

## Article

# Validation and Psychometric Analysis of the German Translation of the Appraisal of Self-Care Agency Scale-Revised

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**Abstract:** Self-care and self-management are essential for well-being, especially in advancing age or chronic illness. To assess these complex behaviors, validated questionnaires are needed. The Appraisal of Self-Care Agency Scale-Revised (ASAS-R) is a self-report questionnaire to evaluate the actions people take to manage their health. This manuscript reports the psychometric properties of the German ASAS-R translation. After standardized translation, convergent validity was assessed with the Patient Activation Measure (PAM) controlling for sociodemographic and health factors. Internal consistency, descriptive statistics, and principal component analysis (PCA) are reported. We analyzed data of 215 community-dwelling German adults aged  $51.6 \pm 14.7$  years with at least one chronic illness. Similar to the original ASAS-R, PCA revealed three factors, although item allocation differed. The ASAS-R showed good internal consistency overall and for each factor, although ceiling effects were present for some items. Convergent validity was good, and the ASAS-R was as a predictor for the PAM irrespective of other variables. As self-care is highly complex, we conclude that factor structure should be assessed for each dataset. Overall, the German ASAS-R is a valid instrument to measure self-care and self-management of chronic diseases that may enhance research on this fundamental health behavior in German-speaking countries.

**Keywords:** self care; self management; chronic illness; health care; self-efficacy; older adults



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## 1. Introduction

Patients are often expected to deal with complex conditions such as multiple medications, fluctuating health and symptoms, or age-related changes. Especially in advancing age or with chronic illness, where patients are confronted with health issues on a daily basis, the concept of self-care and self-management is of utmost importance [1,2]. As Udlis [3] stated, “people cannot not self-manage” as every choice made, whether regarding physical activity, diet, medication, social interaction, or further domains, is a type of self-management. Self-management is a complex construct that describes the ability to appropriately handle health-related changes (including symptom monitoring, detection of changes, and appropriate responding), manage medications, and perform appropriate physical activities and diets. However, self-management also includes psycho-social aspects, such as a general belief in the ability to successfully perform changes (self-efficacy, [4–6]), adaptation of social roles, maintenance of social interaction, problem solving, and emotion regulation [1,3,4,7–9]. A key requirement for self-management is active patient participation [3,7], meaning that self-management refers to daily measures and actions performed by the patients themselves [10].

Self-care is a closely related concept and has been defined as a crucial cornerstone for health by the World Health Organization (WHO) [11,12]. Self-care agency, meaning the drive and ability to perform self-care actions, is closely linked to increased health-improving behavior and thus to self-management of chronic illness [13,14]. As defined by the WHO, “self-care interventions promote the active participation of individuals in

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## **Table of Contents Analysis German**

1. Understanding the eBook Analysis German
  - The Rise of Digital Reading Analysis German
  - Advantages of eBooks Over Traditional Books
2. Identifying Analysis German
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Analysis German
  - User-Friendly Interface
4. Exploring eBook Recommendations from Analysis German
  - Personalized Recommendations
  - Analysis German User Reviews and Ratings
  - Analysis German and Bestseller Lists
5. Accessing Analysis German Free and Paid eBooks
  - Analysis German Public Domain eBooks
  - Analysis German eBook Subscription Services
  - Analysis German Budget-Friendly Options
6. Navigating Analysis German eBook Formats

- ePub, PDF, MOBI, and More
- Analysis German Compatibility with Devices
- Analysis German Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Analysis German
  - Highlighting and Note-Taking Analysis German
  - Interactive Elements Analysis German
- 8. Staying Engaged with Analysis German
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Analysis German
- 9. Balancing eBooks and Physical Books Analysis German
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Analysis German
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Analysis German
  - Setting Reading Goals Analysis German
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Analysis German
  - Fact-Checking eBook Content of Analysis German
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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