-Smirnov ^a		Skewness		Kurtosis	
	Statistic	Sig.	Statistic	Std. Error	Statistic	Std. Error
Self-efficacy	.083	.200	-.255	.309	-.455	.608
Health behaviors	.076	.200	-.067	.309	-.581	.608

Table 7 (continued)

Tests for normal distribution of scores of overall self-efficacy and health behaviors, each health behavior and corresponding self-efficacy (N = 60)

Overall Scores	Kolmogorov-Smirnov ^a		Skewness		Kurtosis	
	Statistic	Sig	Statistic	Std. Error	Statistic	Std. Error
Follow-up visit	.474	.000	-1.294	.309	-.339	.608
Taking medication	.348	.000	-.068	.309	-2.065	.608
Checking pulse and symptoms	.192	.000	.043	.309	-.408	.608
Exercise as order	.118	.036	.051	.309	-.302	.608
Modifying nutrition	.156	.001	-.234	.309	-.227	.608
Limiting smoking	.461	.000	-1.856	.309	2.410	.608
Managing stress	.175	.000	-.057	.309	1.070	.608

Table 7 (continued)

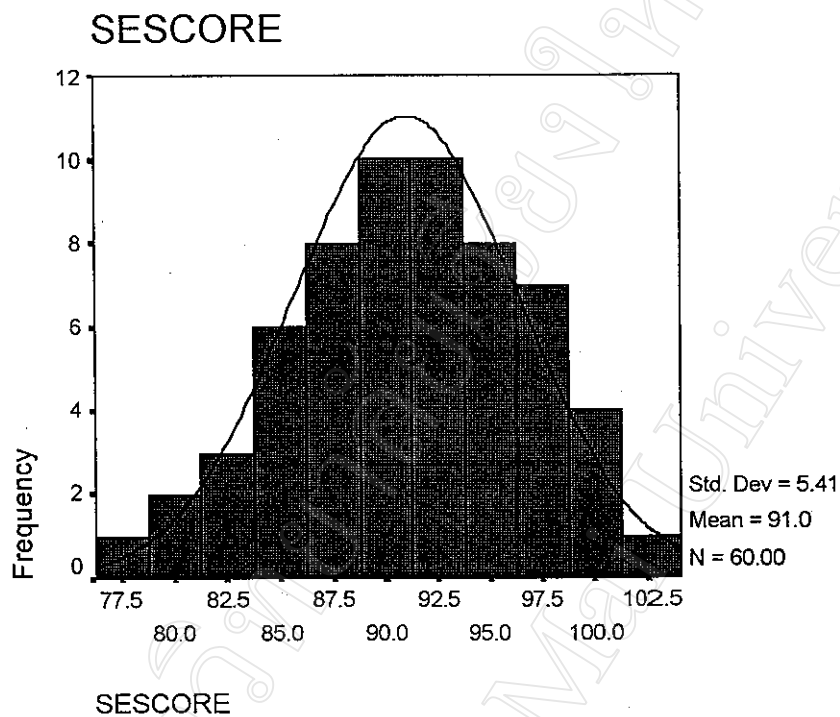
Tests for normal distribution of scores of overall self-efficacy and health behaviors, each health behavior and corresponding self-efficacy (N = 60)

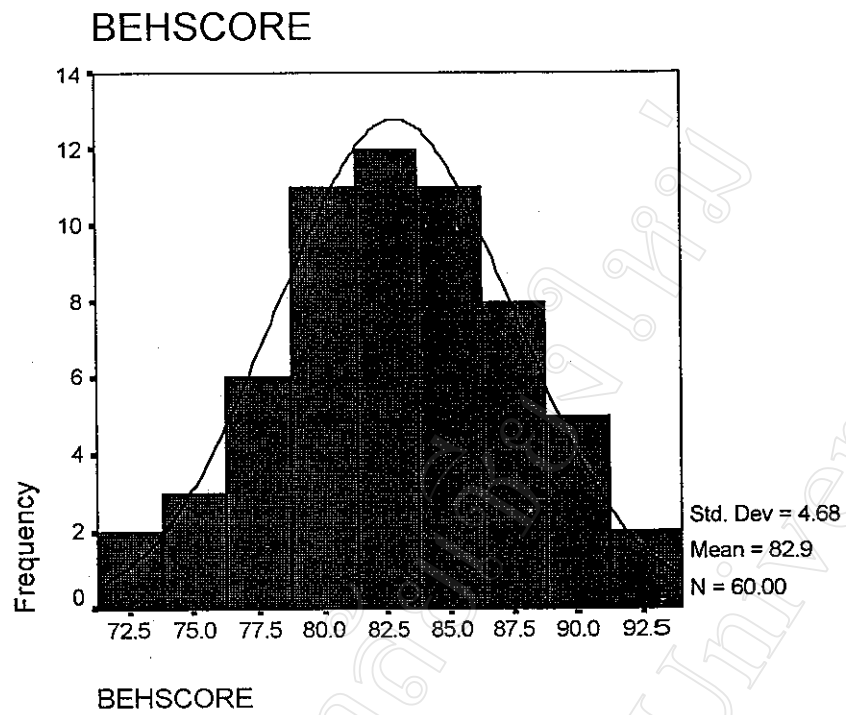
Overall Scores	Kolmogorov-Smirnov ^a		Skewness		Kurtosis	
	Statistic	Sig	Statistic	Std. Error	Statistic	Std. Error
Follow-up visit	.540	.000	-4.236	.309	16.494	.608
Taking medication	.534	.000	-3.093	.309	7.826	.608
Checking pulse and symptoms	.216	.000	-.048	.309	-1.192	.608
Exercise as order	.136	.008	-.350	.309	-.608	.608
Modifying nutrition	.165	.000	-.312	.309	-.420	.608
Limiting smoking	.491	.000	-2.124	.309	3.963	.608
Managing stress	.164	.000	-.207	.309	-.758	.608

Figure 2: Distribution of overall scores of self-efficacy and health behaviors

SESCORE = overall scores of self-efficacy

HBSCORE = overall scores of health behaviors





CURRICULUM VITAE

Name: Mrs. Yuan Haobin

Date of Birth: November 15, 1966

Education:

1985 - 1989 Bachelor degree of nursing
science, Shanghai Medical
University
Shanghai, P. R. China

Experience:

1997 - present Lecturer
Department of Fundamentals of Nursing
Faculty of Nursing
Shanghai Medical University
Shanghai, P. R. China

1989 - 1997 Head nurse
Coronary Care Unit
Medical Department
Ganquan Hospital
Shanghai, P. R. China