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<table>
<thead>
<tr>
<th>Item</th>
<th>Mean</th>
<th>s.d.</th>
<th>Skewness</th>
<th>Kurtosis</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I eat three meals daily</td>
<td>3.25</td>
<td>1.62</td>
<td>-.16</td>
<td>-1.63</td>
</tr>
<tr>
<td>2. I choose foods without too much oil</td>
<td>3.15</td>
<td>1.52</td>
<td>-.03</td>
<td>-1.51</td>
</tr>
<tr>
<td>3. Include dietary fiber (e.g. fruits or vegetables)</td>
<td>3.58</td>
<td>1.49</td>
<td>-.53</td>
<td>-1.23</td>
</tr>
<tr>
<td>4. Drink at least 1.5 liter of water daily (or 6-8 cups)</td>
<td>3.38</td>
<td>1.49</td>
<td>-.27</td>
<td>-1.43</td>
</tr>
<tr>
<td>5. Each meal includes five food groups (e.g. bread, meat, milk…)</td>
<td>3.33</td>
<td>1.41</td>
<td>-.19</td>
<td>-1.35</td>
</tr>
<tr>
<td>6. Eat breakfast daily</td>
<td>3.89</td>
<td>1.51</td>
<td>-.85</td>
<td>-.98</td>
</tr>
<tr>
<td>7. I speak up &amp; share my feelings with others</td>
<td>2.81</td>
<td>1.50</td>
<td>.27</td>
<td>-1.40</td>
</tr>
<tr>
<td>8. I care about other people</td>
<td>3.46</td>
<td>1.38</td>
<td>-.33</td>
<td>-1.26</td>
</tr>
<tr>
<td>9. I talk about my concerns with others</td>
<td>2.79</td>
<td>1.46</td>
<td>.24</td>
<td>-1.34</td>
</tr>
<tr>
<td>10. Make an effort to smile or laugh every day</td>
<td>3.82</td>
<td>1.42</td>
<td>-.77</td>
<td>-.92</td>
</tr>
<tr>
<td>11. Enjoy keeping in touch with relatives</td>
<td>4.18</td>
<td>1.28</td>
<td>-1.32</td>
<td>.32</td>
</tr>
<tr>
<td>12. Make an effort to have good friendships</td>
<td>4.36</td>
<td>1.18</td>
<td>-1.75</td>
<td>1.75</td>
</tr>
<tr>
<td>13. Talk about my troubles to others</td>
<td>2.80</td>
<td>1.50</td>
<td>.23</td>
<td>-1.41</td>
</tr>
<tr>
<td>14. Read food labels when I shop</td>
<td>2.82</td>
<td>1.57</td>
<td>.23</td>
<td>-1.50</td>
</tr>
<tr>
<td>15. I watch my weight</td>
<td>3.26</td>
<td>1.50</td>
<td>-.15</td>
<td>-1.46</td>
</tr>
<tr>
<td>16. Discuss my health concerns with a doctor or nurse</td>
<td>2.65</td>
<td>1.50</td>
<td>.37</td>
<td>-1.34</td>
</tr>
<tr>
<td>17. Observe my body at least monthly</td>
<td>3.21</td>
<td>1.55</td>
<td>-.14</td>
<td>-1.53</td>
</tr>
<tr>
<td>18. Brush my teeth and use dental floss after meals.</td>
<td>3.77</td>
<td>1.35</td>
<td>-.70</td>
<td>-.88</td>
</tr>
<tr>
<td>19. Wash hands before meals</td>
<td>4.20</td>
<td>1.27</td>
<td>-1.40</td>
<td>.55</td>
</tr>
<tr>
<td>20. Read health information</td>
<td>3.25</td>
<td>1.50</td>
<td>-.18</td>
<td>-1.44</td>
</tr>
<tr>
<td>21. Make an effort to choose foods without preservatives</td>
<td>3.06</td>
<td>1.50</td>
<td>-.01</td>
<td>-1.44</td>
</tr>
<tr>
<td>22. Make an effort to like myself</td>
<td>4.13</td>
<td>1.37</td>
<td>-1.28</td>
<td>.11</td>
</tr>
<tr>
<td>23. Make an effort to feel happy and content</td>
<td>4.30</td>
<td>1.21</td>
<td>-1.53</td>
<td>.93</td>
</tr>
<tr>
<td>24. I usually think positively</td>
<td>4.07</td>
<td>1.24</td>
<td>-1.12</td>
<td>-.01</td>
</tr>
<tr>
<td>25. Make an effort to understand my strengths, weaknesses and accept them</td>
<td>3.98</td>
<td>1.32</td>
<td>-1.03</td>
<td>-.28</td>
</tr>
<tr>
<td>26. Make an attempt to correct my defects</td>
<td>3.98</td>
<td>1.30</td>
<td>-1.03</td>
<td>-.26</td>
</tr>
<tr>
<td>27. Make an effort to know what’s important for me.</td>
<td>4.09</td>
<td>1.27</td>
<td>-1.19</td>
<td>.13</td>
</tr>
<tr>
<td>28. Make an effort to feel interesting and challenged every day.</td>
<td>3.96</td>
<td>1.31</td>
<td>-.98</td>
<td>-.36</td>
</tr>
<tr>
<td>29. Make an effort to believe that my life has purpose.</td>
<td>4.22</td>
<td>1.25</td>
<td>-1.43</td>
<td>.70</td>
</tr>
<tr>
<td>30. Perform stretching exercise daily</td>
<td>3.41</td>
<td>1.45</td>
<td>-.32</td>
<td>-1.33</td>
</tr>
<tr>
<td>31. Exercise rigorously 30 minutes at least 3 times per week</td>
<td>3.32</td>
<td>1.51</td>
<td>-.21</td>
<td>-1.47</td>
</tr>
<tr>
<td>32. Participate in physical fitness class at school weekly.</td>
<td>4.31</td>
<td>1.24</td>
<td>-1.39</td>
<td>1.08</td>
</tr>
<tr>
<td>33. Warm up before rigorous exercise</td>
<td>3.89</td>
<td>1.41</td>
<td>-.91</td>
<td>-.67</td>
</tr>
<tr>
<td>34. Make an effort to stand or sit up straight.</td>
<td>3.82</td>
<td>1.35</td>
<td>-.76</td>
<td>-.81</td>
</tr>
<tr>
<td>35. Make an effort to spend time daily for relaxation.</td>
<td>3.80</td>
<td>1.40</td>
<td>-.79</td>
<td>-.80</td>
</tr>
<tr>
<td>36. Make an effort to determine the source of my stress.</td>
<td>3.70</td>
<td>1.43</td>
<td>-.68</td>
<td>-.99</td>
</tr>
<tr>
<td>37. Make an effort to watch my mood changes</td>
<td>3.74</td>
<td>1.38</td>
<td>-.69</td>
<td>-.90</td>
</tr>
<tr>
<td>38. Sleep for 6-8 hours each night</td>
<td>3.89</td>
<td>1.37</td>
<td>-.86</td>
<td>-.72</td>
</tr>
<tr>
<td>39. Make schedules and set priorities</td>
<td>3.61</td>
<td>1.47</td>
<td>-.55</td>
<td>-1.18</td>
</tr>
<tr>
<td>40. I try not to lose control when things happen that are unfair</td>
<td>3.69</td>
<td>1.41</td>
<td>-.67</td>
<td>-.95</td>
</tr>
</tbody>
</table>

Note: The deleted items from final version are shown in gray.