

CONSTRUCTION AND VALIDITY OF THE BARRIERS SELF-EFFICACY SCALE FOR PELVIC FLOOR EXERCISES IN WOMEN WITH URINARY INCONTINENCE.

Hypothesis / aims of study

A number of research studies have demonstrated the short-term efficiency of performing pelvic floor exercises. However, the long-term efficiency of these exercises depends heavily on adherence to the treatment, which in turn depends on the woman's self-confidence (1-2) both to perform the exercises on her own and to remember that she must do them on a daily basis, despite the barriers or drawbacks which she encounters in everyday life (3).

Study design, materials and methods

The development of the Barriers Self-Efficacy (BASE) Scale for Pelvic Floor Exercises in women with Urinary Incontinence resulted in an 5-item scale. And then the survey was validated with a sample of 119 women who were incontinent and had undergone a pelvic-floor exercise training program. The reliability and construct validity of the questionnaire were assessed. Descriptive statistics were used to score the questionnaire. Internal consistency was evaluated with the Cronbach alpha coefficient and the Pearson correlation coefficient. Exploratory factor analysis with both the principal components extraction method and the varimax rotation method was used to assess construct validity

Results

The reliability coefficient (Cronbach alpha= .825) and the correlations among items were moderate to high, except for item number 5 (ICC= .82). The factor analysis revealed that 1 main factor accounted for 60.44% of the variance.

Interpretation of results

This scale may be used to determine the correlation between self-efficacy and adherence to pelvic floor exercises among incontinent women. Its predictive validity could be put to the test.

Concluding message

Our 5-item scale is of great relevance, since it estimates incontinent women's capacity to comply with their treatment despite certain barriers of daily life, that is, women's self-confidence to adhere to pelvic floor exercises.

References

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3. Chen S. The development and testing of the pelvic floor muscle exercise self-efficacy scale. J Nurs Res. 2004; 12(4): 257-265.

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