

# HIV Self-Management Scale for Women

The HIV Self-Management Scale consists of three domains measuring daily health practices, social support, and the chronic nature of HIV. There is a total of 20 items with 12 items in the first domain, three items in the second domain and five items in the third domain. The individual items were scored using a 0-3 scale, where higher scores indicate more HIV Self-Management in areas of health practices, support and the chronic nature of HIV.

This scale was designed and tested within a unique population, women living with HIV/AIDS in the United States, and this scale should only be considered valid in this population. Although, this scale could possibly be adapted for clinical settings to help more efficiently address self-management issues impacting medical HIV management goals.

The HSM is an original scale based on inductive research conducted in focus groups in 2010. From these focus groups, researchers developed 40 questions to measure HIV Self-Management. These items were analyzed by expert review and scored based on applicability to the study population. Based on this work the scale was narrowed down to 27 items. This survey was then validated with 260 women living with HIV/AIDS from either Northeast, OH and the San Francisco Bay Area. Using post hoc analyses researchers examined the factor loadings for each item, deleting the poorest performing items until all items had a factor loading of approximately 0.40 and loaded as one coherent factor. This factor solution included eigenvalues greater than 1.0 and explained 48.55% of the total variance. The individual domains had  $R^2$  values of 0.34, 0.24, and 0.56 respectively and had generally good internal consistency as shown by alpha values of 0.84, 0.86, and 0.72 at baseline and 0.85, 0.83, and 0.61 at follow-up. The scale had a chi-squared value of 273.4 and a root mean squared error of 0.05 indicating a good fit for the total model. To enable better accessibility by the target population the scale was designed to have a 6<sup>th</sup> grade reading level.

*The individual domain scoring is addressed below:*

**Daily Self-Management Health Practices:** Sum (HSM 1-12). The sum of all applicable items indicates the level of health practices individuals experience on a daily basis. All items are on a 0-3 scale with 0 indicating that the question is not applicable, 1 indicating that the event never occurs, 2 indicating that the event sometimes occurs, and 3 indicating that the event occurs all the time.

**Support and HIV Self-Management:** Sum (HSM 13-15). The sum of these three applicable items indicates the social support expressed by the participant. These items are also scored on a 0-3 scale where 0 indicates that the question is not applicable, 1 indicates that the event never occurs, 2 indicates that the event sometimes occurs, and 3 indicates that the event occurs all the time.

**Chronic Nature of HIV Self-Management:** Sum (HSM 16-20). The final five scores indicate the acceptance by the participant that HIV is a chronic disease and will need to be managed throughout their life. These items have the same 0-3 scoring as was found on the other domains.

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Study ID    Week   Date   /   /

M M                      D D                      Y Y Y Y

### Self-Management Scale for Women

HIV/AIDS requires many daily tasks to maintain your health. These tasks are called **self management**. Below you will find statements and we ask you to fill in the appropriate response to tell us how much you experienced them LATELY.

Please note, not all statements are applicable to everyone and should not be interpreted as something you should do.

Lately...	All of the Time	Some of the Time	None of the Time	Not Applicable
1. Staying physically active (exercising) is an important part of my HIV management strategy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I have been successful at staying physically active (walking, exercising ,stretching, weight lifting, physical work)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Spirituality/Religion is my motivator to manage HIV	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I have been changing some aspect of my health to better manage HIV (ex: taking medication, exercising, reducing stress)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I have been successful at achieving my health goals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I have modified my diet to better manage HIV (vegetables, fruits, natural ingredients)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Even with all of my family responsibilities I have had enough time to take care of my health needs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I set aside personal time to do things I enjoy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. My job responsibilities help me to take care of my health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Educating others about HIV helps me stay in control of HIV (working as a counselor, advocating for safe sex)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. When I was stressed out I did positive things to relieve the stress (exercise OR journaling OR joining a group)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I was able to control (or manage) HIV symptoms and medication side effects	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. When I feel overwhelmed, I find that talking to my counselor or attending support groups is very helpful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Attending support groups is an important part of my HIV management strategy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I have been attending support groups because I found that listening to someone’s testimony or personal story motivates me to take better care of myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I have accepted that HIV is a chronic (or life-long) condition that can be managed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Managing HIV is a number one priority for me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. HIV has been my motivator to take better care of myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. I call to make appointments with my HIV doctor when I needed to (change in symptoms, problems with meds, new health concern)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. My HIV doctor and I have a good relationship	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

