

Health Behaviour Questionnaire (HBQ)

Assessment Overview

Assessment Area

ICF Domain:

Activity and Participation

Subcategories:

Self-care, learning and applying knowledge

You Will Need

Length:

22 items, self report questionnaire

Scoring:

Scores based on Likert Scale (0-3)

0 = never

1 = sometimes

2 = often

3 = always

Total HBQ score is calculated by summing the scores of each item.

Total score range is from 0 (never performing any health behaviors) up to 66 (always performing all health behaviours)

Summary

The HBQ is used to describe the health behaviours of persons with SCI living in the community and the relationships between health behaviour, injury characteristics, and health related variables including: the presence and number of secondary impairments, readmissions in rehabilitation centres and hospitals, and perceived health. The HBQ assesses the frequency of health behaviours that delay or prevent secondary impairments.

Availability

For more information on the HBQ here:

<https://www.nature.com/articles/s41393-017-0056-9>

Assessment Interpretability

Minimal Clinically Important Difference

Not established in SCI

Statistical Error

Not established in SCI

Typical Values

Not established in SCI

Measurement Properties

Validity – High

High Correlation with Spinal Cord Lifestyle Scale (SCILS):
 $r = 0.65$

(Shabany et al. 2018; N=97, 77 males, mean (SD) age: 36.29 (11.49) years, mean (SD) duration: 4.36 (4.28) years)

Number of studies reporting validity data: 1

Reliability – High

High Internal Consistency:
 $\alpha = 0.80-0.85$

High Test-Retest Reliability:
ICC = 0.92

(Shabany et al. 2018; N=97, 77 males, mean (SD) age: 36.29 (11.49) years, mean (SD) duration: 4.36 (4.28) years)

(Bloemen-Vrencken et al. 2007; N=410, 66.1% males, mean (SD) age: 46.9 (13.2) years, mean (SD) duration: 13.6 (10.7) years)

Number of studies reporting reliability data: 2

Responsiveness

Floor/Ceiling Effect:

Not established in SCI

Effect Size:

Not established in SCI

Number of studies reporting responsiveness data:

Not established in SCI