

Scoring Information for PACE Adolescent Psychosocial Measures

Physical Activity Measures

Stage of Change

Using the branching scheme:

If physically active 5 to 7 days a week:

Question 2:

1 = Action stage

2 = Maintenance stage.

If physically active 0 to 4 days a week:

Question 3:

1 = Precontemplation stage

2 = Contemplation stage

3 = Preparation stage

Physical Activity Change Strategies

Create a composite strategy score by computing the mean of items 1 to 15.

Physical Activity Pros & Cons

Pros of change scale = mean of items 2, 3, 5, 8, 9.

Cons of change scale = mean of items 1, 4, 6, 7, 10.

Physical Activity Confidence (Self-Efficacy)

Compute mean of items 1 to 6.

Physical Activity Family Support (Family Influences)

Compute mean of items 1 to 4.

Physical Activity Friend Support (Peer Influences)

Reverse code item 3, then compute mean of items 1 to 5.

Physical Activity Environmental Factors

Reverse code item 2, then compute mean of items 1 to 4.

Sedentary Behaviors

Stage of Change

NO, and I do NOT intend to in the next six months = Precontemplation

NO, but I intend to in the next six months. = Contemplation

NO, but I intend to in the next 30 days. = Preparation

YES, and I have been, but for LESS than 6 months. = Action

YES, and I have been for MORE than 6 months. = Maintenance

Sedentary Habits Change Strategies

Create a composite strategy score by computing the mean of items 1 to 15.

Sedentary Habits Pros & Cons

Pros of change scale = mean of items 1, 3, 4, 9.

Cons of change scale = mean of items 2, 5, 6, 10, 11, 12.

Note: Item 7 did not load on either factor (Norman et al., 2004).

Sedentary Habits Confidence (Self-Efficacy)

Compute mean of items 1 to 7.

Sedentary Habits Family Support (Family Influences)

Compute mean of items 1 to 4.

Sedentary Habits Friend Support (Peer Influences)

Reverse code item 3, then compute mean of items 1 to 3.

Fruit & Vegetable Consumption**Stage of Change**

Using the branching scheme:

If 5 to 6 or more serving per day:

Question 2:

1 = Action stage

2 = Maintenance stage.

If 0 to 4 servings per day:

Question 3:

1 = Precontemplation stage

2 = Contemplation stage

3 = Preparation stage

Fruit & Vegetable Change Strategies

Create a composite strategy score by computing the mean of items 1 to 15.

Fruit & Vegetable Pros & Cons

Pros of change scale = mean of items 2, 3, 5, 7, 9.

Cons of change scale = mean of items 1, 4, 6, 8, 10.

Fruit & Vegetable Confidence (Self-Efficacy)

Compute mean of items 1 to 7.

Fruit & Vegetable Family Support (Family Influences)

Compute mean of items 1 to 4.

Fruit & Vegetable Friend Support (Peer Influences)

Reverse code item 3, then compute mean of items 1 to 4.

Dietary Fat

Stage of Change

NO, and I do NOT intend to in the next six months	= Precontemplation
NO, but I intend to in the next six months.	= Contemplation
NO, but I intend to in the next 30 days.	= Preparation
YES, and I have been, but for LESS than 6 months.	= Action
YES, and I have been for MORE than 6 months.	= Maintenance

Dietary Fat Change Strategies

Create a composite strategy score by computing the mean of items 1 to 15.

Dietary Fat Pros & Cons

Pros of change scale = mean of items 1, 3, 7.

Cons of change scale = mean of items 2, 4, 5, 6, 8.

Dietary Fat Confidence (Self-Efficacy)

Compute mean of items 1 to 8.

Dietary Fat Family Support (Family Influences)

Compute mean of items 1 to 4.

Dietary Fat Friend Support (Peer Influences)

Reverse code item 4, then compute mean of items 1 to 4.

References

Hagler, A. S., Norman, G. J., Radick, L. R., Calfas, K. J., & Sallis, J. F. (2005). Comparability and Reliability of Paper- and Computer-Based Measures of Psychosocial Constructs for Adolescent Fruit & Vegetable, and Dietary Fat Intake. *Journal of the American Dietetic Association*, 105, 1758-1764.

Norman, G. J., Sallis, J. F., Gaskins, R. (2005). Comparability and reliability of paper- and computer-based measures of psychosocial constructs for adolescent physical activity and sedentary behaviors. *Research Quarterly for Exercise and Sport*, 76, 315-323.

Norman, G. J., Vaughn, A. A., Roesch, S. C., Sallis, J. F., Calfas, K. J., & Patrick, K. (2004). Development of decisional balance and self-efficacy measures for adolescent sedentary habits. *Psychology & Health*, 19, 561-575.