健康维护的效能(Health maintenance efficacy)的描述

|  |  |
| --- | --- |
| 功能 | 促进与健康相关的生活质量、心理健康、心脏康复 |
| 关联 | 自我管理、自我效能、互动 |
| 对象 | 儿童 |
| 回应者 | 儿童 |
| 特色 | 5 项5分评分项目 |
| 信度 | .831 |
| 参考 | Ngai, S. S. Y., Cheung, C. K., Ng, Y. H., Tang, H. Y., Ngai, H. L., & Wong, K. H. C. (2020). Development and validation of the chronic illness self-management (CISM) scale: Data from a young patient sample in Hong Kong. Children and Youth Services Review, 114, 105077.  Joekes, K., Van Elderen, T., & Schreurs, K. (2007). Self-efficacy and overprotection are related to quality of life, psychological well-being and self-management in cardiac patients. Journal of health psychology, 12(1), 4-16.  Wong, L. L., & Fong, K. N. (2014). The effectiveness of a community reintegration program for clients with chronic stroke. In K. W. Tong (Ed.). Community care in Hong Kong: Current practices, practice-research studies and future directions (pp. 209–236). Hong Kong: City University of Hong Kong Press. |

健康维护的效能的计分

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 回应 | 没有 | 颇少 | 一般 | 颇多 | 很多 |
| 项目1–5的分数 | 0 | 25 | 50 | 75 | 100 |

|  |  |
| --- | --- |
| 量表得分：项目分数的平均 | 行动 |
| 70-100 | 赞赏 |
| 30-70 | 需要稍作推动 |
| 0-30 | 需要积极推动 |