



Development of the Health Literacy and Resiliency Scale: An Assessment Tool for Youth and Young Adults with Chronic Health Conditions

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Purpose of the Study

- Develop and validate the HLRS-Y
 - Identify overarching factors relevant to a variety of chronic health conditions
 - Measure health literacy and resiliency across different conditions
 - Create items that are developmentally relevant to youth and young adults
- Goal: Provide practitioners with a tool to support youth and young adults living with chronic health conditions



Definition of Constructs

- Health literacy is defined as the ability to make informed health decisions in everyday life (Kickbush, 2008)
- Health resiliency refers to factors that help youth adapt and cope with their chronic illness
 - Social supports
 - Health-related behavior changes
 - Optimism
 - Locus of control
 - Connectedness



Methods

- Phase 1:
 - Defined the constructs and objectives of interest
 - Conducted focus groups
 - Generated pool of 101 items
- Phase 2:
 - Reviewed by expert panel
 - Reduced items to 80
- Phase 3:
 - Recruited a pilot sample of 25 participants ages 13-21 years
 - Gathered quantitative and qualitative data
 - Reduced items to 63

(DeVillis, 2012)



Phase 4

- Recruited 204 participants
 - Ages 13-21 years ($M = 17.6$)
 - Predominantly female (75.7%)
 - 86.6% White
 - Variety of chronic health conditions represented
- Administered HLRS-Y using an online format
- Conducted an EFA which revealed a three factor structure
 - Health Literacy (10 items; $\alpha = 0.88$)
 - Self-Advocacy/Support (14 items; $\alpha = 0.94$)
 - Resiliency (13 items; $\alpha = 0.93$)
- Finalized scale to 37 items
- Examined construct validity



Sample Scale Items

- Health Literacy Subscale
 - *I know the common symptoms of my health condition*
 - *I know what medication(s) I need to take to manage my health condition*
 - *I know the different ways my health impacts my performance in school or work*
- Resilience Subscale
 - *I focus on the positive aspects of my life*
 - *I find ways to do fun activities with friends and family while living with my health condition*
- Self-Advocacy/Support
 - *I limit or modify my daily activities based on my body's symptoms*
 - *I accept help from family and friends in managing my health condition*

Conclusions

- Three-factor structure
 - Self-advocacy/Support: the extent to which young people advocate on behalf of the accommodations and care they need and whether those around them are supportive of these needs
- Preliminary evidence supports construct validity
 - Significant correlation between insurance type (proxy for SES) and health literacy
 - Time since diagnosis was significantly related to health literacy and self-advocacy



Practical and Future Implications

- HLRS-Y is a user-friendly tool that provides professionals information relevant to the lives of youth and young adults with chronic health conditions
- An automated, online scoring procedure should be developed to increase feasibility
- Future research should continue to explore the validity of the scale with constructs such as health related quality of life and other measures of health literacy



References

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