

**ORIGINAL PAPER**

**Cultural Adaptation and Psychometric Properties of the Portuguese Version of the Therapeutic Self-Care Scale**

**Ana Filipa Cardoso, MSc**

Health Sciences Research Unit-Nursing. Nursing School of Coimbra. Doctoral student at the Faculty of Medicine of the University of Coimbra, Portugal

**Paulo Queiros, PhD**

Health Sciences Research Unit-Nursing. Nursing School of Coimbra. Post-doctoral student at the Biomedical Institute of Sciences Abel Salazar-Porto University, Portugal

**Carlos Fontes Ribeiro, PhD**

Department of Pharmacology and Experimental Therapeutics, Faculty of Medicine, University of Coimbra, Portugal

**António Amaral, MSc**

Health Sciences Research Unit-Nursing. Nursing School of Coimbra, Portugal

**Correspondence:** Ana Filipa dos Reis Marques Cardoso - Escola Superior de Enfermagem de Coimbra, Rua 5 de Outubro. Apartado 7001.3046-851 Coimbra. Portugal. e-mail: [cardoso.anafilipa@gmail.com](mailto:cardoso.anafilipa@gmail.com)

**Abstract**

**Background:** Self-care is a nursing sensitive outcome. In Portugal there is a lack of validated scales to assess self-care. Scales have their own validation methods to be used in cultural contexts which are different from their original contexts.

**Aim:** To translate, adapt, validate, and assess the psychometric properties of the Therapeutic Self-Care Scale (Doran & Sidani, 2005) for the Portuguese population.

**Methodology:** A cross-sectional study was carried out on a sample of 990 inpatients in surgical and medical wards in 4 hospitals of the central region of Portugal. The Therapeutic Self-Care Scale was administered by nurses in interview format between March and July 2012. This scale measures the patient's ability to perform 4 different categories of self-care activities.

**Results:** n=990; mean age=63.57 years, and SD=17.14. Keiser-Meyer-Olkin (KMO) =0.948, Bartlett's Test of Sphericity:  $p < 0.001$ . The principal component analysis concluded on a one-dimensional structure, in which a single factor explained 81.318 of the total variance. Internal validity: Cronbach'  $\alpha=0.979$ .

**Conclusions:** The Therapeutic Self-care Scale showed valid psychometric properties making it suitable for the Portuguese population.

**Key-words:** Self-care; Scales; Validation