



Content validity with the Israeli Lifestyle Redesign® Program: experts and consumers surveys

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Background

Lifestyle redesign® (LR) is a preventive intervention program aimed to promote healthy aging. It includes 12 modules regarding different aspects of health promotion for community dwelling elderly¹. The LR has recently been translated into Hebrew and adapted to community dwelling elderly in Israel².

Objective

The aim of the current study was to establish the content validity of the Israeli Lifestyle Redesign Program (ILRP) by examining the relevance and necessity of the different modules to promote healthy aging of the community dwelling elderly in Israel.

Methods

Mixed methods study. Quantitative data includes surveys of three target populations:

- Practitioners: 71 health service practitioners specializing in geriatrics: 72% Occupational therapists, 6% Social workers, 5% Physiotherapists, 4% nurses, 4% Doctors, 3% Dietician and 6% others.
- Consumers: 64 community dwelling elderly.
- Participants: 9 elderly who participated in the Israeli version of the LR intervention.

Survey:

Module content	Relevance	Necessity
	1-2-3-4-5	1-2-3-4-5

Higher ratings demonstrate higher perceptions of relevance and necessity.

The qualitative aspect aimed to understand the participant's perception of the change agents that enabled goals fulfillment.

References

1. Clark, F. A., Blanchard, J., Sleight, A., Cogan, A., Florindez, L., Gleason, S., ... & Proffitt, R. (2015). *Lifestyle redesign: The intervention tested in the USC well elderly studies*. AOTA Press, The American Occupational Therapy Association, Incorporated.
2. Zilbershlag Y., Maeir T., Gilboa Y., Beit Yosef, A., Katz, N. (2018). Cultural adaptation and implementation of Lifestyle Redesign® (LR) intervention for healthy elderly in Israel. Poster presented at the World Federation of Occupational Therapy Congress, Cape town, South Africa.

Results

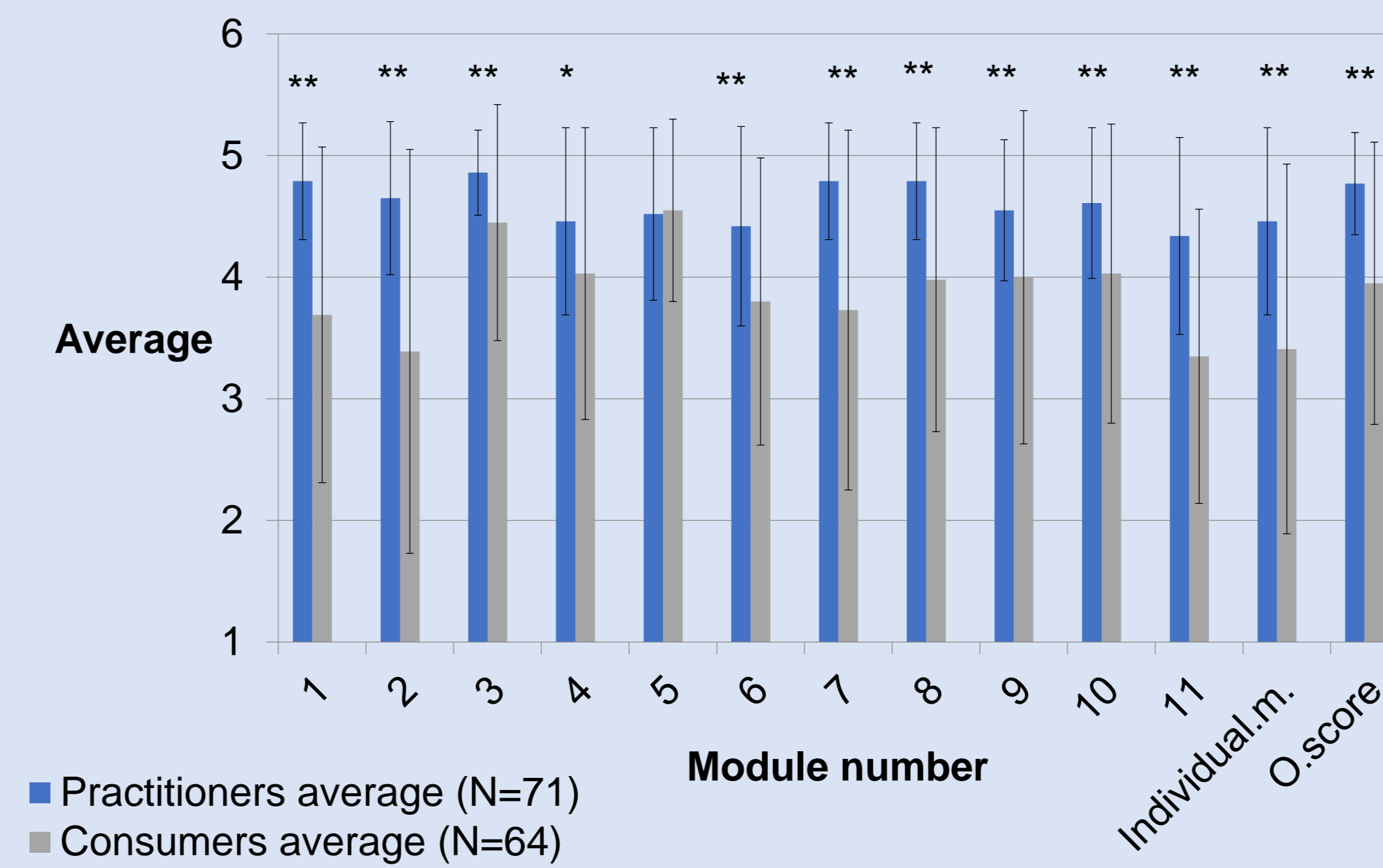
Content Validity Indices: Item and Scale levels

	I-CVI rang		S-CVI/Ave	
	Relevance	Necessity	Relevance	Necessity
Practitioners	0.85-1	0.80-1	0.92	0.90
Consumers	0.55-0.92	0.7-0.97	0.68	0.87

I-CVI= Number of practitioners/ consumers responded 4/5 divided by the number of all practitioners/ consumers. Valid I-CVI ≥ 0.78.

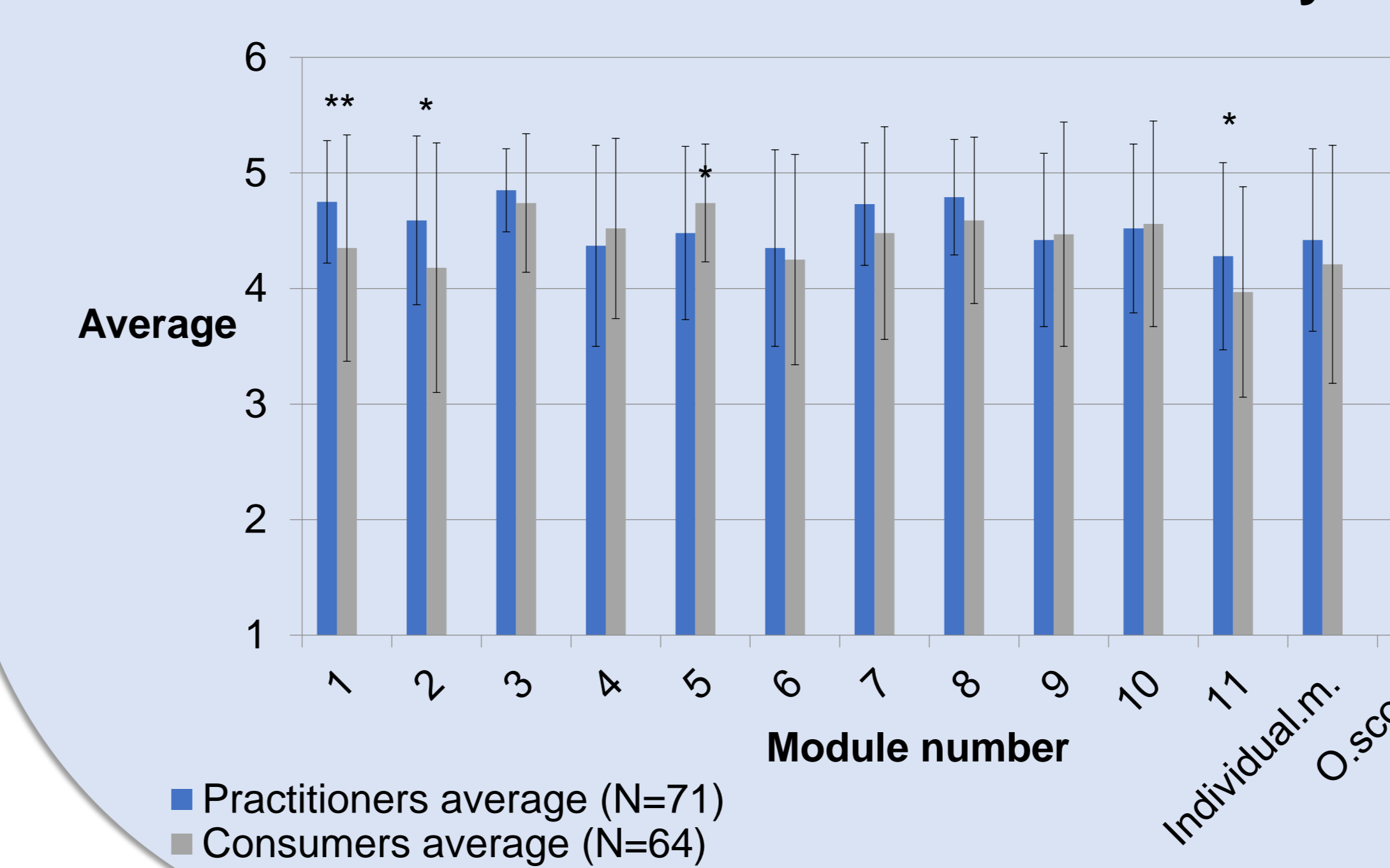
S-CVI/Ave = I-CVIs Average. Valid S-CVI/Ave ≥ 0.90.

Practitioners and consumers relevance rating



- The mean of the scores of all intervention's parts was higher than 3 except for the relevance score of module 2 among the participants.
- Module 2 (community mobility) and 11 (hormones, aging and sexuality) were rated lower than others, and so require further adjustments.
- Module 3 (various types of activities), 5 (dining and nutrition), 7 (home and community safety) and 8 (relationships and occupation) were rated higher than other modules.
- higher ratings among practitioners versus consumers.

Practitioners and consumers necessary rating



- Qualitative results show three main themes that constituted as change agents:
 - a) Participation in social group as motive for action.
 - b) Raising awareness for health in old age.
 - c) Active participation in the meetings as a source of meaningful experience and enjoyment.

- Individual.m. = Individual meetings
- O.score = Overall score

Conclusions: The results partially affirm the content validity of the ILRP. Most of the program modules were found highly relevant and necessary by Israeli experts and consumers. Some additional adaptations have been made in the Israeli program modules based on these results.