Construction and Validity of the Barriers Self-Efficacy (BASE) Scale for Pelvic Floor Exercises in Women with Urinary Incontinence

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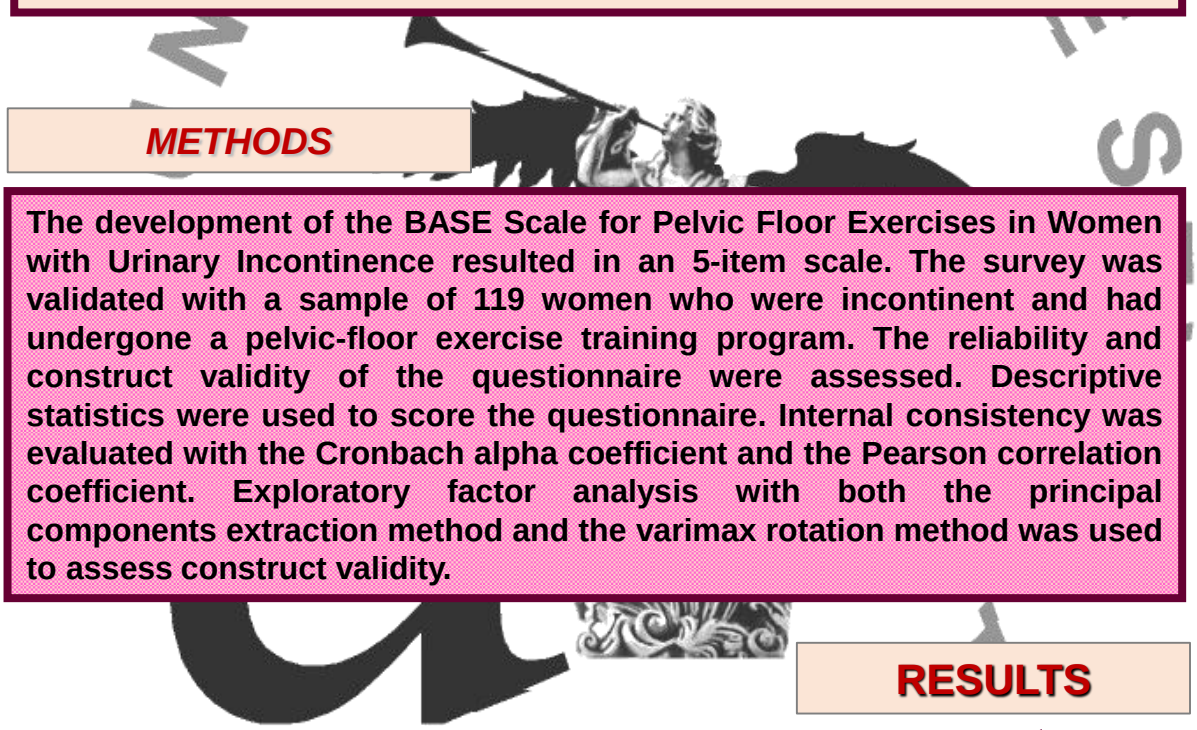
INTRODUCTION

A number of research studies have demonstrated the short-term efficiency of performing pelvic floor exercises [1-5]. However, the long-term efficiency of these exercises depends heavily on adherence to the treatment, which in turn depends on the woman´s self-confidence both to perform the exercises on her own and to remember that she must do them on a daily basis, despite the barriers or drawbacks which she encounters in everyday life.

PURPOSE

The aim of this study was to design a valid and reliable scale to measure self-efficacy, as perceived by women with urinary incontinence, in performing pelvic-floor exercises despite daily life barriers.



METHODS

The development of the BASE Scale for Pelvic Floor Exercises in Women with Urinary Incontinence resulted in an 5-item scale. The survey was validated with a sample of 119 women who were incontinent and had undergone a pelvic-floor exercise training program. The reliability and construct validity of the questionnaire were assessed. Descriptive statistics were used to score the questionnaire. Internal consistency was evaluated with the Cronbach alpha coefficient and the Pearson correlation coefficient. Exploratory factor analysis with both the principal components extraction method and the varimax rotation method was used to assess construct validity.

RESULTS

The reliability coefficient (Cronbach alpha= .825) and the correlations among items were moderate to high, except for item number 5 (ICC= .82). The factor analysis revealed that 1 main factor accounted for 60.44% of the variance.

CONCLUSIONS

Our 5-item scale is of great relevance, since it estimates incontinent women`s capacity to comply with their treatment despite certain barriers of daily life, that is, women´s self-confidence to adhere to pelvic floor exercises.

Implications: This scale may be used to determine the correlation between self-efficacy and adherence to pelvic floor exercises among incontinent women. Its predictive validity could be put to the test.

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