

عنوان مقاله:

Psychometric Evaluation of the Short Form of Commitment to a Plan of Action Scale for Stretching Exercise among the Office Employees Based on HPM

محل انتشار:

فصلنامه بین المللی پیشگیری از دردهای عضلانی اسکلتی، دوره 3، شماره 2 (سال: 1397)

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خلاصه مقاله:

Aims: Commitment to a plan of action key factors is critical for stretching exercise predicting. However, commitment to a plan of action in stretching exercise across the throughout working conditions is far difficult in Iran; there is no measurement to evaluate commitment to a plan of action among workplace office employees. This study aimed at investigating the short form of confirmatory factor analysis commitment to a plan of action scale for stretching exercise predicting among based on health promotion model (HPM). **Materials and Methods:** Using multistage cluster sampling, ۳۸۵ office employees from Shahid Beheshti University of Medical Sciences of Iran were selected through on a short form of commitment to a plan of action Scale. Exploratory Factor Analysis (EFA), Confirmatory Factor Analysis (CFA) and Cronbach's alpha were also used. **Findings:** The mean age of the office employees was 39.4 ± 7.76 years. CVI and CVR of each question was > 0.7 . The result of EFA confirmed one factor or component with the main component technique (commitment to a plan of action) with ۷۱.۸% cumulative variance and KMO was ۸۷.۲% ($p < 0.001$). This was the good fit index in CFA. The reliability was also explanatory. In the area of CFA, the result showed $RMSEA = 0.046$, $GFI = 0.907$, $AGFI = 0.814$, confirmed with Cronbach's alpha ($\alpha = 85.8\%$) and $[ICC = 0.74; 95\% CI (0.62, 0.74)]$. **Conclusion:** This study approved the short form of commitment to a plan of action scale for stretching exercise. However, more advice is provided to ensure a reliable and valid tool for realizing stretching exercise behaviors

کلمات کلیدی:

Reliability and Validity, Exercise, Muscle, Skeletal, Public Health, Health Promotion

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