

Evaluation of the Reliability and Validity of the Self-healing Assessment Scale

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Background: Self-healing is a natural born healing power that coordinates respective physiological system function smoothly. It keeps our body and mind in homeostasis. The Self-healing assessment scale is a new scale for measuring the awareness of self-healing ability. In the study, we tested the reliability and validity of Self-healing Assessment Scale,

Methods: A cross section design was conducted. We excluded participants who were under age 60, unwilling for interview, inability to read Chinese, and mental and active retardation. All the data were analyzed by using SPSS 24.0 to test the reliability and validity.

Results: There were 500 participants who completed the questionnaire with the mean age of 71.76. Factor analysis identified three relatively distinct dimensions: physical, mental and social environment. The Self-healing Assessment Scale has acceptable reliability and the internal reliability with Cronbach's alpha 0.909 and Cronbach's alpha in the range of 0.796 to 0.830 respectively. The Person's correlation shows positive correlation ($\gamma=0.174$, $p<0.05$) between Self-healing Assessment Scale and the Medical Outcome Study Short Form (MOS SF-12), which is the most popular instrument for measuring quality of life with good psychometric properties. In addition, the mean score of the Self-healing Assessment Scale was 38.10 under a total of 48, indicating that fair or above average self-healing ability. Three point two percent of participants for lower than 24 indicated poor self-healing ability.

Discussion: We found that the Self-healing Assessment Scale was reliable among older adults. The Self-healing Assessment Scale might be useful for screening older population-based samples and assessing the effect of intervention in order to optimal health care outcomes.