P1-3: Psychometrics of Dysmenorrhea Self-Care Strategies Questionnaires

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Presentation Preference: Student poster submission

Abstract Categories:
Thematic Areas: Women's Health

Abstract:
Introduction: Dysmenorrhea is a common gynecological problem significantly affecting symptomatic adolescents. Negative outcomes have been demonstrated related to emotional status, school absenteeism, academic performance, and social/sporting activities. Yet most adolescents manage their dysmenorrhea by themselves. However, evidence regarding the strategies used and their efficacy is lacking. In addition, the mother’s influence on the adolescent’s self-care strategies for dysmenorrhea has not been delineated. Questionnaires to examine these phenomena are needed. The purpose of this study is to examine the reliability and validity of two questionnaires designed to explore these phenomena.

Method(s): A cross-sectional correlative design will meet the objectives of this study. A non-probability convenience sample of female students age 15 to 19 in a technology junior college in Taiwan will be recruited. The Perceived Effectiveness of Self-Care Strategies Questionnaire [PESSQ] identifies the self-care strategies adolescents use to manage menstrual pain and their perceived effectiveness. The Mother’s Perceived Support for Self-Care Strategies Questionnaire
[MPSSSQ]) examines the adolescent’s perception of her mother’s support for the same self-care strategies. Both were adapted from the Adolescent Dysmenorrhea Self-Care Scale. In phase one of this study, six volunteers will participate in a group interview to discuss, evaluate, and suggest revisions to the clarity and understandability of the two questionnaires. In phase two, test-retest reliability of the questionnaires will be evaluated. Forty-five volunteers will complete both questionnaires at baseline and again in two-weeks.

**Results:** Frequency distributions and descriptive statistics will be used to describe the characteristics of the sample and to provide an initial description of the study variables. Cronbach’s alpha coefficients for internal consistency reliability, Spearman rho correlation coefficients for test-retest reliability will be determined for each instrument.

**Discussion & Conclusions:** Demonstrated psychometric adequacy of these instruments is necessary explore to self-care strategies used to manage dysmenorrhea, their perceived effectiveness and the mother’s support for various strategies.

**Abstract History:**
This abstract has not been presented or accepted for presentation in whole or in part at the SNRS or other scientific meeting.

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No, I (or a member of my immediate family) have not received something of value* from or own stock (or stock options) in a commercial company or institution related directly or indirectly to the subject of my presentation.

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