

Abstract

The need for faster assessments has led to the development and validation of shorter versions of many existing health status assessment tools. Health status determined through the assessment of engagement in multidimensional health behaviors assessed by the 25 item Salutogenic Wellness Promotion Scale (SWPS) documented its validity and sensitivity. Statistical analysis of previously collected data led to the creation of a Short 7 item version of the SWPS. This study will use a convenience sample of students enrolled at a University in the southeastern United States to test the validity of the Short SWPS. Participants will complete validated surveys and tests will determine the relationship of the scores of the SWPS to other validated positive and negative measures. It is expected that scores from the short SWPS will replicate results obtained with the longer version of the SWPS that found it to have a significant positive relationship with health and satisfaction and a significant negative relationship with depression. Determining initial validity for the Short SWPS would enable it to be used as a quick health status screening tool for employers, universities, hospitals, and schools.

Keywords: Salutogenesis, Health, Wellness, Health Behavior, Assessment

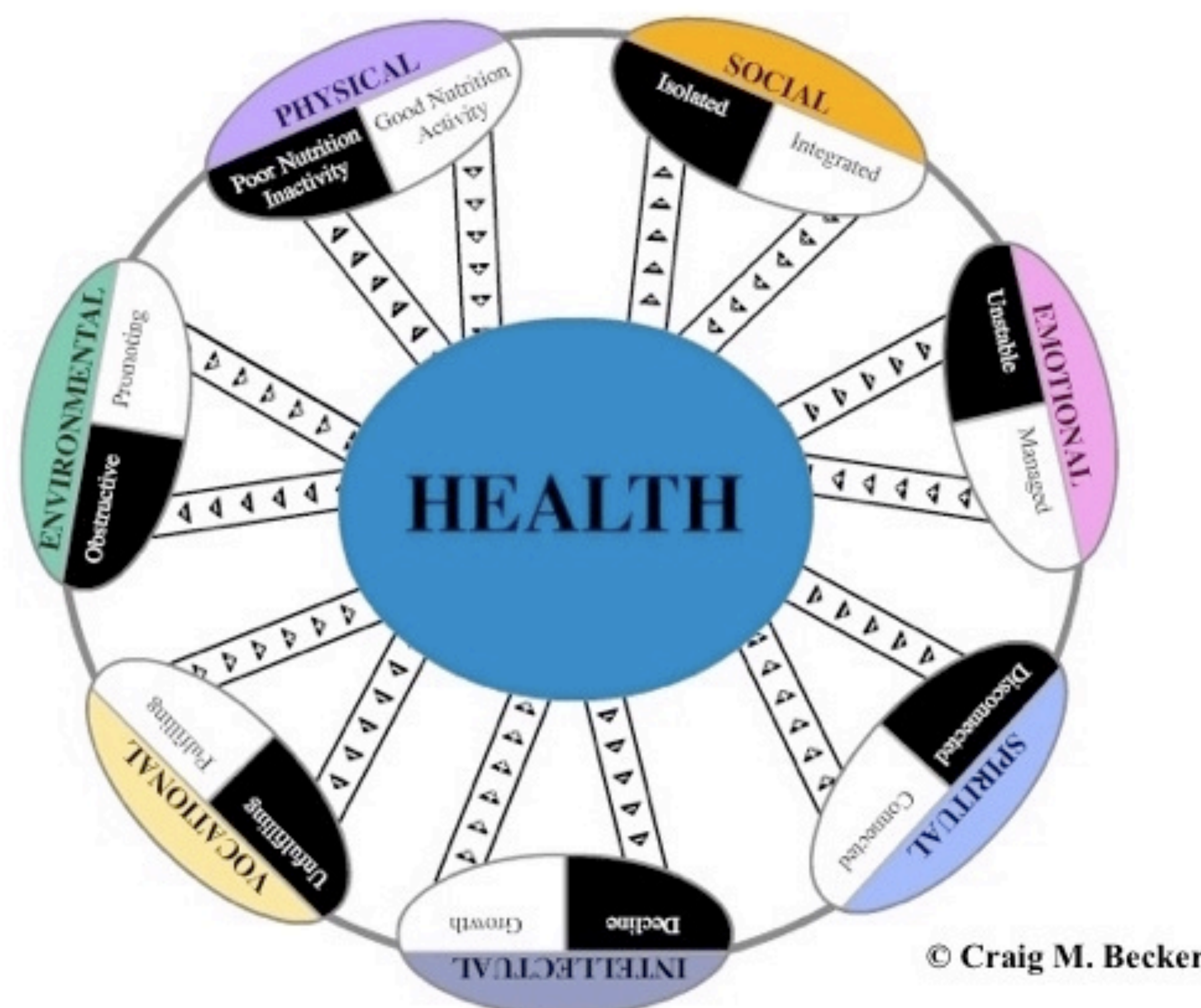
Benefits of Short Scales

- Generally ask basic questions to get an understanding of participant's behaviors
 - Provides a baseline for questioning for health professionals
 - Basic questioning is less susceptible to patient and provider bias
- Takes less time than longer assessments
 - Quicker access to results for providers which benefits participant, consumer, employees, etc.
 - Less office time and resources required
- Access to shorter scales can allow for questioning that further meets the needs of users and practitioners

Methods

- Upon completion of IRB approval, questionnaires will be distributed to students enrolled in Health 1000 courses during both Summer 2020 sessions
 - Health 1000 is a required course and provides a representative sample of all student populations, which will maximize the results
- Demographics include gender, age, ethnicity, weight, height, year in college, GPA, living situation and number of roommates
- Surveys to be completed
 - 25-Item (long version) and 7-item (short version) Salutogenic Wellness (SWPS)
 - Assesses 7 areas of health: vocational, social, physical, emotional, spiritual, environmental, intellectual
 - PHQ-9 questionnaire is a scale that will be used to assess depression
 - Satisfaction with life survey (SWLS)
 - 5-item personnel assessment of life satisfaction
- **Analysis**
 - The correlation analyses will be conducted to assess the relationship between short version SWPS score and long version SWPS score, depression score and life satisfaction score.

H.E.A.L.T.H. Model Holistic Ecological Assessment of Lifestyles for Total Health



What is Salutogenesis?

- Coined by Aaron Antonovsky in 1979
- Focuses on factors that support positive health and overall well-being, rather than focusing on factors that lead to diseases (pathogenesis)
- Original scale was 26 items
 - Focused on items that fostered health promotion regarding physical, intellectual, social, emotional, spiritual, vocational and environmental
- Responses used the 6-point Likert scale
 - Scale asks the frequency that participant engages in the positive health behaviors

Expected Results

- Significant correlation between the short scale SWPS and the full version
- Positive correlation between perceived health and the short-version SWPS score
- Negative correlation between the short-version SWPS and depression score
- Positive correlation between short-version SWPS and life satisfaction (SWLS)

Selected References

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