

AESMMI-65

Adult Epilepsy Self-Management Measurement Instrument

HISTORY

Developed and evaluated: 2010-2014

Widely disseminated: 2015

DESCRIPTION

The scale was developed by a team of experts convened by the Managing Epilepsy Well Network, using a multi-phased approach, including:

1. A review of the literature on epilepsy self-management and self-management scales
2. An item generation phase leading to a 113-item instrument
3. An expert review by a panel of epilepsy researchers and clinicians
4. A field-testing of the 113-item instrument with adults with epilepsy
5. Reliability and factor analyses of the collected survey data resulting in a 65-item instrument.

WHAT IS THE AESMMI-65?

The Adult Epilepsy Self-Management Measurement Instrument (AESMMI) is a 65-item scale that assesses frequency of use of epilepsy self-management practices or behaviors. Each item is rated on a 5-point scale ranging of frequency (i.e., 1=never to 5=always).

Items for the scale were developed from a review of the literature on epilepsy self-management, review by expert panel in epilepsy management and treatment and testing of the instrument with people with epilepsy.



MEASUREMENT AND EVALUATION

10 exploratory domains for epilepsy self-management guided the initial development of the 113 - item instrument: treatment, symptom, seizure, lifestyle, wellness, safety, information, communication, social support and stigma management. Items were rated on a 5 - point Likert scale ranging from 1 to 5 (i.e., none to all of the time, never to always, not at all to completely true), including a “Not Applicable” option. Total scores are found by reverse-coding 9 negatively worded items and by summing the scores to all 113 individual items. Higher scores for the AESMMI-113 and AESMMI -65 suggest more frequent use of self-management strategies.


The research team field-tested the 113-item instrument among adults with epilepsy, which were recruited from multiple clinical sites and online. The team then conducted reliability and factor analyses using the valid surveys (n=422). Following analyses, the number of items for the instrument was reduced from 113 to 65. The Cronbach's alpha for the resulting 65-item instrument is 0.935 (Esoffery et al., 2015b).

The factor analysis grouped the 65 items under 11 discrete factors:

- healthcare communication
- treatment management
- coping
- social support
- seizure tracking
- wellness
- seizure response
- safety
- medication adherence
- stress management
- proactivity

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STUDY PUBLICATIONS

- Escoffery, C., Bamps, Y., Thompson, N., LaFrance Jr., W.C., Stoll, S., Shegog, R., Buelow, J., Shafer, P., McGee, R., & Hatfield, K. (2015a). Development of an epilepsy self-management instrument for adults with epilepsy. *Epilepsy & Behavior*, 50, 172-183.
- Escoffery, C., Bamps, Y., Thompson, N., LaFrance Jr., W.C., Stoll, S., Shegog, R., Buelow, J., Shafer, P., McGee, R., & Hatfield, K. (2015b). Factor analyses of an Adult Epilepsy Self-Management Measurement Instrument (AESMMI). *Epilepsy & Behavior*, 50, 184-189.



PROGRAM COSTS

There is no cost for use of this instrument.



RESOURCES

- AESSMI-65 website: managingepilepsywell.org/research/instruments.html
- AESSMI-65 document: managingepilepsywell.org/documents/instruments/AESMMI%2065.pdf



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