

VALIDATION STUDY OF HEALTH BELIEFS SCALE

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Introduction: The Health Belief Scale is a questionnaire used to assess a wide range of beliefs related to health. The objective of this study was to undertake construction and culturally adapt the Health Belief Scale (HBS) to the Portuguese language and to test its reliability and validity.

Methods: This new version was obtained with forward/backward translations, consensus panels and a pre-test, having been inspired by some of the items from “Canada’s Health Promotion Survey” and the “European Health and Behaviour Survey”, with the inclusion of new items about food-related beliefs. The Portuguese version of Health Belief Scale and a form for the characteristics of the participants were applied to 849 Portuguese adolescents.

Results: Reliability was good with a Cronbach’s alpha coefficient of 0.867, and an intraclass correlation coefficient (ICC) of 0.95. Corrected item-total coefficients ranged from 0.301 to 0.620 and weighted kappa coefficients ranged from 0.72 to 0.93 for the total scale items. We obtained a scale composed of 13 items divided into five factors (smoking and alcohol belief, food belief, sexual belief, physical and sporting belief, and social belief), which explain 57.97% of the total variance.

Conclusions: The scale exhibited suitable psychometric properties, in terms of internal consistency, reproducibility and construct validity. It can be used in various areas of research.

Keywords: Belief. Health. Statistic validation. Study.