



# THE INFLUENCE OF HELPING RELATIONSHIPS FROM SIGNIFICANT OTHERS ON HEALTH LIFESTYLE AMONG PATIENTS WITH CHRONIC KIDNEY DISEASE

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## Introduction

From 1994 to 2006, the prevalence rate of chronic kidney disease (CKD) in Taiwan increased 11.9%. The overall medical cost of CKD requires 10-12% of the National Health Insurance expenditure in Taiwan.

Helping relationships(HR) from significant others can improve health lifestyle, health status and quality of life as well as postponing exacerbation of Chronic Kidney Disease (CKD).

HR can enhance patients' adherence about advisements and instructions in CKD.

The attributes of HR included:

- 1)Relation: intimacy, not loneliness, satisfaction
- 2)Acceptance: trust, not criticism
- 3)Empathy: understanding
- 4)Caring: accompany, listen, concerns, respect
- 5)Positive support: compliment, encouragement, provide information
- 6)Positive behaviors: suggestions, problem-solving, coordination.

## Purpose

The major aim of this study was to determine the construct validity and the internal consistency reliability of the instrument of HR from significant others influence on health lifestyle among patients with CKD.

## Methods

This was a cross-sectional design for developing the HR questionnaire.

This study was carried out in four steps.

- 1)Step 1: construction of attributes, categories and items
- 2)Step 2: expert validity
- 3)Step 3: data collection
- 4)Step 4: data analysis
  - ◆Item analysis was conducted to determine if items were discriminated.
  - ◆Exploratory factor analysis, scree plot examination, eigenvalues greater than 1, parallel analysis, and confirmatory factor analysis will be performed.

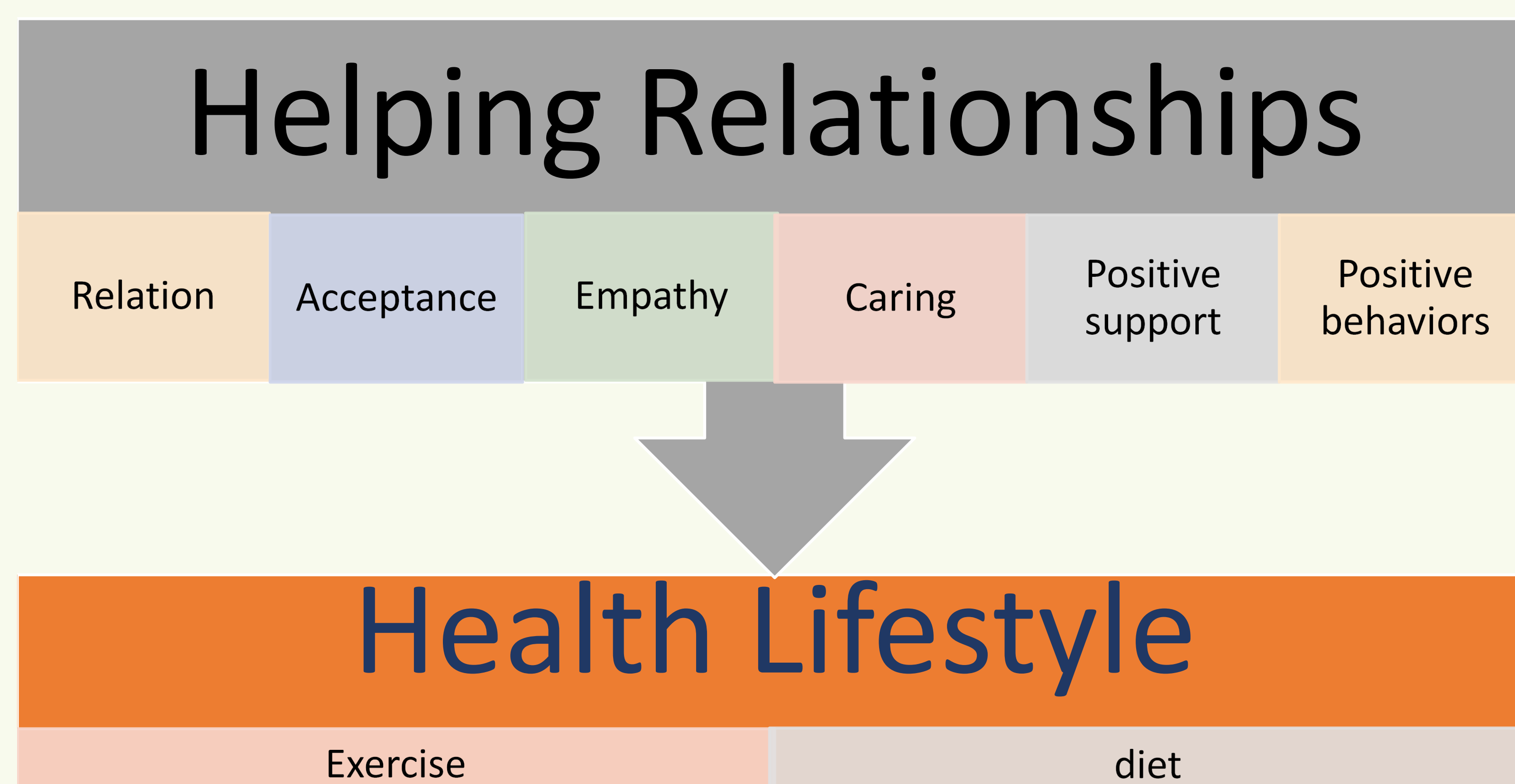
## Results

The study is in progress.

- 1) The appropriateness, clarity and completeness of content validity were 97%, 98% and 98%, respectively.
- 2) Descriptive statistics will express frequencies, percentage, or mean  $\pm$  SD. Internal consistency of the HR questionnaire will be assessed by determining Cronbach's alpha coefficients for the overall scale and subscales. Item analyses included evaluating item means, standard deviations, skew, item-total and item-subscales correlations. The exploratory factor analysis, scree plot examination, eigenvalues greater than 1, parallel analysis and confirmatory factor analysis will be also performed.

## Conceptual Framework

Conceptual Framework



## Expected implications

- 1)The HR of significant others questionnaire may show good reliability and validity.
- 2)The HR from significant others can enhance health lifestyle, improve quality of life among patients with CKD and deter CKD stage .

