

A15 Development and validation of questionnaire to assess the nutritional knowledge related to cognitive function among older adults

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A good nutritional knowledge related to cognitive function is important to encourage healthy eating habit which can help in improving cognitive function of the older adults. The objective of this study was to develop a validated and reliable questionnaire to assess the nutritional knowledge related to cognitive function among older adults in Malaysia. The development of the questionnaire involves two steps namely development and identification of items for the questionnaire and selection of response format and scoring system. A total of 30 items from seven domains from the Seven Guidelines for Improving the Memory of the older adults developed with a dichotomous scoring system of 'right' and 'wrong'. Scoring system involves the awarding of one mark for each question answered correctly and no marks for questions answered incorrectly. Content validation was conducted among six experts and the Scale Level Content Validity Index based on Average (S-CVI) score obtained was 0.92. Thus, the questionnaire created was proven to be valid. The final questionnaire consists of 20 items with a score above 0.83 as the cut-off point. Test-retest reliability assessment was conducted among 108 older adults with a mean age of 69 years \pm 7.9 years old. Nutritional knowledge assessment was conducted twice with a two-week interval between the assessments. Statistical analysis was based on the combination of intra-class correlation coefficient (ICC), limits of agreement (LOA) and standard error of measurement (SEM). Results from these three statistical analyses show high reliability for the newly developed questionnaire. The ICC value has exceeded 0.75 (ICC value=0.78-0.88), LOA graph showed close agreement between each assessment variability and the SEM value of 4.38% (lower than 10%). In conclusion, the newly developed questionnaire was proven to be valid and reliable. This questionnaire is suitable to be used to assess older adults' nutritional knowledge related to cognitive function.