

Date: July 24, 1997

To: Georgia Lauritzen

From: Julie A. Haines

Re: Behavior Checklist Extra Question Categories from Pennsylvania

Below is the information you requested about the Locus of Control items as well as the Stages of Change items. You had asked for a brief paragraph about each measure (how they are used, scored and interpreted) and a reference article for both.

Locus of Control:

Reference: Houts, Sandra and Warland, Rex. Rotter's Social Learning Theory of Personality and Dietary Behavior. J. of Nutr. Edu. Vol. 21, No.4, 1989.

The five items (Questions PA079-PA083) listed below attempt to measure a concept termed "Locus of Control". It is important to use all five items when attempting to measure locus of control.

- PA079 How much of an affect do you feel what you eat will have on your future health?
- PA080 To what extent do you feel your health depends on how you take care of yourself?
- PA081 Some people feel that if they are going to be sick, they will be. How much do you feel it is possible to prevent sickness?
- PA082 If qualified health professionals recommend eating certain foods, how likely are you to try them?
- PA083 How much more are you concerned about what you eat than you used to be?

Scoring Locus of Control

The five items are scored using a 3 point scale with possible answers being: Not very much (1), Somewhat (2), Very much (3). A score ranging between 5 - 12 indicates an external locus of control, a score of 13 or 14 indicates a low range internal locus of control, and a score of 15 indicates a high internal locus of control. Persons with internal locus of control believe they are in control of their destiny; persons with an external locus of control believe their destiny is controlled by someone or something other than themselves, e.g. fate, chance, luck. Any movement towards an internal locus of control is considered positive, a move towards self-reliance.

Scoring for Locus of Control (questions PA079-PA083) on an individual basis can be done by running the report, EFNEP Survey Review - Additional Questions. This report shows each individual's response to the 10 base questions plus 15 additional questions. Select the questions listed above as the additional questions. Responses will require hand scoring. Note that the four-choice questions on the EFNEP Reporting System range from 1-4 while the Locus of Control scoring has a range of 1-3.

Stages of Change:

Reference: Sigman-Grant, M. Stages of Change: A Framework for Nutrition Interventions. Nutrition Today. Volume 31, No. 4 July/August 1996.

The Stages of Change model is one way to prepare professionals to match interventions with where peoples are (stage), rather than to expect them to enter an action-oriented program when they are neither motivated nor prepared to do so. Identification of an individual's or group's stages is only the first step in using this model. The next step is to identify strategies appropriate to specific stages. Rather than relying on final outcomes as a primary measure, measuring movement through the Stages of Change has the potential of becoming a major tool for determining program impact. Please refer to the reference article for further interpretation and explanation of the stages and this theory.

Five items are used to assess "stages of change". The items are sequential and need to be asked in the order in which they appear below. These items are targeted specifically at the issue of variety in the diet.

- PA074 Have you ever thought about buying more food from all of the different food groups? (Yes/No)
- PA075 Do you think you might start buying more foods from all the different food groups in the next 6 months? (Yes/No)
- PA076 Do you think you might start buying more foods from all the different food groups in the next month? (Yes/No)
- PA077 When you do your grocery shopping now, do you try to buy foods from all the different food groups? (Yes/No)
- PA078 Have you been trying to buy foods from all the different food groups for over 6 months? (Yes/No)

Scoring Stages of Change items:*

No to all items = Precontemplation

No to PA076, PA077, PA078 = Contemplation

No to PA077, PA078 = Preparation

No to PA078 = Action

Yes to all = Maintenance

* Refer to the reference article for further interpretation and explanation of the stages.

Scoring for Stages of Change (questions PA074-PA078) on an individual basis can be done by running the report, EFNEP Survey Review - Additional Questions. This report shows each individual's response to the 10 base questions plus 15 additional questions. Select the questions listed above as the additional questions.

Note: The data collection instrument from Pennsylvania is provided on the next few pages. The numbers in the boxes indicate the scores for each question. This checklist does not include all 10 base questions. Revision to the checklist is under consideration.