

Reversal Theory Instruments

Name of tests:

Exercise Tension Scale (ETS)

The ETS was adapted from the original tension scale, the overeating tension scale (OTS)

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Variables measured:

Measures participants' ratings of tension **before** skipping exercise for three reversal-theory state pairs at a self-identified time in the last month when they skipped exercise.

Intended population(s): These scales have been used with populations over the age of 20, whom are of varying body mass index categories.

Brief description (less than 300 words):

Currently, measures are lacking that assess the parameters of the multifaceted problem of obesity. Earlier studies suggest that measures are needed to assess overeating tension, exercise tension, and feelings tension as contributing factors to the obesity epidemic in America. These three tension scales, Overeating Tension Scale (OTS), Exercise Tension Scale (ETS) and Feelings Tension Scale (FTS), were piloted with 61 participants to evaluate their computer-administration and psychometric analysis, in three rural settings served by the University of Kansas Telehealth Program. Phase 1 established: readability at a 5th grade level using a linguistics expert; content validity using reversal theory experts, content validity index, and kappa score; usability, human-computer interaction, and performance using expert evaluation and participant evaluation. In Phase 2, internal consistency reliability and construct validity were supported. Participants with higher Body Mass Index (BMI; [kg]/height [m²]) had higher tension scores on the Overeating Tension, Exercise Tension, and Feelings Tension Scales compared to those with lower BMI. Future work will continue to establish convergent validity of these three scales and their ability to assess overeating tension, exercise tension and feelings tension in rural telehealth weight management patients. Scales are currently only available in English.

Electronic version available:

Authors suggest use of the electronic versions over paper and pencil, but scales are currently located on KUMC servers.

Coding available: No

Norms available: Yes

Key References:

1) Kramer, K. L. (2007) Psychometric analysis of three tension scales in rural telehealth setting for weight management practice. UMI: 1-357. www.il.proquest.com

2) Popkess-Vawter, S., Gerkovich, M.M., & Wendel, S. (2000). Reliability and Validity Testing of the Overeating Tension Scale, *Journal of Nursing Measurement*, 8(2), 145-160.