Health Promotion Model - Instruments to Measure HPM Behavioral Determinants: Exercise Benefits/Barriers Scale [EBBS] (Adult Version)

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

http://hdl.handle.net/2027.42/85354
Dear Colleague:

Thank you for your interest in the Exercise Benefits/Barriers Scale (EBBS). The EBBS was developed in response to a need for an instrument designed to determine perceptions of individuals concerning the benefits of and barriers to participating in exercise. Items for the scale were obtained inductively from interviews and from the literature.

The EBBS is a 43-item summated rating scale consisting of two subscales, Benefits and Barriers. Ratings are obtained using a four-point response system. The EBBS has been tested for internal consistency, validity of its constructs, and test-retest reliability. A sample of 650 individuals over 18 years of age, primarily from northern Illinois, participated in the initial testing of the EBBS. Calculation of Cronbach's alpha for the 43-item instrument yielded a standardized alpha of .954. The 29-item Benefits Scale has a standardized alpha of .954 and the 14-item Barriers Scale has a standardized alpha of .866. Factor analysis yielded a nine-factor solution initially with an explained variance of 65.2%. Second order factor analysis yielded a two-factor solution, one a benefits factor and the other a barriers factor. Test-retest reliability was accomplished with a sample of 66 healthy adults at a two-week interval. Test-retest reliability was found to be .89 on the total instrument, .89 on the Benefits Scale and .77 on the Barriers Scale. Additional information on the development and initial testing of the EBBS can be found at in the following article:


You have our permission to download and use the EBBS for non-commercial data collection purposes such as research or evaluation projects as long as the following conditions are met:

- The EBBS will be used without any modifications other than translation into a language other than English (see information on translation, if required);
- The copyright statement will appear on the bottom of all copies of the EBBS; and
- All study participants will be over 18 years of age since the EBBS was not validated in younger populations.

Copyright of the EBBS and all translations is held by Karen R. Sechrist, PhD, RN, FAAN, Susan Noble Walker, EdD, RN, FAAN, and Nola J. Pender, PhD, RN, FAAN. Individuals translating the EBBS into another language may place their name as translator following the copyright statement.

The EBBS may be reproduced in the appendix of a dissertation, thesis, or research grant proposal. Reproduction for any other purpose, including publication of study findings, is prohibited.

A copy of the EBBS with scoring information is available for download. A Spanish translation of the EBBS is also available. If you need additional information, you may contact Dr. Karen Sechrist by e-mail (krsech@pacbell.net).

Best wishes with your research,

Karen R. Sechrist, PhD, RN, FAAN
for Pender/Walker/Sechrist