

Development and validation of the coping with multiple sclerosis questionnaire

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Abstract

Background: Development of a self-report measure of coping with multiple sclerosis is required based on cultural factors, which can advance our understanding of the level of coping for care planning and improvement of coping and quality of life. The current study aimed to develop and validate the scale of coping with Multiple Sclerosis.

Methods: This methodological study was conducted in three phases. In the first phase, the concept of coping with MS was defined by the hybrid model. In the second phase, the item pool was generated from findings of the first phase. In the third phase, psychometric properties of the scale were evaluated including face, content and construct validity as well as reliability.

Results: 192 items in primary item pool were finally reduced to 35 items after evaluating the validity (face, content and construct validity) and reliability. Factor analyses revealed five factors: self-efficacy, self-regulation, accepting the current situation, treatment seeking and adherence to it, and emotional balance. Internal consistency and stability of the developed questionnaire confirmed with 0.93 and 0.96 respectively that indicated excellent reliability.

Conclusion: The 35-item developed questionnaire is valid and reliable for assessment of levels of coping in Iranian people with MS.

Keywords

Author Keywords: Multiple sclerosis; Coping; Measurement; Questionnaire; Self-report

KeyWords Plus: QUALITY-OF-LIFE; CONTENT VALIDITY; PSYCHOLOGICAL ADJUSTMENT; SYSTEMATIC REVIEWS; INSTRUMENT; STRATEGIES; PEOPLE; SCALE