

Table 1 Content validity of the Inventory for Iranian Female Workers' Health Promotion Assessment (IWAHPA) based on the integrated model of planned behaviour and self-efficacy

Item no.	Statement	Content validity ratio	Content validity index		
			Relevancy	Simplicity	Clarity
	I care about the:				
1	Amount of fat I eat	1	1	1	1
2	Amount of salt I eat	1	1	1	1
3	Amount of glucose I eat	1	1	1	1
	I eat every day:				
4	Fruits and vegetables 2–4 times	1	1	1	1
5	Dairy (milk, yogurt)	1	1	1	1
6	Meat (fish, eggs)	1	1	1	1
7	Breakfast	1	1	1	1
	I exercise:				
8	At least 3 times each time 20–30 minutes every week	1	0.93	0.93	1
9	During working hours (e.g. walking, climbing stairs)	1	0.80	0.93	1
	I do the following:				
10	Care about my pulse rate during exercise	1	0.93	1	0.93
11	Report any abnormal signs or symptoms to my physician	0.80	0.93	0.93	1
12	Perform cancer screening tests regularly	0.90	0.86	0.93	0.93
13	Seek information about self-care	0.90	1	1	1
14	Feel calm, with trust in God	1	1	1	1
15	Strive for goals through my life	1	0.86	0.93	1
16	Balance work and leisure time	0.70	1	1	1
17	Use special methods to cope with stress (e.g. walking, praying)	0.70	1	1	1
18	Talk to my family about my problems	1	1	1	1
19	Show emotions to others easily	1	1	1	1
	For me having:				
20	2 glasses of milk/yogurt is beneficial	1	1	1	1
21	Vegetables twice a day is beneficial	1	1	1	1
22	Fruits twice a day is beneficial	1	1	1	1
23	Sausage/salami is harmless	0.70	0.93	1	0.93
24	Canned food is harmless	0.80	0.93	0.93	1
	I believe that:				
25	Fast foods are healthy diets	0.60	0.46	0.93	0.86
26	Doing exercise for at least 3 times each time, 20 minutes, is beneficial	0.90	0.80	0.93	1
27	Doing exercise is just for women who do not work	0.40	–	–	–
28	Working is the same as exercise	0.30	–	–	–
29	Walking and climbing stairs is the same as exercise	0.70	0.80	1	1
30	Exercise prevents osteoporosis	0.90	1	1	1
31	Walking, swimming, biking are aerobic exercises	0.40	–	–	–
32	Aerobic exercises increase body metabolism	0.40	–	–	–
33	Visiting doctor/midwife for breast clinical examination is beneficial	0.70	1	1	1
34	Detecting breast masses by mammography is valuable	0.80	1	1	1
35	Regular breast self-examination for all women is beneficial	1	1	1	1
36	Breast cancer is not treatable	0.50	0.60	0.93	1
37	Every mass in the breast is malignant	0.60	0.53	0.93	1

Table 1 Content validity of the Inventory for Iranian Female Workers' Health Promotion Assessment (IWAHPA) based on the integrated model of planned behaviour and self-efficacy (continued)

Item no.	Statement	Content validity ratio	Content validity index		
			Relevancy	Simplicity	Clarity
38	Pain is the main symptom of all masses in the breast	1	1	1	1
39	Any discharge from the breast is normal	0.50	0.66	1	1
40	Personal hygiene is essential in preventing cervix cancer	0.90	1	1	1
41	Detecting cervix problems by pap smear is valuable	1	1	1	1
42	Pap smear is a screening test	0.50	0.60	1	1
43	Cancer is a disease of older women	0.90	0.93	1	1
44	Seeking information on how to prevent cancers is beneficial	1	0.80	0.93	1
45	Stress is harmful for physical and mental health	1	1	1	1
46	Visiting psychologist is beneficial if my mental status affect my relations	0.90	0.86	0.93	0.93
47	Stress affects the quality of work	1	1	1	1
48	Counselling is a beneficial way to cope with stress	1	1	1	1
49	Stress is more common in married woman than single ones	1	0.93	0.90	0.90
50	Listening to music is beneficial to cope with stress	1	1	1	1
51	Praying is beneficial to cope with stress	1	1	1	1
52	Shouting over others is a good way to cope with stress	1	1	1	1
53	Stress is more common at the workplace rather than at home	0.60	0.60	1	1
54	Avoiding a stressful environment is beneficial	0.70	1	1	1
55	Accepting unchangeable problems is beneficial	0.90	0.93	1	1
	The people in my life whose opinions I value:				
56	Expect me to play an important role in family dietary habits	1	1	0.93	1
57	Approve of my having a healthy diet	1	1	1	1
58	Expect me to have a healthy diet for my fitness	0.90	1	1	0.93
59	Think that I should assume their dietary habits	0.70	0.80	0.93	0.93
60	Think that I should do whatever they expect of me about my nutrition diet	0.80	1	1	1
	In our society it is expected that:				
61	Housewives have enough time to exercise	0.50	0.80	1	0.93
62	Women's exercise is not a priority	0.50	0.86	1	1
	The people in my life whose opinions I value:				
63	Approve of my exercising at least 3 times weekly	1	1	1	1
64	Think that I should do whatever they want me to do about exercise	0.80	0.86	1	1
65	My family approve of my visiting my doctor for regular breast/cervix screening tests	1	0.93	1	1
66	Physicians, nurses/midwives approve of my performing breast/cervix screening tests regularly	1	1	1	1
	The people in my life whose opinions I value think that:				
67	If we suffer from cancer we will get it treated	0.70	0.80	1	1
68	Cancer prevention is not a priority	0.50	0.80	1	1
69	I should not perform screening tests because there is no one with cancer history in my family	0.80	0.80	0.93	1
70	I should do whatever they want me to do about performing screening tests	1	0.93	1	1

Table 1 Content validity of the Inventory for Iranian Female Workers' Health Promotion Assessment (IWAHPA) based on the integrated model of planned behaviour and self-efficacy (continued)

Item no.	Statement	Content validity ratio	Content validity index		
			Relevancy	Simplicity	Clarity
	The people in my life whose opinions I value think that:				
71	Women should not shout/scream in times of stress	0.60	1	1	1
72	Women transfer stress from the workplace to the home environment	0.70	0.80	1	1
73	Women should be patient/silent in times of stress	0.60	0.93	1	0.93
74	My family support me in times of stress	0.70	1	1	1
75	I should request help from others in times of stress	1	1	1	1
76	I should do whatever they want me to do in times of stress	0.50	0.93	1	1
	For me it is possible to:				
77	Have daily consumption of meat, due to my financial status	0.80	0.86	1	0.93
78	Have daily consumption of vegetables/fruits, due to my financial status	0.80	0.93	1	0.93
79	Eat breakfast in the factory every day	0.70	0.93	1	1
80	Avoid taking high amounts of salt and fat in my daily nutrition diet	0.60	0.86	1	0.93
81	Access food stores around my workplace easily	0.70	0.86	0.93	1
82	Exercise 3 times a week, each time 20 minutes	0.70	0.93	1	1
83	Use sport clubs, due to my financial status	0.90	1	1	1
84	Access sport facilities around my workplace	0.90	1	1	1
85	Walk or climb the stairs at my workplace	0.80	1	1	1
	For me it is impossible to:				
86	Perform breast/cervix screening tests, because I am embarrassed	0.90	1	1	1
87	Perform breast/cervix screening tests, because I fear cancer detection	1	1	1	1
88	Perform breast/cervix screening tests in private health centres, because I cannot pay for it	1	1	1	1
89	Access public health centres to perform breast/cervix screening tests	1	0.90	1	1
90	Control my stress at the workplace	0.80	1	1	1
91	Counsel with a psychologist, whenever I am in stress	0.80	0.93	1	0.93
92	Have the support of others whenever I am in stress	0.70	1	1	1
93	Control my stress at home	0.80	1	1	1
	I am certain that I can:				
94	Change my bad dietary habits	0.60	1	1	1
95	Learn how to cook quick healthy foods	0.70	0.93	1	0.93
96	Plan to stick to healthy foods, even if I have not enough time	1	0.93	0.93	0.93
97	Plan to stick to healthy foods, even if I feel tired	0.90	1	1	1
98	Manage to carry out my exercise, even if I feel bored	1	1	1	1
99	Manage to carry out my exercise, even if I am busy	1	1	1	1
100	Manage to carry out my exercise, even if I feel depressed	1	1	1	1
101	Find the means to get what I want, if someone opposes my exercising	1	0.93	0.93	1
102	Manage to overcome laziness to perform exercise	1	1	1	1

Table 1 Content validity of the Inventory for Iranian Female Workers' Health Promotion Assessment (IWAHPA) based on the integrated model of planned behaviour and self-efficacy (concluded)

Item no.	Statement	Content validity ratio	Content validity index		
			Relevancy	Simplicity	Clarity
103	Plan to perform breast/cervix screening tests, even if I am busy	1	0.93	0.93	0.86
104	Plan to perform breast/cervix screening tests, even if I feel tired	0.90	1	0.93	1
105	Plan to perform breast/cervix screening tests, even if I feel depressed	0.90	0.86	0.93	0.93
106	Plan to perform breast/cervix screening tests, even if I feel embarrassed	0.70	0.86	0.86	0.86
107	Find the means to get what I want, if someone opposes me to perform screening tests	0.80	0.93	1	1
108	Learn the skills of coping with stress, even if it takes a long time	0.90	1	0.93	1
109	Manage to cope with stress, even if I feel tense	0.80	0.93	0.93	1
110	Manage to solve problems, if I try hard enough	1	1	1	1
111	Change the bad conditions to good ones, even if I have to try several times	1	1	1	1
112	Manage to overcome my thoughts at the time of stress	1	1	0.93	1
	In the next month I intend to:				
113	Learn how to cook quick healthy foods	1	0.93	1	1
114	Change my bad dietary habits	1	1	1	1
115	Exercise 3 times a week each time 20 minutes	1	0.93	1	1
116	Perform aerobic exercise	1	0.93	1	0.93
117	Perform breast clinical examination	1	0.93	1	1
118	Perform pap smear	1	0.86	1	1
119	Learn skills of coping with stress	1	1	1	1
120	Have counselling with a psychologist/physician	1	0.93	1	1
Scale-level content validity index			0.93		