Outcome Expectations for Exercise Scale (OEE)

by James Lani

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The Outcome Expectations for Exercise Scale (OEE) contains 9 statements rated by participants using a 5-point likert scale from 1 "Strongly Disagree" to 5 "Strongly Agree". The OEE was made primarily to study older adults with a low expectations of the effects of exercise. If negative or low expectations are found in an older adult, an intervention can be implemented that may increase the expectancy of exercise and therefore create a more active lifestyle.

Authors


Reliability and Validity

Internal consistency of the scale ? = .89.

Internal consistency in a sample of long-term care facility residents ? = .87.

Concurrent validity - significant positive correlations with measures of exercise behavior (ß= .39, p < .05).

Concurrent validity - OEE detects significant difference between individuals who exercise regularly and those who do not (F = 31.3, p < .05, ß2= .15).

Construct validity - positive correlation with measures of self-efficacy expectations (r = .66, p = < .05).

Administration, Analysis and Reporting

Statistics Solutions consists of a team of professional methodologists and statisticians that can assist the student or professional researcher in administering the survey instrument, collecting the data, conducting the analyses and explaining the results.

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Reference