

# 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 Health Behaviour Questionnaire (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

**Worksheet:** Can be found by contacting the author (Maryam Shabany / Alireza Nikbakht Nasrabadi, [mansournia\\_ma@yahoo.com](mailto:mansournia_ma@yahoo.com)).

**Languages:** English and Persian.

## 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, 60 complete injuries, 77 paraplegia; mean (SD) duration: 4.36 (4.28) years; Persian version)

**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, 60 complete injuries, 77 paraplegia; mean (SD) duration: 4.36 (4.28) years; Persian version)

(Bloemen-Vrencken et al. 2007; n=410; 66.1% males; mean (SD) age: 46.9 (13.2) years; 21.0% complete tetraplegia, 13.1% incomplete tetraplegia, 47.9% complete paraplegia, 17.9% incomplete paraplegia 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: 0