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Sheryl Steadman

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Psychometric Properties of the Self-Assessment of the Interpersonal Relationship Scale

Karen S. Dearing, PhD, APRN, Brigham Young University; Sheryl Steadman, PhD, APRN, Westminster College

Background

- The nurse-patient relationship is the basis of psychiatric nursing.
- The use of self defines nursing as an interactive, exploratory, caring, and health promoting process.
- No tool has been developed to determine specific areas for competency building using the principles of developing an interpersonal relationship.

Purpose

- The specific aims of the study were two-fold:
  - Establish the reliability and validity of the Self-Assessment of the Interpersonal Relationship Scale (SAIRS)
  - Determine the ability of SAIRS to measure student nurses development of interpersonal competencies with patients

Methods/Instrument Development

- Scale Development — The items were developed based on Peplua’s interpersonal theory and extensive literature review completed in 2003 and piloted in 2004.
- Face Validity — A team of five experts refined the scale by removing constructs not related, as identified through statistical evaluation of pilot study.
- Measures — Each item statement on the scale delineates areas of strengths and areas for personal growth (SA—strongly agree, A—agree, NS—not sure, D—disagree, SD—strongly disagree).
- Sample — 248 subjects enrolled in the study were English speaking men and women between the ages of 18–55.

Data Analysis/Results

- SPSS version 14 — statistical significance set at p = <0.05
- Factor Analysis — the interpersonal relationship and competencies
  - Subscales identified
    - receptive
    - core
    - complimentary
  - Chronbach’s Alpha — .8989
  - Split-half Reliability — .9167
  - Interclass Correlation Coefficient
    - F value = 14.79
    - p = .0000
    - CI = .91-.94

Discussion

- High level of association within the total scale and subscales
- Interclass correlation coefficient identifies questions are tightly correlated
- Competency subscales categorize:
  - Competencies necessary to engage in the interpersonal process
  - Competencies related to facilitate the interpersonal process
  - Competencies which establish a true bond through the nurse-patient interpersonal process

References


Subscales

<table>
<thead>
<tr>
<th>Receptive Traits:</th>
<th>S.D.</th>
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<tbody>
<tr>
<td>Honest/sincere</td>
<td>.54</td>
</tr>
<tr>
<td>Respect uniqueness</td>
<td>.60</td>
</tr>
<tr>
<td>Focus on client issues</td>
<td>.62</td>
</tr>
<tr>
<td>Convey worth</td>
<td>.64</td>
</tr>
<tr>
<td>Communicate understanding</td>
<td>.64</td>
</tr>
<tr>
<td>Convey empathy</td>
<td>.64</td>
</tr>
<tr>
<td>Listen to client perspective</td>
<td>.65</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Core Traits:</th>
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<tbody>
<tr>
<td>Help with problem solving</td>
</tr>
<tr>
<td>Questions facilitate communication</td>
</tr>
<tr>
<td>Recognize ineffective responses</td>
</tr>
<tr>
<td>Achieve goals</td>
</tr>
<tr>
<td>Help client meet goals</td>
</tr>
<tr>
<td>Establish achievable goals</td>
</tr>
<tr>
<td>Understand client reaction</td>
</tr>
<tr>
<td>Change to respond more effectively</td>
</tr>
<tr>
<td>Accept powerful emotion</td>
</tr>
<tr>
<td>Gather data</td>
</tr>
<tr>
<td>Identify strength/weakness</td>
</tr>
<tr>
<td>Consistently maintain boundaries</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Complimentary Traits:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relationship therapeutic/not social</td>
</tr>
<tr>
<td>Discuss incongruence</td>
</tr>
<tr>
<td>Help acknowledge progress</td>
</tr>
<tr>
<td>Focus on interpersonal relationship (IPR)</td>
</tr>
<tr>
<td>Available as resource</td>
</tr>
<tr>
<td>Do not use IPR to solve problems</td>
</tr>
<tr>
<td>Help patient with unmet goals</td>
</tr>
<tr>
<td>Free of bias</td>
</tr>
<tr>
<td>Determine long/short term goals</td>
</tr>
<tr>
<td>Discuss termination openly</td>
</tr>
<tr>
<td>Explain roles</td>
</tr>
<tr>
<td>Self-disclose appropriately</td>
</tr>
</tbody>
</table>

Competencies which establish a true bond through the nurse-patient interpersonal process

- Consistently maintain boundaries
- Identify strengths/weakness
- Help acknowledge progress
- Help with problem solving
- Focus on interpersonal relationship
- Communicate understanding
- Achieving goals
- Establish goals
- Free of bias
- Discuss termination openly
- Explain roles
- Self-disclose appropriately

Competencies related to facilitate the interpersonal process

- Understand client reaction
- Change to respond more effectively
- Accept powerful emotion
- Gather data
- Identify strengths/weakness
- Consistently maintain boundaries

Competencies necessary to engage in the interpersonal process

- Help with problem solving
- Focus on interpersonal relationship
- Communicate understanding
- Achieving goals
- Establish goals
- Free of bias
- Discuss termination openly
- Explain roles
- Self-disclose appropriately

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