健康維護的效能(Health maintenance efficacy)的描述

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| --- | --- |
| 功能 | 促進與健康相關的生活質量、心理健康、心臟康復 |
| 關聯 | 自我管理、自我效能、互動 |
| 對象 | 兒童 |
| 回應著 | 兒童 |
| 特色 | 5項5分評分項目 |
| 信度 | .831 |
| 參考 | 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. |

健康維護的效能的計分

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 回應 | 沒有 | 頗少 | 一般 | 頗多 | 很多 |
| 項目1-5的分數 | 0 | 25 | 50 | 75 | 100 |

|  |  |
| --- | --- |
| 量表得分：項目分數的平均 | 行動 |
| 70-100 | 讚賞 |
| 30-70 | 需要稍作推動 |
| 0-30 | 需要積極推動 |