

Predictors of Health Promoting Lifestyles in Baccalaureate Nursing Students

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Introduction

- Health Promotion Model
 - Nola Pender – model developed in 1982; revised in 1996
 - Factors in model include:
 - Individual characteristics and experiences
 - Behavior specific cognitions and affect
 - Behavioral outcomes

Research supported by Ohio Nurses Foundation Research Grant

Purpose

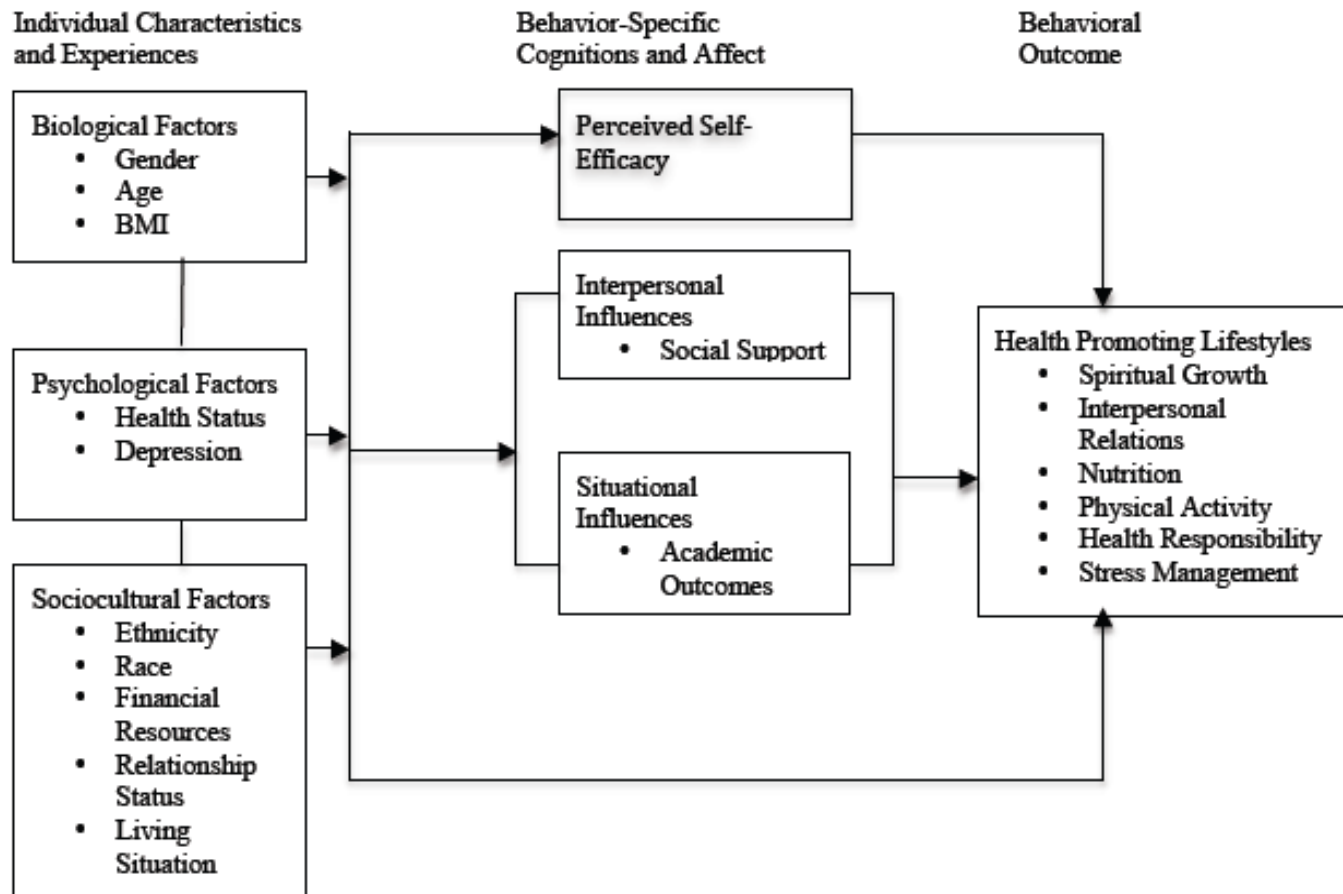
Determine predictors of health promoting lifestyles (HPL's) in baccalaureate nursing students

Research Questions

- What is the relationship between HPL's and:
 - personal factors
 - social support
 - academic outcomes
 - perceived self-efficacy
- What are the predictors of HPL's in nursing students?

Health Promotion Model

Study Variables



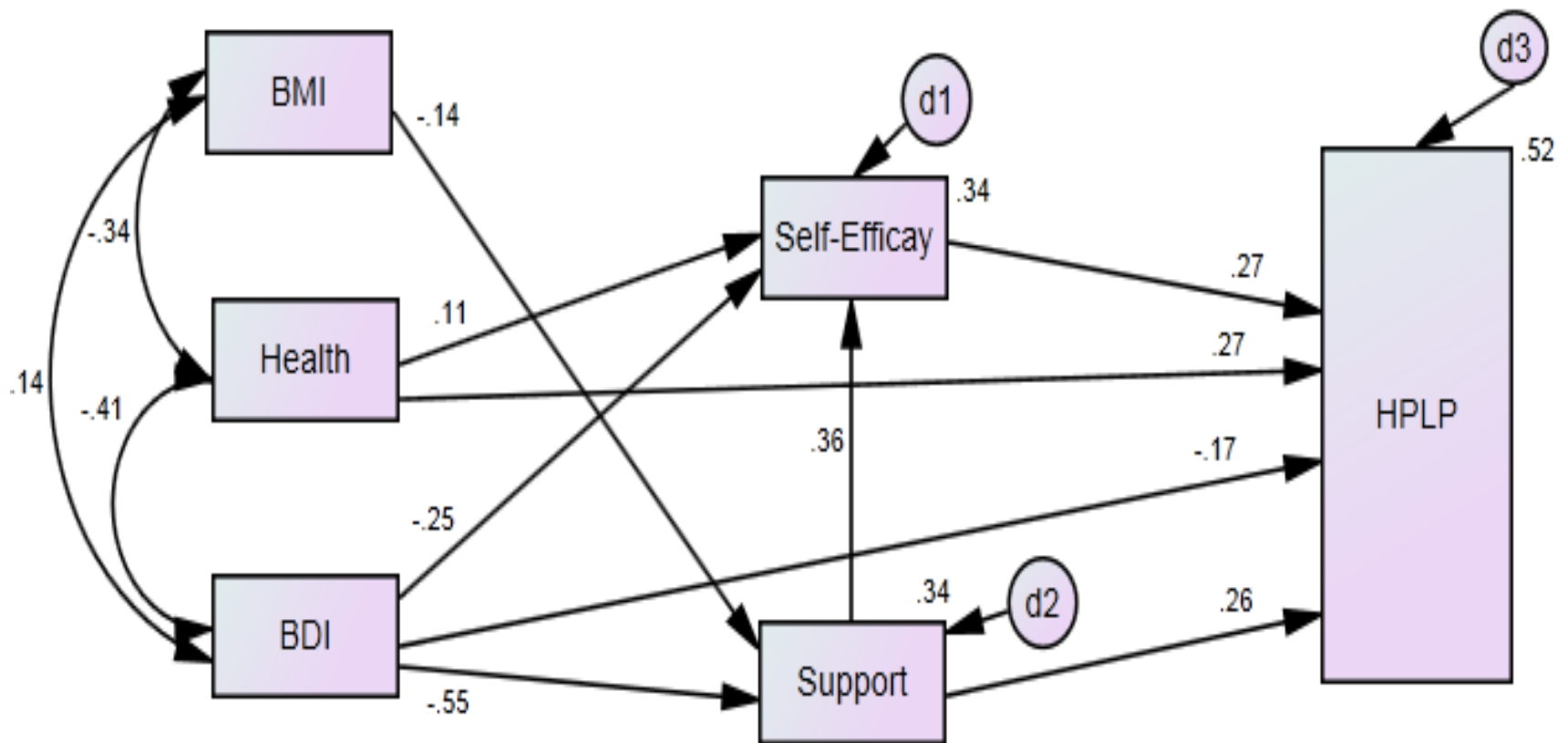
Method

- Setting
 - Three private institutions in Midwest
- Design
 - Descriptive, cross-sectional
- Measurement
 - Convenience sample of students who completed research tools during the Fall or the Spring semester 2012-2013.
 - Sample size = 330 out of 575 possible (57%)

Tools

- Demographic questionnaire
 - Age, gender, race, financial status, health, height, weight, diagnosis and treatment of mental health disorder
- Beck Depression Inventory II (BDI)
- Interpersonal Support Evaluation List – College Version (ISEL - Social Support)
- General Self Efficacy (GSE)
- Health Promoting Lifestyle Profile II (HPLP)

Predictors of HPL's in nursing students?



Relationship between personal factors and HPL's

- HPL's are significantly influenced by:
 - body mass index ($p = .000$)
 - gender (males higher HPL than females) ($p = .003$)
- HPL's are significantly influenced by:
 - health status ($p = .000$) and
 - depressive symptoms ($p = .000$)
- HPL's are significantly influenced by perceived financial needs ($p = .011$) with students who report their financial needs as met having higher mean HPL scores

Relationship between social support and HPL's

	HPLP	HPLP - HR	HPLP - PA	HPLP - NU	HPLP - SG	HPLP - IR	HPLP - SM
ISEL - Overall	.569	.362	.307	.351	.611	.653	.475
ISEL - Tangible	.361	.177	.180	.235	.383	.437	.337
ISEL – Belonging	.546	.393	.366	.352	.493	.565	.458
ISEL – Appraisal	.400	.237	.181	.229	.484	.516	.308
ISEL - SE	.465	.314	.212	.279	.559	.522	.375

*All correlations significant at the 1% significance level (two-tailed)

Relationship between academic outcomes and HPL's

- There is a significant relationship between the HPL nutritional dimension and students' overall GPA ($p=.022$).
- There is a significant relationship between the HPL nutritional dimension and students' nursing GPA ($p=.041$).



Relationship between perceived self-efficacy and HPL's

	HPLP	HPLP - HR	HPLP - PA	HPLP - NU	HPLP - SG	HPLP - IR	HPLP - SM
General Self-Efficacy*	.561	.415	.270	.377	.638	.511	.494

* $p < .01$

- There is a significant relationship between HPL's, overall and each dimension, and with generalized self-efficacy.

Conclusions

- Personal factors of significance in path analysis predictive model included:
 - BMI, health status, and depressive symptoms
- Behavior specific cognitions and affect of significance in path analysis predictive model included:
 - Social Support as interpersonal influence
 - Self-Efficacy

Conclusions

- Significant personal factors and behavior specific cognitions and affect predict HPL's
- Lowest mean HPL subscale was physical activity ($M = 2.46$, $SD = .74$).
 - 29% nursing students reported not being physically active
(Mooney, Timmins, Byrne, & Corroon, 2011)
- 46% nursing students were overweight or obese
 - 32.4% of college students reported being overweight or obese
(ACHA, 2011)
 - 28.7% nursing students were overweight or obese
(Al-Kandari, Vidal, & Thomas, 2008)

Future Implications

- Develop wellness program based on path analysis model to include:
 - Nutritional counseling/ weight management
 - Mental health initiatives
 - Physical exercise plan
 - Social support model
- Use a pre-/post-test controlled design with wellness program intervention to measure HPL outcomes



Questions?



Predictors of Health Promoting
Lifestyles in Baccalaureate
Nursing Students