Development of the Elderly Lifestyle Profile: A Delphi Survey of Multidisciplinary Health Care Experts

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I. Introduction

As populations age, it is essential to ensure continued and equitable access to disease prevention, treatment, and rehabilitation during all stages of life. Lifestyle is considered a key factor that affects one's health and quality of life, and it has become the focus of increasing research interest worldwide. According to the World Health Organization, approximately 60% of an individual's health-related quality of life depends on their lifestyle. Although there is an absence of evidence in the overall opinion of the expert panel, we calculated content validity ratios (CVRs) in the round 2 and 3. According to the criteria, the CVR values of all items were set to 0.42 or 0.44 for 21 panel experts in rounds 2 and 3.

II. Methods

1. Study Design
   We used a modified Delphi survey technique, a methodology commonly used to obtain a group consensus among experts through a series of structured open and closed questions.

2. Participants
   To enhance the diversity of the panelists' expertise, we targeted professionals from South Korea with recognized expertise in the fields of older adults' lifestyles and/or health-care management for older adults within the scope of occupational therapy, physiotherapy, nutrition, social welfare, and preventive medicine.

3. Delphi method procedure
   The Delphi survey consisted of three rounds (Fig. 1).

   Stage 1: Development of the Questionnaire
   - Expert Delphi Survey
     - First Delphi survey (n=21)
       - 21 expert panel selection
     - Second Delphi Survey (n=21)
       - Survey on the relevance of each item that was extracted from the first Delphi survey
     - Third Delphi survey (n=21)
       - Several items were modified
       - Analysis of the survey items to determine the content validity rate, agreement, stability, and convergence

   Stage 2: Development of the multifactored lifestyle profile for the elderly
   - Final 65 items were derived

   Stage 3: Development of the multifactored lifestyle profile for the elderly
   - Final 65 items were derived

Data Analysis

1. Demographics of the panel experts
   21 experts participated in the survey. Thirteen participants (62%) were female. All participants (86%) had over eight years' experience in their professional area. The panel consisted of experts from various health-related professions, such as occupational therapists, nutritionists, social workers, physiotherapists, general practitioners, nurses, and researchers.

2. Results of round 1
   Round 1 was composed of 62 questions including 59 closed-ended questions and 3 open-ended questions in 3 groups. For the physical activity and activity participation categories, consensus was reached on all items. However, in terms of nutrition categories, in order to measure the specific type of lifestyle of the older adults, the expert panel suggested three new items.

3. Results of round 2
   The round 2 survey was developed based on the participants' responses in round 1. In the physical activity, activity participation, and nutrition domains of the multifaceted older adults' lifestyle, the CVR was 0.42 or higher and the content validity was verified for all items.

4. Results of round 3
   In the physical activity, activity participation, and nutrition domains of the multifaceted older adults' lifestyle, the CVR was 0.42 or higher and the content validity was verified for all items (Table 1). The average content validity ratio of the final Delphi survey was .92, the stability was .18, and the consensus was .80, which were all high.

IV. Discussion

Category 1. Physical Activity
We found that physical activities such as "aerobic and anoxic exercise" and "high, moderate-, and low-intensity activity" are crucial factors in assessing the lifestyles of the older adults. Thus, it seems that various types of physical activity should be evaluated when we develop a multifaceted lifestyle profile for the elderly.

Category 2. Activity Participation
The pattern of activity participation in daily life is also an important factor. In this study, the expert panel agreed on the relevance and importance of activity participation as one of the multifaceted lifestyle domains.

Category 3. Nutrition
Older adults are particularly vulnerable to malnutrition. Therefore, it is important for health professionals to investigate the elderly's daily diet; amount of food consumed; and balance of major nutrients such as protein, carbohydrates, fat, vitamins, and minerals.

The main strengths of our study are its responses from a panel of multidisciplinary health professionals and its good response rate. However, some limitations also need to be recognized. This study analyzed only the content validity of the items in the multifaceted lifestyle profile by the expert panel. Therefore, validity and reliability studies should be conducted in the future. Finally, only health-care professionals from South Korea were invited to participate; thus, our panel of experts was not international. Hence, this research might only represent a limited viewpoint.

V. Conclusion

This study verified the content validity of the evaluation items for community-dwelling older adults' multifaceted lifestyle profile. In the future, it is expected that after verifying the validity and reliability, this will be used as a standardized assessment tool in clinical environments.