1995

Health Promotion Model - Instruments to Measure Health Promoting Lifestyle : Health-Promoting Lifestyle Profile [HPLP II] (Adult Version)

Walker, Susan N.; Sechrist, Karen R.; Pender, Nola J.

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HEALTH-PROMOTING LIFESTYLE PROFILE II

Scoring Instructions

Items are scored as
- Never (N) = 1
- Sometimes (S) = 2
- Often (O) = 3
- Routinely (R) = 4

A score for overall health-promoting lifestyle is obtained by calculating a mean of the individual's responses to all 52 items; six subscale scores are obtained similarly by calculating a mean of the responses to subscale items. The use of means rather than sums of scale items is recommended to retain the 1 to 4 metric of item responses and to allow meaningful comparisons of scores across subscales. The items included on each scale are as follows:

- Health-Promoting Lifestyle 1 to 52
- Health Responsibility 3, 9, 15, 21, 27, 33, 39, 45, 51
- Physical Activity 4, 10, 16, 22, 28, 34, 40, 46
- Nutrition 2, 8, 14, 20, 26, 32, 38, 44, 50
- Spiritual Growth 6, 12, 18, 24, 30, 36, 42, 48, 52
- Interpersonal Relations 1, 7, 13, 19, 25, 31, 37, 43, 49
- Stress Management 5, 11, 17, 23, 29, 35, 41, 47

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