Self-Efficacy for Healthy Eating

**Instrument:** GEMS Pilot Study

**Scale:** Self-Efficacy for Healthy Eating

**Developers:** Dr. Story; Dr. Nancy E. Sherwood; Dr. John H. Himes; Dr. Marsha Davis, Dr. David R. Jacobs Jr.; Yolanda Cartwright, MS; Mary Smyth, MS

**Source:** http://www.ishib.org/journal/ethn-13-01-s54.pdf

**Language other than English available:** No

**Target Audience(s):** 8-10 year old girls

**Type of instrument:** Attitudes

**Data collected:** Quantitative

**Data collection format:** Self report- Pre/post

**Reading Level:** Flesch-Kincaid Grade level: 5.1

**Existence of test/technical manuals, user guides, supplemental materials:** None

**Level of training necessary for administration/scoring/interpretation:** None

**Widespread Use/Professional Endorsements:** Used in "An after-school obesity prevention program for African American girls: the Minnesota GEMS pilot study" (Story et al. 2003).

**Cost of use:** No costs associated with the use of this instrument.

**Description:**
- 9 item measure to determine self-efficacy for healthy eating.
**Psychometrics:** Information on reliability and validity are provided below. If information on a particular psychometric was not found, it is indicated as “no information provided.” It should be noted that this is not necessarily an indication of a lack of reliability or validity within a particular scale/instrument, but rather a lack of rigorous testing, for various reasons, by the developers or other researchers.

**Reliability:** A correlation of at least .80 is suggested for at least one type of reliability as evidence; however, standards range from .5 to .9 depending on the intended use and context for the instrument.

- **Internal Consistency:** $\alpha = .62$
- **Inter-rater reliability:** No information provided
- **Test-Retest:** No information provided

**Validity:** The extent to which a measure captures what it is intended to measure.

- **Content/Face Validity:** No information provided
- **Criterion Validity:** No information provided
- **Construct Validity:** No information provided
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**Rating Scale:**
- 0 = Not at all hard
- 1 = A little hard
- 2 = Very hard

**Instructions:**
“The next questions ask about your eating habits and how hard you think it would be for you to eat more of some foods and eat less of other foods.” “How hard would it be for you to…”

**Items:**
1. Eat fruit for an after school snack.
2. Eat vegetables for a snack.
3. Choose water instead of soda pop or kool-aid when you are thirsty.
4. Drink 1% or skim milk instead of 2% or whole milk.
5. Choose a small instead of a large order of French fries.
6. Eat smaller servings of high fat foods like French fries, chips, snack cakes, cookies, or ice cream.
7. Eat a low-fat snack like pretzels instead of chips.
8. Drink less soda pop.
9. Drink less kool-aid.

**Scoring:**
- Sum all item ratings together. Range of scores = 0 to 18.
- No items are reverse coded.
- Higher ratings indicate strength in self-efficacy for healthy eating.