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Validation Of The Persian Version Of Pain Self-Efficacy Scale: A Psychometric Chronic Low Back Pain Patients

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Abstract:

Introduction: The pain self-efficacy scale assesses the patient's confidence in his ability to complete daily living activities despite pain. Current research aimed at investigating the psychometric properties of the Persian version for pain Self-Efficacy Scale in chronic low back pain (CLBP) patients.

Materials and Methods: This study was descriptive and validation type. The sample was selected by consecutive sampling through 160 CLBP patients referring to Poursina Hospital in Rasht, North of Iran, in 2010. Subjects completed the Visual Analog Scale, Roland–Morris Disability Questionnaire, Short Form of the Depression Scale, Tampa Scale for Kinesiophobia and Coping Strategies Questionnaire. Factor structure of the Pain Self- Efficacy Scale was evaluated by exploratory factor analysis. Internal consistency, test-retest reliability, construction (divergent and convergent) and predictive validity of this scale were also examined.

Results: Internal consistency of scale was excellent ($\alpha=0.91$), test-retest reliability coefficient equivalent of 0.73 and coefficient of item-total correlation were obtained for each item in acceptable range of 0.73 to 0.78. Results of factor analysis indicating a factor called "Pain Self- Efficacy" that accounted for 65.16% of the total variance with minimal factor loading of 0.73. Scores of self-efficacy scale predicted a significant proportion of the variance in scores on measures of kinesiophobia, depression, disability, and coping strategies even after controlling for confounding effects of age, duration and intensity of pain and duration of medication use. Moreover, they were correlated with these variables from expected aspects.

Conclusion: Findings suggest that Persian version of pain self-efficacy scale has satisfactory psychometric properties which is applicable in research and clinical situations relating to CLBP patients.

Keyword(s): Adjustment, Factor Analysis, Low Back Pain, Pain, Reliability, Self-Efficacy, Validity