

The Adolescent Health Promoting Lifestyle Profile: Assessing Psychometric Rigor in Early, Middle and Late Adolescents

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Statement of the problem: A vital component essential in attaining the goals and objectives of *Healthy People 2010* is promoting healthy lifestyles. Health Promotion continues to be considered the most cost effective approach to improving quality of life. The purpose of this session will be to discuss the development and revision of the **Pender Adolescent Lifestyle Profile (ALP)**. Although the ALP was developed for use with adolescents, it had not been used with early, middle and late adolescents.

Methods: The ALP was piloted with several southern adolescents groups to provide additional psychometric analysis of the instrument. Confirmatory factor analysis was conducted. As a result of pilot studies, the original ALP was revised, items refined, some deleted, a subscale renamed and a Spiritual Health Subscale added. The revised ALP now has 44 items and 7 subscales.

Results: The ALP was internally consistent with a total scale reliability = 0.91 and its subscales (alphas = 0.64-0.76). Results of the use of the Adolescent Lifestyle Profile, a 44 item likert type questionnaire are reviewed.

Conclusions: Psychometric analysis indicates the Adolescent Lifestyle Profile (ALP) has moderate reliability and validity. The ALP provides a sound measure of adolescent health promoting lifestyle assessment.

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