Description of Health maintenance efficacy

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| --- | --- |
| Function | Promoting health-related quality of life, psychological well-being, cardiacrehabilitation |
| Relevance | Self-management, self-efficacy, interaction |
| Target | Youth  |
| Respondent | Youth |
| Feature | 5 items in 5-point rating scale |
| Reliability | .831 |
| References | 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. |

Scoring of Health maintenance efficacy

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| --- | --- | --- | --- | --- | --- |
| Response | Never or rarely | Seldom | Average | Quite often | Very often |
| Score for Items 1 – 5 | 0 | 25 | 50 | 75 | 100 |

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| --- | --- |
| Scale score: average of item scores | Action |
| 70-100 | Appreciation |
| 30-70 | Some concern for promotion |
| 0-30 | Great concern for promotion |