

# CUIDADO É FUNDAMENTAL

Escola de Enfermagem Alfredo Pinto – UNIRIO

RESEARCH

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## DEVELOPMENT AND VALIDATION OF INSTRUCTIONAL MATERIAL ON HEALTH SELF-CARE FOR PROFESSIONALS WORKING IN SOCIAL PROJECTS

*Desenvolvimento e validação de material instrucional sobre autocuidado em saúde para profissionais atuantes em projetos sociais*

*Desarrollo y validación de material didáctico sobre autocuidado de la salud para profesionales que trabajan en proyectos sociales*

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### ABSTRACT

**Objective:** to perform content and appearance validation of an e-book on health-related self-care, aimed at professionals who work in social projects. **Method:** methodological study of content and appearance validation. For the development of the material, a literature review was performed. Ten expert judges, working in a social project, participated. Results whose Validity Index was equal or greater than 0.8 were considered valid. **Results:** The e-book was divided into four dimensions composed of a set of care and recreational activity suggestions to be developed with the participants: 1. physical; 2. mental; 3. emotional; and 4. social. The Intention Activation strategy was described to support behavior change. **Conclusion:** The e-book innovates in the articulation between self-care and health, being characterized as a potentializing technology for the development of intersectoral actions. Its validation contributes to the applicability of the material.

**DESCRIPTORS:** Self care; Validation study; Quality of life; Community participation; Public health.

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## RESUMO

**Objetivo:** realizar a validação de conteúdo e de aparência de um e-book sobre autocuidado relacionado à saúde, voltado para profissionais que atuam em projetos sociais. **Método:** estudo metodológico de validação de conteúdo e de aparência. Para desenvolvimento do material, uma revisão de literatura foi realizada. Participaram 10 juízes especialistas atuantes em um projeto social. Foram considerados válidos os resultados cujo Índice de Validade foi igual ou maior que 0,8. **Resultados:** o e-book foi dividido em quatro dimensões compostas por um conjunto de cuidados e por sugestões de atividades recreativas a serem desenvolvidas junto aos participantes: 1. física; 2. mental; 3. emocional; e 4. social. A estratégia de Ativação da Intenção foi descrita para apoiar a mudança de comportamento. **Conclusão:** o e-book inova na articulação entre o autocuidado e a saúde, caracterizando-se como tecnologia potencializadora do desenvolvimento de ações intersectoriais. A sua validação contribui para a aplicabilidade do material.

**DESCRITORES:** Autocuidado; Estudo de validação; Qualidade de vida; Participação da comunidade; Saúde pública.

## RESUMEN

**Objetivo:** realizar la validación del contenido y de la apariencia de un libro electrónico sobre autocuidado relacionado con la salud, dirigido a profesionales que trabajan en proyectos sociales. **Método:** estudio metodológico de validación del contenido y de la apariencia. Para el desarrollo del material, se realizó una revisión de la literatura. Participaron 10 jueces especialistas. Se consideraron válidos los resultados cuyo Índice de Validez era igual o superior a 0,8. **Resultados:** el libro electrónico se dividió en cuatro dimensiones compuestas por un conjunto de cuidados y sugerencias de actividades recreativas a desarrollar con los participantes: 1. física; 2. mental; 3. emocional; 4. social. Se describió la estrategia de activación de la intención para apoyar el cambio de comportamiento. **Conclusión:** el libro electrónico innova en la articulación entre el autocuidado y la salud, caracterizándose como una tecnología para el desarrollo de acciones intersectoriales. Su validación contribuye a la aplicabilidad del material.

**DESCRIPTORES:** Autocuidado; Estudio de validación; Calidad de vida; Participación de la comunidad; Salud pública.

## INTRODUCTION

The pandemic of noncommunicable diseases and injuries (NCDs) is a global challenge to health systems.<sup>1-3</sup> Ischemic heart disease, stroke, chronic obstructive pulmonary disease and diabetes lead the causes of death in Brazil.<sup>4</sup> In the country, NCDs are also responsible for a high rate of limitations and disabilities.<sup>4</sup> The improvement of these conditions and the promotion of quality of life are directly related to the implementation of lifestyle changes, especially the adoption of self-care behaviors.<sup>5</sup>

Health-oriented self-care can be defined as "the practice of activities that individuals initiate and perform on their own in order to maintain life, health and well-being".<sup>6</sup> Therefore, self-care behaviors correspond to decisions made by individuals in order to control health problems or prevent injuries and diseases.

According to the Theory of Self-Care proposed by Orem<sup>6</sup>, the domains related to self-care are: physical, mental, emotional and social. Based on that, it is necessary to express these purposes through self-care requirements, which can be divided into: universal, developmental, and health deviation. The universal requirement refers to the maintenance of daily activities, being common to all individuals, while the developmental requirement refers to particular processes, which occur in phases and are related to some event. The health deviation, on the other hand, refers to disease conditions or health treatments. Thus, self-care impacts the individual's quality of life, health, and well-being at different levels.<sup>6</sup>

Strategies to encourage self-care have been implemented in health services<sup>7</sup>; however, it is important to approach the topic with the population in a dialogical and integrated way with

reality and different life contexts.<sup>8</sup> In this sense, the valorization of spaces that articulate health with other sectors, such as social assistance and education, can enhance the combination of self-care and social actions that are developed in different territories, contributing to effective changes in lifestyle.

Such social actions correspond to intersectoral and intergenerational spaces that coexist with health initiatives within the territories where people live, such as neighborhood associations, spaces for popular participation, organized groups, and social projects.

Social projects are growing every day and gaining more visibility. One can define such projects as a set of actions structured in objectives, results, and activities considering a limited amount of resources (material, human, financial) and time.<sup>9</sup>

It is understood that these projects can generate innumerable benefits such as improved quality of life and socialization, fighting crime, entertainment, leisure, and education. Several agencies seek to invest in this type of project, including governmental organizations or non-governmental organizations (NGOs), the private sector, institutes, and foundations.<sup>9</sup>

Thus, social projects aim to perform transformative actions in the reality in which the participating population is inserted, providing them assistance and impacting their quality of life. Thus, the professionals involved in social projects play an extremely important role, since they are often seen as role models and part of the participant's support network. Through this direct contact, the professional becomes a great potentializer of knowledge in the community, promoting health education, combating untruths, and encouraging reflection.<sup>10</sup>

However, the need for instruments based on scientific literature that guide the practice and discussion of health-related self-care in social projects is evident. Given this, this study aims to perform the content and appearance validation of an e-book on health-related self-care, aimed at professionals working in social projects.

## METHOD

This is a methodological study of content and appearance validation of an e-book that addresses health-related self-care, produced for social projects. The validation occurred from May to June 2021, remotely.

It included professionals who worked in a social project called *Esporte Sem Parar* (Sport Without Stop), developed in partnership between a federal university, an NGO, and the Ministry of Citizenship. This project ran from July 2020 to August 2021 and included children from six years old up to the elderly, in 40 centers spread throughout the municipality of Rio de Janeiro and the Metropolitan Region, totaling approximately four thousand participants. Its main goal was to promote the social inclusion of beneficiaries in a state of social vulnerability, improving health indicators through sports and leisure activities.

The inclusion criteria for the specialists were: having worked in the social project as a physical educator, monitor, or social articulator (a resident of the community for at least six months, who integrates the project's actions to the existing spaces in the territory), being 18 years old or older, and having internet access.

Since this is a finite population, the sample size was not calculated. Thus, all professionals who met the inclusion criteria were invited to participate in the study.

The project was approved by the Comitê de Ética em Pesquisa (CEP) of the educational institution under Opinion No. 4.722.813 of May 19, 2021 and complied with Resolutions 466/2012 and 510/2016 regarding research with human beings. Because this was a remotely developed study, the provisions of the National Research Ethics Committee (CONEP) Circular Letter No. 01/2021 were also observed. All participants signaled their agreement to be part of the study through the Informed Consent Form and received a scanned version signed by the responsible researcher.

### Study protocol

The e-book was prepared by teacher-researchers integrated into the inter-institutional extension project *Esporte Sem Parar* and by a nursing student, a scholarship holder of the project. The steps followed for the construction of the instructional material were: literature review; textual elaboration; selection of illustrations and layout. The Canva® virtual platform was used for figure selection and layout.

The e-book was structured according to the four dimensions related to self-care, as proposed by Orem<sup>6</sup>; they are: 1. physical; 2. mental; 3. emotional; and 4. social. Each one was composed of a set of care and suggestions of recreational activities that can

be developed with the participants of social projects, specifying the target audience.

Initially, we approached the definition of self-care – which, in the e-book, refers to taking care of oneself – as a process of performing small actions aimed at taking care of one's health and improving quality of life. The physical dimension was about taking care of the body through healthy eating and physical activity. In the food subtopic, it was presented what is a balanced dish in the composition of nutrients, the season of some fruits and vegetables in order to encourage the consumption of healthy food at a lower cost, the attention to the moment of eating, the importance of controlling the consumption of salt, the importance of checking the labels of industrialized products, and hydration. The physical activity part included its definition and the benefits of its regular practice.

The mental dimension dealt with the recognition of cognitive, artistic, and expressive skills and how these can promote mental health, as well as strategies and activities to stimulate these skills and deal with the normal stresses of life.

The emotional dimension is linked to the performance of activities that give pleasure, to the perception of feelings, with the goal of welcoming these emotions with kindness, therefore this dimension dialogues with subjective emotions and their self-perception by the subjects. About this dimension, the e-book highlighted the attention to the sensations experienced during the execution of an action, be it in the social project or in daily life, as well as sleep hygiene strategies that can be stimulated with the project participants.

The social dimension is articulated with the support network, encompassing the people who are really willing to help when necessary and who convey trust, not restricted to family members. This dimension values the projects as a space for coexistence and for strengthening bonds and ties in the community, for welcoming and active listening. The e-book also presented a dialogue with the National Humanization Policy and approached the importance of knowing the health services that are present in the territory, which can provide support and welcome people who need care due to suffering.

At the end, an activity to support the change of health-related behaviors was suggested: the strategy of Activation of Intention.<sup>11-13</sup> Divided into action planning and facing obstacles, Activation of Intention can help the adoption of habits from a positive intention, through the development of plans that consider the routine, preferences, beliefs, and cultural aspects of the subject.<sup>11</sup>

The approach of the whole e-book emphasized interdisciplinarity and adaptation to different social and cultural realities; for this, it stressed the importance of knowing the community of action and the health care network of the territory. Thus, the first version of the e-book focused on stimulating and inspiring professionals to discuss self-care with the population, considering the knowledge of each community and opposing the idea of standardizing the actions to be developed.

After reading and preliminary analysis of the e-book sent remotely to the participants, the experts met with two researchers

by video call to perform the appearance and content validation of the material.

The appearance validation was performed according to Souza<sup>14</sup>, using a 12-item instrument to assess the adequacy, clarity, and relevance of the items, as well as the support of images to textual understanding.<sup>14</sup> The content validation followed the methodological framework proposed by Alexandre and Colucci<sup>15</sup> to assess the e-book regarding the clarity, relevance, and comprehensiveness of each chapter.

For these two validation moments (appearance and content), a specific digital form was prepared so that the participants could analyze the instructional material. The level of agreement was measured using a Likert-type scale. For the appearance validation, the possible answers were: (1) strongly disagree; (2) disagree; (3) partially disagree; (4) agree; or (5) strongly agree; and for the content validation: (1) definitely not clear/pertinent/comprehensive; (2) not clear/pertinent/comprehensive; (3) clear/pertinent/comprehensive; or (4) definitely clear/pertinent/comprehensive. For all items evaluated, there was a free space for suggestions and/or comments.

In the data analysis, the Content Validity Index (CVI) was used to measure the proportion of judges in agreement about the items of the material.<sup>15</sup> In this evaluation, items that received a score of 1 in any criterion were interpreted as "not relevant or not representative"; those that received a score of 2 were considered as "items that need major revision to be representative"; those that received a score of 3 were "items that needed minor revision to be representative"; and those that were evaluated with a score of 4 or 5 were "relevant and representative items. Thus, items that received a score of 1 or 2 by the judges on any of the proposed criteria were revised or eliminated from the material. For content validation, the index was calculated by the proportion of experts who evaluated the items with scores of 3 or 4, as follows:  $CVI = \text{number of responses 3 or 4} / \text{total number of responses}$ . For appearance validation, the CVI corresponded to the number of answers 4 or 5 / total number of answers, and in this study, the CVI considered acceptable for content validation was an index equal or higher than 0.80 for each item.

## RESULTS

The study included 10 specialists who worked on the Sport Without Stops project, among them physical educators, monitors, and social agents (out of a total of 120 professionals). To preserve the participants' anonymity, their role in the project was not specified. Six (60%) of the specialists were female and the other four (40%) were male, with ages ranging from 29 to 59 years old. Regarding the time they have worked in social projects, three reported more than 10 years; one, between 3 and 5 years; two, between 1 and 3 years; and four, less than 1 year. When asked about their education, one reported having a post-graduate degree (specialization); four reported having completed a bachelor's degree; three reported having completed high school; and one reported having completed elementary school.

The appearance and content validation results are described below in Tables 1 and 2, with the CVI calculation, considering the total number of answers equal to 10 for appearance validation, and 9 for content validation.

Seventeen suggestions or comments on modifications were described in full, 14 of which were accepted because they were directly related to items whose CVI was lower than 0.80 or because they were reported by more than one participant. The suggestions/comments that were rejected were: 1. the insertion of photos of the project participants, for ethical reasons; 2. the insertion of a trigger point for dialogue on the theme of body image, because we understood that a deeper discussion would be necessary; 3. the insertion of demonstrative pictures of the suggested activities, which was not adhered to due to the unavailability of this material.

Chart 1 shows the suggestions and changes made.

Based on the judges' contributions, the final version of the e-book was built, containing 82 pages. The validated e-book is available for download on eduCAPES, a portal that encompasses several free educational objects<sup>16</sup>.

**Table 1** – Validation of appearance. Rio de Janeiro (RJ), Brazil, 2021

Variable	IVC
1. Illustrations are appropriate for the target audience	0,90
2. Illustrations are clear and easy to understand	0,80
3. Illustrations are relevant to the target audience's understanding of the content	0,90
4. The colors of the illustrations are appropriate for the type of material	0,90
5. The shapes of the illustrations are appropriate for the type of material	0,90
6. The illustrations portray the daily life of the target audience of the intervention	0,80
7. The arrangement of the figures is in harmony with the text	0,70
8. The figures used elucidate the content of the educational material	0,90
9. The illustrations help in exposing the theme and are in a logical sequence	0,90
10. Illustrations are adequate in the educational material	0,70
11. Illustrations are in adequate size in the educational material	0,90
12. The illustrations help in changing behaviors and attitudes of the target audience	0,90

**Table 2** – Content validation. Rio de Janeiro (RJ), Brazil, 2021

Item	CVI Clarity	CVI Relevance	CVI Coverage	CVI item total
Title	1	1	1	1
Presentation	1	1	1	1
What is self-care	1	1	1	1
Physical dimension: taking care of the body – nutrition	0,88	1	1	0,96
Physical dimension: taking care of the body – physical activity	1	1	1	1
Recreational activities described in the Physical dimension	1	1	0,88	0,96
Mental Dimension: taking care of the mind	1	1	0,88	0,96
Recreational activities described in the Mental Dimension	1	1	0,88	0,96
Emotional Dimension: connecting with emotions	1	1	1	1
Recreational activities described in the Emotional Dimension	1	1	1	1
Social dimension: dialog with the support network	1	1	1	1
Recreational activities described in the Social Dimension	1	1	1	1
But is it easy to promote self-care?	1	1	1	1
Conclusion and references	1	1	1	1
Total CVI of the material	0,99	1	0,97	0,98

**Chart 1** – Modifications implemented from the appearance and content validation. Rio de Janeiro (RJ), Brazil, 2021

Comment/ suggestion	Change performed
"Anticipate physical activity for the beginning or leave it for last"	Because it is an e-book built from a sports project, the modification was made.
"Food – the label image is very vague, you can't really understand the purpose of the label"	The image was deleted and the text was readjusted to refer to the choice of food categories based on the Food Guide for the Brazilian population, and images representing each category were inserted.
"On the food part, encourage the cultivation of vegetables, because malnutrition is still present in our poorest population"	Adaptation of the text to encourage the professional to awaken the participants' interest in growing vegetables at home or in a community environment, respecting individual and local conditions.
"The examples used in the material presented suggest an ideal meal. We have to take into consideration the purchasing power of the group served, as well as whether people can afford some foods."	A description of the season of some natural foods widely consumed in the region where the study was carried out was added, since seasonal fruits, vegetables and greens are less expensive and less agrochemical for their production.
"It should have more pictures, because it has a lot of text" "This part has too much text, I suggest the inversion of leaner content and more illustrations" "Excellent content, but for an e-book I suggest less text and more illustrations and videos I don't know if it fits"	More figures have been inserted into the e-book as a whole, with a combination of text and representative images.
"At this time when we are facing a pandemic, some attitudes that we were used to having at this time do not suit us. So crowding, any kind of face-to-face meeting, we should avoid."	At the end of each group activity, an observation was added reinforcing the importance of covid-19 prevention measures, such as distance, hand hygiene, and the use of masks during the proposed activities.
"Depending on the age group of the population reached, some exemplified activities may not have an effectiveness, compromising the goal of the action"	The target audience was included at the beginning of each activity, dividing it into children, adults, and the elderly.
"Life stories can be shared. (...) I think it is important to leave free the participation of those who really have the desire to share these moments."	It was emphasized that the users' participation in the activities was voluntary, in order to respect the limits of sharing their emotions.
"Social support in my view is a very important information network for each of the participants"	An ecomap was inserted illustrating the construction of this support network with different particularities of the participant's life.
"We have to have a little concentration" (in reference to the item "But is it easy to promote self-care?")	The importance of concentration for the realization of the plans and of focusing on reflection on the routine and on behaviors that are really possible to change in one's own life was emphasized, so that the plans are defined by the person him/herself for him/herself.

## DISCUSSION

The construction of the e-book was triggered from the experience of the authors in the Non-stop Sports Extension Project, whose sports actions were linked to health and quality of life. Planning, developing, and validating an instructional material to support professionals with different backgrounds to talk to the population about self-care and health contributes to the multiplication of knowledge on the subject in different social and even clinical contexts.

Self-care, from the perspective of caring for the self, involves looking at one's life, preferences, limitations, and possibilities. The e-book proposes to professionals the creation of spaces with the communities so that a pause can be taken in the daily routine and this look can happen. This proposal can dialogue with social projects that work in different areas, not restricted to the practice of sports.

The main objective of the e-book is to support professionals involved in social projects to encourage self-care in health by sharing information that supports people's choices to increase their quality of life. The activities suggested in the e-book should be carried out, primarily, in a collective and voluntary way, which can contribute to the expansion of the support network, community emancipation, and self-empowerment.

The aspects related to the physical dimension, in general, are widely worked in social sport projects. However, health needs linked to the mental, emotional, and social dimensions were reported by the professionals throughout the social project, during a face-to-face training of the team.<sup>17</sup> Therefore, the e-book addressed multidimensional aspects of self-care.

Besides the fact that regular sports practice reduces the risk of mental illness, generating a hormonal balance for health maintenance, as well as the experience of new emotions<sup>18</sup>, actions that encourage group activities promote spaces for inclusion and social interaction, being a protective factor of extreme importance for the integral well-being.<sup>19</sup> From that, the feeling of belonging to a collective contributes to collaborative processes, forming a support network with a new social group.<sup>18</sup>

The complexity of proposing instructional material to professionals who work in realities that can be very different must be emphasized. Social projects, in general, are actions that take place in spaces and territories of high social vulnerability. Such vulnerabilities present themselves in different ways, but they are always associated with the social determinants of health, such as work, income, housing, access to services, and rights.<sup>20</sup>

In this sense, performing the validation of the e-book with professionals who work in communities whose social, territorial, and housing realities are distinct strengthens the pragmatic character of the material.

After appearance validation, only two variables had a CVI <0.80, which referred to the arrangement of figures in harmony with the text and the number of illustrations in the educational material, both with a CVI equal to 0.70. These variables guided changes in the e-book. These variables guided the changes made

in the e-book regarding the increase in the number of pictures complementing the text and changes in the way of talking about the food groups, no longer based on the labels. In content validation, all items had a satisfactory CVI, with relevant and representative items.

Starting the first dimension of the e-book approaching physical activity may be attractive to professionals who work in social projects related to sports, motivating the practical implementation of the content in the developed activities. In the Sport Without Stops project, the participating professionals had expertise in physical education, which favored the dialogue with the population based on previous knowledge.

Diet has been considered the determining factor of chronic conditions most subject to change. Evidence shows that changes in diet have strong positive and negative effects on people's health and influence not only the present health but can determine whether or not a person will develop diseases or health problems in the future..<sup>5,21</sup>

However, the information contained on food labels is still little known by the general population<sup>22</sup>, and the judges pointed out the lack of complementarity between the text of the e-book, in the part of the physical dimension that deals with food, and the figure on the label of a processed product. Thus, the presentation of foods by categories (fresh, minimally processed, processed, and ultra-processed) seems to bring the topic closer to the population and, consequently, to the professionals.

In a Brazilian context of economic instability and high unemployment rate, aggravated by the covid-1923 pandemic, suggesting food changes requires respect to financial conditions, considering the possibilities of acquiring food to reduce food insecurity and achieve healthy behavioral changes. For this reason, the description of the season of some foods was inserted, which can facilitate their purchase at lower cost and encourage the consumption of fruits, vegetables, and greens with less pesticides. It was also proposed to awaken the interest of the participants in growing vegetables at home or in a community environment. Such strategies can contribute to the recommended intake of nutrients at a low cost.<sup>24</sup>

Physical activity and a diet based on natural or minimally processed foods have a positive impact on the control of NCDs and can improve quality of life and the epidemiological scenario of multimorbidity.<sup>5</sup> In the Brazilian population, a sedentary lifestyle is directly associated with the presence of two or more chronic diseases simultaneously.<sup>25</sup> Conversely, studies indicate that physical activity can act as a protective factor against multimorbidity<sup>26-28</sup> and increase longevity and life expectancy.<sup>29</sup>

Based on the information contained in the e-book, professionals can propose more playful and fun activities, intrinsically bringing awareness through health education about the promotion of quality of life.<sup>30</sup> The importance of the evaluation of professional skills to work with these two topics is emphasized. However, the health services of the territories in which the projects take place can provide specific knowledge, from the perspective of intersectoral work.

It is noteworthy that the inclusion of judges with higher education in health (physical educators) and residents of the regions where the Sport Without Stops Project takes place (monitors and social agents with diverse backgrounds) allowed an interdisciplinary look at the instructional material, so that scientific aspects of health and aspects of local experience were considered.

The increase in the number of pictures associated with the text contributes to the acceptability of the material and can propitiate its use in different contexts and by professionals with varied backgrounds, since they facilitate the understanding of the content by the target audience, regardless of their level of education. The judges evaluated that the images are articulated with the respective textual components.

Although the construction and validation of the e-book involved the researchers and the professionals working in the Non-stop Sports Project, the non-inclusion of the participants, members of the population served, is a limitation of this study. Another limitation concerns the non-performance of a second round of validation to analyze the changes made to the material, in view of the closing of the project. The number of judges who agreed to participate in the study represents another limiting factor, although no sample calculation is necessary for finite samples.

Future studies are recommended to monitor the effectiveness of the e-book in the development of the proposed activities and dialogue about self-care within social projects. Studies that seek to evaluate its effectiveness and the change of behavior in the population are also crucial to expand the scientific contributions of the e-book to society.

It is noteworthy that the validation of the e-book by the judges indirectly resulted in a continuing education process, which was part of the training obligations of the research team. The e-book will be used in other social sport projects to train new professionals and, because of this, it may go through new validation processes.

## CONCLUSION

The validation process contributed positively to the quality of the e-book and enhances the applicability of the material. The knowledge and activities suggested can be applied in different life contexts and in several spaces where there are social projects, being an easy-to-handle technology.

The e-book "Support for self-care in health in social projects: a guide for professionals" is an innovation in the field of articulation between self-care and health, and can be considered an instrument to enhance the development of intersectoral actions in the territories.

The final material can contribute to the promotion of quality of life and multiplication of the discussion about the importance of self-care in people's routine.

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