

**Designing a questionnaire to  
measure students' lifestyles:  
a new tool for measuring lifestyle behaviors  
of Persian medicine students**

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# Outbreak of non-communicable diseases

## Obesity and overweight



# **Lifestyle is very important**

**prevent diseases**

**improve quality of life**

**increase life expectancy**

**improve physical and  
mental health.**

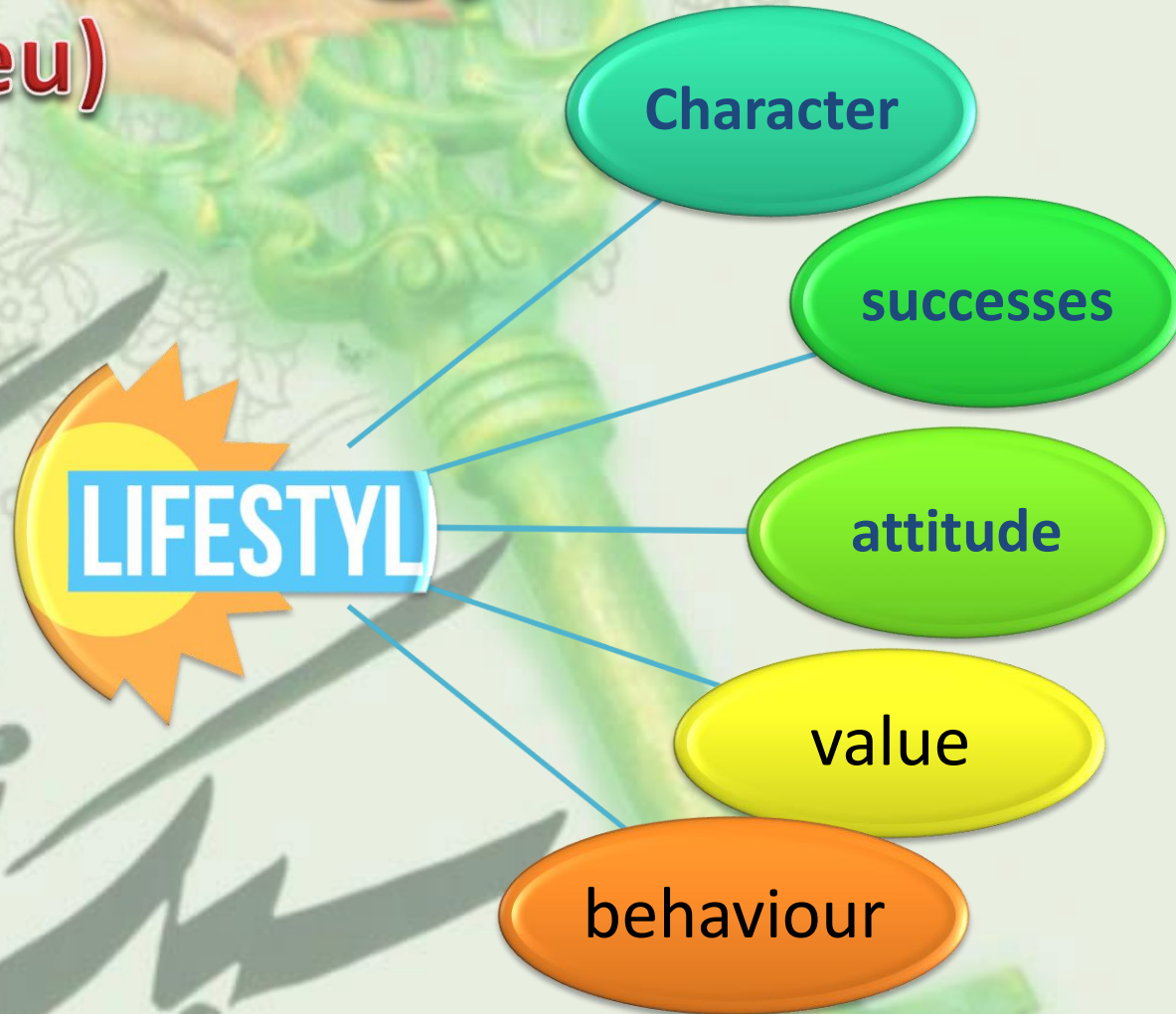




**When?**  
**Where?**  
**Who?**



# Psychology (Adler, Giddens, Bourdieu)



# سته ضروريه





# research goal

**This study was conducted to design a suitable tool to measure the lifestyle of Persian medicine students.**



# Method

The background features a light gray silhouette of a person walking towards the right. Overlaid on this are several arrows of varying sizes and directions. One prominent arrow is red and points towards the right, passing behind the text. Other arrows are gray and point in various directions, creating a sense of movement and direction.

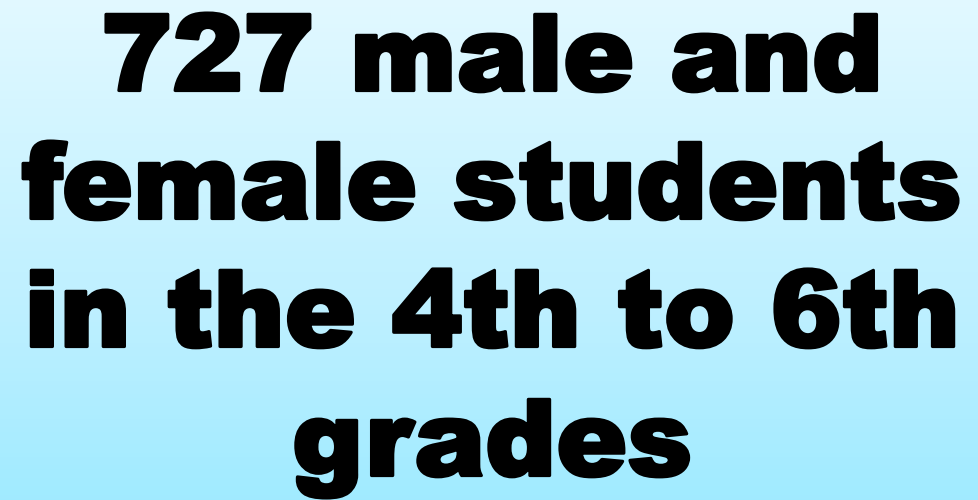
**The study was of a mixed method and its purpose was tool making**

# Population study

**The participants in this study were selected from the fourth to sixth grade students of Isfahan province in the academic year 1400-1401.**



sample size



**727 male and  
female students  
in the 4th to 6th  
grades**

# **lifestyle questionnaire**

**knowledge  
and  
awareness**

**6 questions**

**Exercise,  
nutrition,  
sleep,  
psychology,  
spirituality,  
toilet  
etiquette**

**attitude**

**7 questions**

**The  
importance of  
knowledge  
topics**

**Practice**

**24 questions**

**Acting on  
topics related  
to the field of  
knowledge**

**demographic  
information**

**Age, gender,  
educational  
level, place of  
study, height  
and weight,  
living situation,  
level of  
education of  
parents, father's  
occupation,**

# Reliability and validity of the questionnaire:

## Compilation of questions:

- by researchers according to scientific sources in multiple options
- At the level of comprehension and understanding of the target group

## Content validity

- Qualitative content validity: a 9-person panel with experts to find the level of difficulty, appropriateness and...
- Quantitative content validity: It was evaluated by 15 faculty members in terms of necessity, clarity, simplicity and relevance.

## Face validity:

- Quantitative face validity: In order to quantitatively determine the face validity, the questionnaire was given to 20 students.

## Reliability of the questionnaire:

- CVI was used to check the reliability of the questionnaire using Cronbach's alpha index. which was equal to 0.767



# **The Persian medicine lifestyle assessment questionnaire**

**have 37 questions in the field of healthy lifestyle based on the teachings of Persian medicine in the fields of knowledge, insight and performance.**



**Its formal, content and structural validity was confirmed and Cronbach's alpha coefficient and intra-category correlation coefficient were calculated.**



# Conclusion



Due to its brevity, **small number** of questions, **simplicity** of sentences, as well as appropriate validity and reliability, this tool can be used in the student population and can be used to evaluate their lifestyle and health planning.



**Thank you for your attention**



# تعجیل در ظهور حضرت مهدی (ع) صلوات

