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families and illness**. New York: Basic Books.

APPENDICES

APPENDIX A

List of Experts and Back Translators

List of experts

Six family nursing experts who validate content of the Thai first draft of the Family Health Routines scale were presented as follows:

1. Professor Dr. Sharon A. Denham
School of Nursing, Ohio University
Athens, Ohio, USA.
2. Professor Dr. Rooja Phuphaibool
Department of Nursing
Faculty of Medicine, Ramathibodi Hospital, Mahidol University
3. Assoc.Prof.Dr.Saipin Kasemkitwatana
Department of Surgical Nursing
Faculty of Nursing, Mahidol University
4. Associate Professor Dr. Darunee Jongudomkarn
Department of Family Nursing
Faculty of Nursing, Khon Kean University
4. Associate Professor Wannee Deoisres
Faculty of Nursing, Burapha University
5. Dr. Mali Wimano
Sarabui Provincial Health Office, Saraburi Province

List of back translators:

Two experts, who are bilingual speakers translating the first draft of the Thai Family Health Routines scale from Thai to English version and then English to Thai version, were presented as follows:

Name: **Arunthadee Trungamphi**

Education: - Ph.D. in Education with concentration in CIM,
Southern Illinois University at Carbondale,
Ill, USA.
- M.A. in ESL/EFI, Southern Illinois University
at Carbondale, Ill, USA.

Work Experience: - English Department Head, Christian University,
Thailand

Name: **Surapol Chantopas**

Education: - The Degree of Bachelor of Arts
Jersey City State College, New Jersey, USA
- High School Equivalent Diploma
Department of Education, New Jersey, USA.

Work Experience: - Part time English instructor
Bangkok University

APPENDIX B

Document Proof of Ethical Clearance



Approval Document No. 026/2006

**The Ethical Review Committee for Research Involving Human Subjects
and/ or Use of Animal in Research, Health Science Group of Faculties,
Colleges and Institutes, Chulalongkorn University, Thailand**

Title of Project : DEVELOPMENT OF THAI FAMILY HEALTH ROUTINES
SCALE


Principle Investigator : Mrs. Jantakan Kanjanawetang


Place of Proposed Study/Institution : Faculty of Nursing
Chulalongkorn University

This is to certify that the Ethical Review Committee for Research Involving Human Subjects and/or Use of Animal in Research, Health Science Group of Faculties, Colleges and Institutes, Chulalongkorn University, Thailand, constituted in accordance with the International Conference on Harmonization – Good Clinical Practice (ICH-GCP) and/or Code of Conduct in Animal Use of NRCT version 2000.

Approved

Prida


..... Chairman
(Associate Professor Prida Tasanapradit, M.D.)


..... Secretary
(Professor Surasak Taneepanichskul, M.D.)

Date of Approval : February 27, 2006

APPENDIX C

Consent Form for the Participants

ข้อมูลสำหรับผู้มีส่วนร่วมในการวิจัย

ชื่อ โครงการวิจัย	การพัฒนาเครื่องมือวัดกิจวัตรสุขภาพครอบครัวไทย	
ชื่อผู้วิจัย	นาง จันทกานต์ กาญจนเวทวงศ์ นักศึกษาปริญญาเอก คณะพยาบาลศาสตร์ จุฬาลงกรณ์มหาวิทยาลัย	
สถานที่ปฏิบัติงาน	คณะพยาบาลศาสตร์ มหาวิทยาลัยนเรศวร ถ. พิษณุโลก-นครสวรรค์ อ.เมือง จ. พิษณุโลก 65000 โทรศัพท์ที่ทำงาน 055-261088 โทรศัพท์เคลื่อนที่ 081-9233540	

การวิจัยครั้งนี้ มีวัตถุประสงค์เพื่อพัฒนาแบบสอบถามกิจวัตรสุขภาพครอบครัวไทย ซึ่งเป็นเครื่องมือสำหรับวัดพฤติกรรมสุขภาพในชีวิตประจำวันของครอบครัวไทย ที่มีความเหมาะสมและสอดคล้องกับสังคมวัฒนธรรม ความเชื่อ และมาตรฐานของสังคมไทย อันจะมีประโยชน์ทั้งในด้านการวิจัยและการพยาบาลครอบครัว ข้อมูลที่ได้จากแบบสอบถามนี้สามารถนำไปใช้ในการวางแผนให้ความช่วยเหลือ ดูแล และส่งเสริมสุขภาพครอบครัวได้ตรงกับความต้องการของครอบครัวไทย

งานวิจัยนี้เก็บข้อมูลจากผู้ที่เป็นแม่บ้านของครอบครัว ด้วยการตอบแบบสอบถามเกี่ยวกับข้อมูลพื้นฐานของครอบครัว และกิจวัตรประจำวันในครอบครัวที่เกี่ยวข้องกับสุขภาพที่ผู้วิจัยสร้างขึ้น การตอบแบบสอบถามแต่ละครั้งจะใช้เวลานานไม่เกิน 45 นาที โดยมีผู้ร่วมตอบแบบสอบถามทั้งหมด ประมาณ 2,000 คน และคาดว่าจะเก็บข้อมูลเสร็จสมบูรณ์ภายใน 3 เดือน

เพื่อให้ข้อมูลต่างๆ เป็นความลับ แบบสอบถามทุกฉบับจะถูกจำแนกโดยใช้ตัวเลข ดั้งนั้นชื่อของคุณ และข้อมูลอื่นๆ ที่ชี้เฉพาะว่าเป็นตัวคุณ จะไม่ปรากฏหรือเชื่อมโยงกับแบบสอบถาม ที่คุณตอบ นอกจากนี้คนที่จะศึกษาและวิเคราะห์ข้อมูลจะมีเฉพาะกลุ่มของผู้วิจัยเท่านั้น คนอื่นๆ ที่ไม่เกี่ยวข้องจะไม่เห็นข้อมูลต่างๆ เหล่านี้

ถ้าคุณมีคำถามเกี่ยวกับการให้ความร่วมมือในการตอบแบบสอบถามในงานวิจัยครั้งนี้ คุณสามารถติดต่อ นาง จันทกานต์ กาญจนเวทวงศ์ โดยตรงได้ที่ คณะพยาบาลศาสตร์ จุฬาลงกรณ์มหาวิทยาลัย อาคารวิทยกิจ ชั้น 12 สยามสแควร์ ซอย 4 เขตประทุมวัน กรุงเทพฯ 10330 เบอร์โทรศัพท์ 081-9233540 หรือ ติดต่อรองศาสตราจารย์ ดร. จินตนา ยูนิพันธุ์ ประธานคณะกรรมการที่ปรึกษาปริญญาโท คณะพยาบาลศาสตร์ จุฬาลงกรณ์มหาวิทยาลัย, กรุงเทพมหานคร เบอร์โทรศัพท์ 02-2189800

การเข้าร่วมในงานวิจัยนี้เป็นไปด้วยความสมัครใจและไม่อันตรายใดๆทั้งสิ้น **คุณสามารถปฏิเสธการตอบคำถาม หรือถอนตัวจากการตอบแบบสอบถามในเวลาใดก็ได้ โดยไม่มีผลกระทบใดๆต่อคุณ** ถ้าคุณประสงค์ที่จะให้ความร่วมมือในการตอบแบบสอบถามดังกล่าว โปรดกรอกข้อมูลต่างๆ ในหน้าที่ 2 คุณจะได้รับสำเนาเกี่ยวกับเอกสารนี้ 1ชุด ลายเซ็นของคุณเป็นการแสดงว่าผู้เก็บข้อมูลได้ตอบคำถามข้อสงสัยของคุณทุกข้อแล้ว และคุณสมัครใจที่จะให้ความร่วมมือในการตอบแบบสอบถามสำหรับงานวิจัยนี้

Population sample / Participant Information Sheet

Title: The Development of the Thai Family Health Routines Scale

Researcher name: Mrs. Jantakan Kanjanawetang, Doctoral Student
Faculty of Nursing, Chulalongkorn University

Work place: Faculty of Nursing, Naresuan University,
Pitsanuloke – Nakornsawan Road, Amphur Muang,
Pitsanuloke 65000

Office phone: 055-261088 Mobile phone: 081-9233540

The objective of this research is developing the questionnaire of Thai Family Health Routines Scale which is an instrument to measure daily health behaviors of Thai families. It is suitable and conforms to social, culture, belief, and standard of Thai social. It will be useful in both research and family nursing. The information from this questionnaire can be used for planning to help, care, and encourage Thai families which meet the Thai families' needs.

In this research, the information is gathered from housewives by answering the questionnaire about basic information of the families and routine behaviors of the families that related to health. The time used in answering questionnaire for each family not more than 45 minutes. There are approximately 2,000 participants and estimated time to complete gathering information is 3 months.

To keep all information secret, every questionnaire will be classified by number. Therefore, your name and other information that specific to you will not appear or relate to the questionnaire that you answer. In addition, the people involved in this study and data analysis are group of researcher only, other people will not see these information.

If you have any question about participating in answering the questionnaire of this research, you can directly contact to Mrs. Jantakan Kanjanawetang, Faculty of Nursing, Chulalongkorn University, 12th Floor Wittayakit Building, Siamsquare Soi 4, Pathumwan, Bangkok 10330, Tel. 081-9233540 or contact to Associate Professor Jintana Yunibhand, Faculty of Nursing, Chulalongkorn University, Bangkok, Tel. 02-2189800.

To participate in this research, the participant willing to do and there is no danger to do that. You can refuse to answer the question or give up answering question any time if you want and there is no any effect to you. If you want to participate in answering the questionnaire, please fill in the information on page 2 and you will get a copy of this document. Your signature confirms that the person who gathers the information answer all of your questions and you willing to participate in answering the questionnaire of this research.

ใบยินยอมของผู้มีส่วนร่วมในการวิจัย

ชื่อโครงการ การพัฒนาเครื่องมือวัดกิจวัตรสุขภาพครอบครัวไทย

ข้าพเจ้าได้ทราบจากผู้วิจัยชื่อ นาง จันทกานต์ กาญจนเวทวงศ์ ที่อยู่ 57/145 ซอยจุฬากษม ถนนงามวงศ์วาน ตำบลบางเขน อำเภอเมือง จังหวัดนนทบุรี 11000

ข้าพเจ้าได้ลงนามด้านท้ายของหนังสือนี้ ถึงวัตถุประสงค์ ลักษณะ และแนวทางการศึกษาวิจัย รวมทั้งทราบถึงผลดี หรือผลข้างเคียงที่อาจเกิดขึ้น ข้าพเจ้าได้ซักถามทำความเข้าใจเกี่ยวกับการศึกษาดังกล่าวเรียบร้อยแล้ว

ข้าพเจ้ายินดีเข้าร่วมการศึกษาวิจัยครั้งนี้โดยสมัครใจ และอาจถอนตัวจากการเข้าร่วมศึกษาได้เมื่อใดก็ได้โดยไม่มีจำเป็นต้องแจ้งเหตุผล และยอมรับผลข้างเคียงที่อาจเกิดขึ้น รวมทั้งจะปฏิบัติตามคำแนะนำของผู้วิจัย

ข้าพเจ้าได้รับทราบจากผู้วิจัยว่า หากข้าพเจ้าได้รับความผิดปกติอันเนื่องมาจากการศึกษา ข้าพเจ้าจะได้รับความคุ้มครองทางกฎหมายและจะแจ้งผู้วิจัยทันที ในกรณีที่มีได้แจ้งให้ผู้วิจัยทราบในทันทีถึงความผิดปกติที่เกิดขึ้น จะถือว่าข้าพเจ้าทำให้การคุ้มครองความปลอดภัยเป็นโมฆะ (ตามที่กฎหมายกำหนด)

สุดท้ายนี้ ข้าพเจ้ายินดีให้ข้อมูลของข้าพเจ้ากับผู้วิจัย เพื่อเป็นประโยชน์ในการศึกษาวิจัยครั้งนี้ และยินดีเข้าร่วมการศึกษานี้ ภายใต้เงื่อนไขที่ระบุไว้แล้วในข้างต้น

.....	ลงนามผู้มีส่วนร่วมในการวิจัย
สถานที่/วันที่
	(.....)
.....
สถานที่/วันที่	(.....)
	ผู้วิจัยหลัก
.....
สถานที่/วันที่	(.....)
	พยาน

Informed Consent Form

Title: The Development of the Thai Family Health Routines Scale

Code number: Population or Participant.....

I was informed by Mrs. Jantakan Kanjanawetang

Address 57/ 145 Nganmwongwan 19 Bangkhen Nonthaburi 11000

She has signed her name in this document and has explained the objectives of the study, research process, benefit and harm which may occur during investigation. I have asked all questions until I fully understand the whole research process.

I agree to participate in this study. I may withdraw from the study without providing a reason.

I recognize any side effects or harm that may occur during the study. If I experience any harmful effects, I will follow the advice given to me by the researcher. I was informed by the researcher that if, it harmful effects occur during the investigation. I will be protected by the Law. I will report any harmful effects to researcher as soon as possible. If not, I will not be protected by Law.

I agree to provide honest information to the researcher, so as to bring a benefit to this study.

Finally, I agree willingly to participate in this study under the conditions above.

Place / Date

Name of subject/ participant

Place / Date

(.....)

Main researcher signature

APPENDIX D

The Semi-Structure Interview Guide

General questions:

- Could you give me meaning of family health?
- Could you tell me about routine behaviors which lead your family to family health that you described after waking up until going to bed in working days, weekends, and holidays?

Questions about self-care routines

- How did your family do about food preparation, selection, storage, and procurement, and meal consumption in daily life?
- What did your family do to promote and maintain health of the members?

Questions about safety and prevention routines

- What did your family do in daily life to prevent family members from illness?
- What did your family do in daily life to prevent family members from accidental events both in side and outside the house?
- What were behaviors which risked getting worse for both physical and mental health of your family members?

Questions about mental health behavior routines

- How did your family do to obtain self-esteem and individuation of the members?
- How did your family do something which represented to personal integrity?
- How did your family do to promote success in work, study, or play of the members?
- When problems, stress, or conflicts emerged in your family, how your family does to resolve them?

Family care routines

- What did your family do to promote family happiness, wholeness, and bonding?
- What did your family do to maintain Thai culture?
- What did your family do about religious and spiritual practice?

Questions about family caregiving routines

- Within your family, what did your members do to take care of one another?
- How did your family do to socialize the members to be a good person and healthy?

Questions about illness care routines

- When your family members had got sick, how your family does to overcome the sickness conditions?

APPENDIX E

The Item Pool of the TFHR Scale (206 items)

Item No.	Item statement
Category I: Self-care routines	
Subcategory: Dietary practices	
1	Our family members eat their favorite food without regard to the nutrients they should get.
2	Everyday our family members eat foods from the five food groups consisting of rice (or starch), meat, (milk or eggs), fat, vegetables and fruits including water.
3	Our family members eat fresh vegetables or fruits.
4	Our family members drink 6-8 glasses of water.
5	Our family members eat a variety of foods and do not eat the same food each day.
6	Our family members eat three meals a day.
7	Our family members drink tea or coffee in the morning instead of breakfast.
8	Our family members eat too much food.
9	Our family members fast or eat too little food.
10	Our family members wash their hands before cooking.
11	Our family members clean meat and vegetables before cooking.
12	Our family members wash a chopping board and knives before preparing raw food.
13	Our family members wash kitchen rags every time after cooking.
14	Our family members cook food until it is done before eating.
15	Our family members warm up leftover food from previous meals and heat until it boils before eating.
16	Our family members buy fresh food for cooking.
17	Our family members buy food in or put in clean containers for cooking.
18	Our family members check the expired date specified on a food containers, such as cans, packets, bottles, or boxes before purchase.
19	Our family members buy food containing monosodium glutamate or food preservatives because we do not cook.
20	If there are leftovers from meals, our family members will keep the leftovers in the refrigerator for the next meal.
21	Our family members keep cooked food in the food cupboard or cover with the food cover to prevent it from ants or insects
22	Our family members put preserved dried food in the sun.
23	Our family members keep fresh food such as meat and vegetables in the refrigerator before and after cooking
24	Our family members eat snacks, such as crispy snacks, soda, or pickled fruits.
25	Our family members eat tidbits which cause less of appetite.
Subcategory: Sleep and rest patterns	
26	Our family members go to bed at different times.
27	Our family members go to bed too late.
28	Our family members get up too early or too late which bothers other family members.
29	Our family members have enough sleep to meet the body's need.
30	Our family members have a restless sleep which makes them tired after getting up.
31	Our family members get some rest during the day time such as having a nap, sitting back and relaxing, or stretching out.
32	Everyday our family members have private time to rest doing different activities they like.
33	Our family members take sleeping pills before going to bed.
34	Our family members take pain killer pills, beer or alcohol before going to bed.
35	Our family members eat something before bedtime.

Item No.	Item statement
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Subcategory: Hygiene care

- 36 Our family members take a bath at least once a day.
- 37 Our family members shampoo their hair at least twice a week.
- 38 Our family members clean their nails not allowing any dirt in the nail beds.
- 39 Our family members wear dry clothes and not damp ones.
- 40 Our family members wear the same clothes many days without washing.
- 41 Our family members wear the same underwear many days without washing.
- 42 Our family members share the same towel.
- 43 Our family members share the same underwear.
- 44 Our family members wash their hands before taking food into their mouths.
- 45 Our family members wash their hands when they get home from work or after going out.
- 46 Our family members brush their teeth at least twice a day.
- 47 Our family members floss their teeth twice a day.
- 48 Our family members rinse their mouth or brush their teeth after each meal.
- 49 Our family members have a dental check-up twice a year.
- 50 Our family members use the toilet for bowel movements and urination.
- 51 Our family members wash their hands before having bowel movements and urination.
- 52 Our family members wash their hands after bowel movements and urination.
- 53 Our family members cleanse their reproductive organs after bowel movements and urination.

Subcategory: Exercise and physical activities

- 54 Our family members exercise until they sweat at least 30 minutes.
- 55 Our family members make a living by exerting themselves at least 45-60 minutes during their work time.
- 56 Our family members do housework that requires them to exert themselves for 45-60 minutes per time.
- 57 During a whole day, our family members rarely have any activities that cause them to exert themselves or sweat.

Subcategory: Gender and sexuality

- 58 Our family members read pornographic books, CDs, or internet.
- 59 Our family members have sexual intercourse that put us at risk for an unwanted pregnancy.
- 60 Our family members have sexual intercourse with people who are not their husbands or wives.
- 61 Our family members enjoy having sexual intercourse on both sides.
- 62 Our family members forget to take contraceptive pills or have an injection for birth control.
- 63 Our family members use emergency birth control pills.

Category II: Safety and prevention routines

Subcategory: Prevention of disease

- 64 Our family members have an annual health check-up
- 65 Our family members wash chemicals and germs left in fresh vegetable(s) and fruit(s) before eating with solutions such as vinegar and saline solution.
- 66 Our family members use serving spoons when several persons eat together.
- 67 Our family members eat raw or medium cooked meat.
- 68 Our family members eat burnt-black meat.
- 69 Our family members eat moldy or bad smelling foods.
- 70 Our family members eat very sweet foods.
- 71 Our family members eat very salty food.
- 72 Our family members eat food with high amount of fat.
- 73 Our family members do not use any protective devices when they work in air polluted places.
- 74 Our family members use masks to cover their mouths and noses when they are close to people who have respiratory infections.
- 75 Our family members keep their body warm and dry when exposed to cold weather.
- 76 Our family members wear sun glasses when they are exposed to strong sunlight.
- 77 Our family members use umbrellas, wear long sleeve shirts or use sun cream when they are exposed to the strong sun.
- 78 Our family members wear shoes or boots when they walk in wet areas or swamps.

Item No.	Item statement
Subcategory: Prevention of disease	
79	Our family members use net or protecting items when they sleep or work in areas where they are exposed to mosquitoes.
80	Our family members do not allow rubbish or trash to pile up in or near the house.
81	Our family members get rid of standing water that acts as a breeding ground for mosquitoes in and near the house.
82	Our family members open the doors and windows of our bedrooms for good ventilation.
83	Our family members always wear condoms when they have sexual intercourse with those who are not husbands and wives.
Subcategory: Prevention of unintended injuries	
84	Our family members fasten their seat belts or wear helmets when they use a car or motorcycle.
85	Our family members drive cars carelessly such as driving too fast, passing other vehicles at blind curves, etc.
86	Our family members drive after drinking alcohol or using drugs.
87	Our family members get on or get off a bus when the bus comes to a full stop.
88	Our family members look both directions before crossing the road or using the zebra crossing or the over-pedestrian bridge.
89	Our family members keep weapons or sharp utensils in safe areas and away from children.
90	Our family members store insecticides or chemical solutions in the same areas as medicine or food items.
91	Our family members inspect electrical appliances, cars, and motorcycles to make sure that they are safe.
92	Our family members unplug electric appliances such as TV, fans, electric kettle, or water pump before leaving home or going to bed
93	Our family members turn off the gas stove valve or extinguish charcoal in the stove after cooking.
94	Our family members lock the doors or the windows before going to bed or leaving the house.
95	Our family members cut grass or avoid piles of things in or near the house to avoid poisonous insects, spiders, and snakes.
96	Our family members have to walk through dark areas alone.
97	Our family members go to nightclubs.
98	Our family members join illegal care or motorcycle racing.
Subcategory: Avoidance of risky behaviors	
99	Our family members run away from home or spend a night somewhere else.
100	Our family members associate with hooligans who always fight with other people.
101	Our family members smoke cigarettes.
102	Our family members drink alcohol, beer or wine until they are drunk.
Subcategory: Avoidance of risky behaviors	
103	Our family members use drugs such as amphetamine, heroine, E drug, or inhale glue.
104	Our family members consume energy drinks or drinks with high levels of caffeine while working.
105	Our family members take pain-killer pills or Tumjai drug while working.
106	Our family members swear/curse or quarrel noisily.
107	Our family members are punished by being beaten or imprisonment.
108	Our family members are violent and often fight with or injure one another.
Category III: Mental health behavior routines	
Subcategory: Regular behavior related to self-esteem	
109	Our family members reasonably share things with one another if requested.
110	Our family members buy food and other things that consider the needs and preferences of others in the family.
111	Our family members allow everyone to freely express their opinions and ideas.
112	Our family members allow others to be themselves and do activities of personal interest.
113	Our family members get upset or put up resistance when some members do things different from what the family expects.

Item No.	Item statement
114	Our family members regularly show affection by embracing, kissing on cheeks or patting on the head.
115	When family members have problems, others will be available to console and give moral support.
116	Our family members show sighs of concern for one another and want to maintain good relationships with one another even when disagreements occur.
117	Our family members treat one another with respect and politeness.
118	When family members are successful, the others congratulate them.
119	Our family members forgive the others who did any improper commitments.
120	Our family members blame or punish those who do wrong things.
121	Our family members allow members to be independent.
122	Our family members allow members to make their own decisions.
123	Our family members keep in contact with extended relatives.
124	Our family members have friendly relationships with neighbors such as sincerely saying hello, helping or sharing food one another.
	Subcategory: Regular behavior related to personal integrity
125	When a problem occurs with anyone in our family, we give comfort and offer help.
126	Our family members are mainly selfish and consider their personal needs more than those of other family members.
127	Our family members show gratitude for the great debt they owe their parents and elder relatives for care and financial support.
128	Our family members tell lies to prevent them from being in trouble, blamed or accused.
129	Our family members take things or steal from others.
130	Our family members treat others badly.
131	Our family members spend excessive amounts of time playing games or using the internet that interfere with work or academic study habits.
132	Our family members spend excessive amounts of time reading books or magazines such as cartoons, sports or entertainment ed magazines that interfere with work or academic study habits.
	Subcategory: Regular behavior related to success in occupation and play
133	Our family members are unemployed.
134	Our family members are often absent from work or school.
135	Our family members often go to work or school late.
136	Our family members often have conflict with supervisors, employers, or teachers.
137	Our family members spend excessive amounts of time playing games or using the internet that interfere with work or academic study habits.
138	Our family members spend excessive amounts of time reading books or magazines such as cartoons, sports or entertainment ed magazines that interfere with work or academic study habits.
139	Our family members change their jobs.
	Subcategory: Stress management
140	When a problem occurs in our family, members usually discuss the issues and try to solve the problems together.
141	When a problem occurs in our family, members become angry with one another and have difficulty working together to solve it.
142	When a conflict or misunderstanding occurs in our family, members discuss concerns in a caring way until mutual understandings are reached.
143	Our family members remain calm and do not react with immediate responses when someone is angry or in a bad mood.
144	Our family members relax by drinking alcohols or taking pain reliever.
145	Our family members relieve stress by eating or spending money shopping for unneeded items.

Item No.	Item statement
Subcategory: Stress management	
146	When our family members have stress, they do things like watch a movie, listen to music, sing songs, or find a way to relax.
147	When our family members have stress, they manage the stress with prayer or meditation.
148	Our family members express anger through verbal arguments until someone wins or gives up.
Category IV: Family care routines	
149	Our family members spend free time together doing enjoyable activities, such as watching TV, playing games, cooking, housework, etc.
150	Our family members regularly talk to one another about their daily experiences.
151	Our family members enjoy teasing one another.
152	Our family members tell jokes for fun and laugh together.
153	Our family members enjoy doing things outside the home together such as making a merit, giving respect to a Buddha's image, walking in shopping mall, seeing a movie, eating out, etc.
154	Our family members enjoy taking trips together.
155	Our family members enjoy celebrations and special occasions such as birthdays, graduation ceremonies, etc.
156	Our family members make merit dedications to relatives who have died.
157	Our family members express respect towards our parents on Father's Day and Mother's Day.
158	Our family members bath Buddha images and pour sacred water onto elder people's hands during New Years and Songkran Day.
159	Our family members set out floating kratong onto river during Loy Kratong Day.
160	On holy days, our family members go together around a temple with incense sticks, lighted candles and flowers.
161	Our family members participate in local traditions and festivals.
162	Our family members have daily religious practices such as giving food to Buddhist monks in the morning or performing divine worship five times a day, etc.
163	Our family members participate in religious practices on holy days such as making merit and listen to sermons in temples, churches, or mosques.
164	Our family members believe paying reverence to the Buddha image or other respected images keeps happiness for the family.
Category V: Family caregiving routine	
165	Our family cannot afford the proper foods to meet family members' health needs.
166	Our family cannot afford enough clothing for family members' need.
167	Our family household income is adequate to meet the care needs of all family members.
168	In our family, all members assist to make sure that the house is swept and clean.
169	In our family, members regularly clean the bathroom and toilet with bleach or other antiseptic products.
170	Our family washes bedding at least once weekly.
171	Our family exposes mattress, pillows, and blankets in the sun.
172	After meals, our family washes dishes and does not leave food items that should be refrigerated on the table or counter.
173	In our family, all members complete their assigned household chores.
174	Our family members have conflict over household chores.
175	In our family, members neatly arrange personal belongings inside the house so the household usually looks and feels pleasant.
176	Our family sets aside part of the income for savings.
177	Our family has to borrow money from other persons for family expenses.
178	In a usual month, my family manages their expenses appropriately in proportion to income.
179	Our family uses personal and collective belongings appropriately.
180	Our family reminds members about eating safe and healthy foods.
181	Our family gives members some information about disease and illness prevention.
182	Our family gives members some suggestions about accident prevention at and away from home.
183	Our family warns members to wear proper clothes and behave appropriately at all occasions and places.

Item No.	Item statement
184	Our family advises members about relationships with the same and different sex friends.
185	Our family advises members not to drink alcohol, smoke cigarettes, take drugs, gamble, or indulge in pornographic media.
186	Our family advises members to pay careful attention to work and academic studies.
187	Our family teaches members to be helpful and grateful to those who granted them a favor.
188	Our family teaches members to be honest.
189	Our family teaches members to be hard working, patient, and economical.
Category VI: Illness care routine	
190	Our family members refuse to see doctors when they are sick.
191	Our family members hesitate to see doctors until their symptoms are severe and medical treatment is more difficult.
192	Our family members hurry to get vaccinated against tetanus or rabies when they were bitten by animals or wounded by sharp materials.
193	Our family members go to see the doctor again if their symptoms do not get better.
194	When members in our family get sick, they go for treatment in a place where nurses and doctors legally perform their duties.
195	When getting sick, our family members buy drugs without a doctor's advice.
196	When an adult family member gets sick, they go alone to see a doctor.
197	When a member gets sick, other family members stay with them, provide comfort, and assist them to cope with medical treatments or procedures.
198	When members of our family get sick, they take pills that the doctor prescribed.
199	When family members have antibiotic drugs prescribed, they take all of the medicine as it is prescribed.
200	When a member is sick, other family members have no interest and pay little attention to whether the dose of drugs prescribed was taken as directed.
201	Our family visits sick members when they are hospitalized.
202	Our family has no time to stay with the sick who have been hospitalized.
203	When a member gets sick, our family assists a family member to get the proper treatment.
204	If a family member needs to go to the doctor, our family assists the sick member to go to their doctor appointments.
205	When a family member is sick, our family helps that member follow the doctor's or nurses' advise.
206	When family members have antibiotic drugs prescribed, they take all of the medicine as it is prescribed.

APPENDIX F

85-Item Statements of the Second Draft of the TFHR scale

No.	Item statement
	Self-care routines: Dietary practice
1.	In each day, our family members eat good meal that consists of five essential substances, i.e., grain, flour, meat, milk, eggs, fat, vegetables, fruits and water.
2.	Our family members wash out chemical substance from vegetables and fruits before serving.
3.	Our family members eat rare or medium rare meat.
4.	Our family members eat burned grilled or fried food.
5.	Our family members have three meals a day.
6.	Our family members buy ready-to-serve food without paying attention to monosodium glutamate or preservatives.
7.	Our family members buy fresh food without being aware of contaminants, such as salbutamol, insecticide, formalin, etc.
8.	Our family members eat crackers, carbonated beverages and pickled fruits.
	Self-care routines: Sleep and rest pattern
9.	Each day our family members have individual spare time to do their favorite activities.
10.	Our family members sleep fitfully.
11.	Our family members take either sleeping pills or pain relief drugs before going to sleep.
	Self-care routines: Hygiene care
12.	Our family members clean both fingernails and toenails to remove the dirt.
13.	Our family members wear dry and clean clothes.
14.	Our family members wear clothes repeatedly without washing.
15.	Our family members wash their hands before picking up food into mouth.
16.	Our family members wash their hands when they go back home after work or going out.
17.	Our family members brush their teeth at least twice a day in the morning and before going to sleep.
18.	Our family members urinate and excrete in the lavatory.
	Self-care routines: Exercise and physical activity
19.	Our family members do sports or physical activities at least 30 minutes each time.
	Self-care routines: Sexuality
20.	Our family members indulge in obscene cartoons, CD or internet.
21.	Our family members have sexual intercourse that risk causing illness and unwanted pregnancy.
22.	Our family members have sex with persons who are not husband or wife.
	Safety and prevention routine: Prevention of disease
23.	Our family members use serving spoon when two or more members have meal together.
24.	Our family members keep their bodies warm when the weather is cold.
25.	Our family members avoid mosquitoes bite.
26.	Our family members get rid of mosquito's reproduction locations around the house.
27.	Our family members well ventilate bedrooms by opening doors and windows.
28.	Our family members put the garbage out.
	Safety and prevention routine: Prevention of injury
29.	Our family members do not store sharp objects in the safe place.
30.	Our family members check electrical appliances and vehicles regularly to ensure that they are safe to use.
31.	Our family members tightly close the gas valve or completely put out the fire in the coal-burning stove after cooking.
32.	Our family members lock all doors and windows before going to sleep and leaving home.
33.	Our family members mow the lawn, sweep up and put messy stuff away, so that there is no place for poisonous animals to hide.

No.	Item statement
	Safety and prevention routine: Avoidance of risk behavior
34.	Our family members have arguments with others.
35.	Our family members have delinquent friends.
36.	Our family members smoke cigarettes.
37.	Our family members drink whisky, beer or wine until they get drunk.
38.	Our family members take drugs that give feeling of happiness and energy, such as amphetamine, ecstasy, etc.
39.	Our family members drink tonics while working.
40.	Our family members harm each other by whipping or locking in the house.
	Mental health behavior routine: Regular behavior related to self-esteem
41.	Our family members reasonably give each other the necessary things.
42.	When our family members have problems, we stay side by side, console and encourage each other.
43.	Our family members express their concern by asking each other about the state of well-being.
44.	For our family, we congratulate members on making virtues or making good jobs.
45.	For our family, we forgive members who have done something wrong.
46.	For our family, we give members the chance to decide what they want to choose or what they want to do by themselves.
47.	Our family members stay in touch with parents and relatives, and always visit them.
48.	Our family members quarrel with neighbors.
	Mental health behavior routine: Regular behavior related to personal integrity
49.	Our family members express their gratitude to parents and persons who help them.
50.	Our family members steal or pick someone's belongings without permission.
51.	Our family members gamble.
52.	Our family members donate their money or things to charity or do public activities.
	Mental health behavior routine: Regular behavior related to success in work and play
53.	Our family members are addicted to light reading, games or internet.
54.	Our family members are absent from work or school.
55.	Our family members go to work or school late.
	Mental health behavior routine: Stress management
56.	Our family members solve problems by using emotions rather than reasons.
57.	When conflicts arise in our family, we reasonably talk to each other until clearly understand.
58.	Our family members relieve stress by drinking liquor.
59.	Our family members relieve stress by eating snacks all the time or buying in bulk.
60.	Our family members relieve anger by arguing.
	Family care routine
61.	Our family members happily do activities together at home.
62.	There is plenty of fun for all members in our family.
63.	Our family members do traditional activities together.
64.	Our family members do religious activities together.
	Family caregiving routine: Household task
65.	For our family, we provide enough food for all members.
66.	For our family, we provide enough clothing for all members.
67.	For our family, we clean our house.
68.	Our family members refuse to do housework even if it is their turns to do.
	Family caregiving routine: Family resource management
69.	We have to borrow money to finance our family.
	Family caregiving routine: Health teaching
70.	For our family, we warn and advise each other of food safety and nutritious food.
71.	For our family, we warn and advise each other of disease prevention.
72.	For our family, we warn and advise each other of accident prevention both inside and outside of the house.
73.	For our family, we warn each other of drinking, smoking, taking drugs, gambling, or indulging in obscene material, and forbid them to do that if necessary.

No.	Item statement
Family caregiving routine: Socialization	
74.	For our family, we warn and advise each other of friend selection by being friends with good persons of both sexes.
75.	For our family, we warn and advise each other of paying attention to work and study.
76.	For our family, we encourage and support each other to assist and reciprocate someone who help us.
77.	For our family, we encourage each other to be honest, diligent and bearable.
78.	For our family, we encourage each other to respect elderly persons.
79.	For our family, we encourage each other to be conscious of the importance of the common good.
80.	For our family, we encourage each other to help and assist other people.
Illness care routine	
81.	When our family members get sick, we do not concern of sick members and bring them to see the doctor when they are severely sick.
82.	For our family, we choose only hospital that medical treatment is treated by doctor or nurse.
83.	When our family members get sick, we console, encourage and assist sick members, and stay together.
84.	Our family sick members do not take medicine as prescribed by doctor.
85.	For our family, we take care of sick members so that they can follow the doctor's advice.

APPENDIX G

Demographic Data Sheet

1. ปัจจุบันท่านอายุ ปี		
2. สมาชิกในครอบครัวของท่านประกอบด้วย (ตอบได้มากกว่า 1 คำตอบ)		
<input type="checkbox"/> สามี	<input type="checkbox"/> บุตร	
<input type="checkbox"/> บิดา/มารดาของท่านหรือของสามี	<input type="checkbox"/> ญาติ (โปรดระบุ)	
3. สถานภาพสมรสของท่าน คือ		
<input type="checkbox"/> สมรส	<input type="checkbox"/> แยกกันอยู่	<input type="checkbox"/> หย่าร้าง หรือ หม้าย
4. ระดับการศึกษาสูงสุดของท่าน		
<input type="checkbox"/> ประถมศึกษา	<input type="checkbox"/> มัธยมศึกษา	<input type="checkbox"/> ประกาศนียบัตร
<input type="checkbox"/> ปริญญาตรี	<input type="checkbox"/> สูงกว่าปริญญาตรี	<input type="checkbox"/> อื่นๆ
5. อาชีพที่เป็นรายได้หลักของครอบครัวท่าน คือ		
<input type="checkbox"/> เกษตรกร	<input type="checkbox"/> รับจ้างรายวัน	<input type="checkbox"/> ลูกจ้างบริษัท
<input type="checkbox"/> ค้าขาย / ธุรกิจส่วนตัว	<input type="checkbox"/> รับราชการ/ รัฐวิสาหกิจ	<input type="checkbox"/> อื่นๆ
6. รายได้ต่อเดือนของ ทุกคน ในครอบครัวรวมกัน คือ		
<input type="checkbox"/> น้อยกว่า 5,000 บาท	<input type="checkbox"/> 5,000-10,000 บาท	<input type="checkbox"/> 10,001-20,000 บาท
<input type="checkbox"/> 20,001-30,000 บาท	<input type="checkbox"/> มากกว่า 30,000 บาท	
7. ศาสนาที่ครอบครัวของท่านนับถือ คือ (ตอบได้มากกว่า 1 คำตอบ)		
<input type="checkbox"/> พุทธ	<input type="checkbox"/> คริสต์	<input type="checkbox"/> อิสลาม
<input type="checkbox"/> ฮินดู	<input type="checkbox"/> อื่นๆ	
8. ปัจจุบันท่านอาศัยอยู่ในเขตพื้นที่		
<input type="checkbox"/> ชนบท	<input type="checkbox"/> เขตเมือง	
9. ลักษณะการครอบครองที่อยู่อาศัยของครอบครัวในปัจจุบัน คือ		
<input type="checkbox"/> เป็นของตนเอง	<input type="checkbox"/> เช่า	<input type="checkbox"/> อาศัยอยู่พ่อแม่ หรือญาติ
10. ปัจจุบันครอบครัวของท่านมีสมาชิกที่ป่วยหนักหรือเจ็บป่วยเรื้อรังที่ต้องได้รับการดูแลอย่างใกล้ชิดหรือไม่		
<input type="checkbox"/> ไม่มี	<input type="checkbox"/> มี ป่วยด้วยโรค	

APPENDIX H

The First Draft of the TFHR Scale (145 items)

แบบสอบถามกิจวัตรสุขภาพครอบครัวไทย (ฉบับทดสอบ)

แบบสอบถามกิจวัตรสุขภาพครอบครัวไทยฉบับนี้ สร้างขึ้นเพื่อใช้วัดพฤติกรรมที่เกิดขึ้นเป็นประจำในครอบครัวของท่าน โดยพฤติกรรมดังกล่าวมีเป้าหมายเพื่อฟื้นฟู ส่งเสริม และดำรงรักษาไว้ซึ่งความอยู่ดี มีสุขของครอบครัวท่าน ถึงแม้ว่าพฤติกรรมเหล่านี้อาจเป็นพฤติกรรมที่สมาชิกในครอบครัวต่างคนต่างทำหรือเป็นพฤติกรรมที่สมาชิกทุกคนมีส่วนร่วมในการกระทำ แต่พฤติกรรมเหล่านั้นต่างก็มีผลกระทบต่อสมาชิกคนอื่นๆ ในครอบครัว

คำชี้แจง

แบบสอบถามฉบับนี้ประกอบด้วยคำถามทั้งหมด 145 ข้อ ซึ่งแต่ละข้อความจะถามภาพรวมของครอบครัวเกี่ยวกับกิจกรรมที่เกิดขึ้นเป็นประจำในครอบครัวของท่าน ดังนั้นโปรดอ่านแต่ละข้อความแล้วทำเครื่องหมายถูก (✓) ลงในช่องคำตอบที่ท่านเห็นว่าตรงกับความเป็นจริงในครอบครัวของท่านมากที่สุด ดังนี้

ไม่เคย	หมายถึง	สมาชิกในครอบครัวของท่านไม่เคยทำพฤติกรรมเหล่านั้นเลย
นานๆ ครั้ง	หมายถึง	สมาชิกในครอบครัวท่านทำพฤติกรรมเหล่านั้นน้อยครั้งมาก หรือแทบไม่ได้ทำเลย
บางครั้ง	หมายถึง	สมาชิกในครอบครัวท่านทำพฤติกรรมเหล่านั้นบ้างบางครั้ง แต่ไม่ได้ทำจนเป็นนิสัย
ประจำ	หมายถึง	สมาชิกในครอบครัวท่านทำพฤติกรรมเหล่านั้นแทบทุกวัน หรือทำบ่อยๆ จนติดเป็นนิสัย

ข้อที่	กิจกรรมสุขภาพ	ไม่เคย	นาน ๆ ครั้ง	บางครั้ง	ประจำ
1.	คนในครอบครัวกินอาหารที่ตนเองชอบโดยไม่ได้คำนึงถึงคุณค่าของสารอาหารที่จะได้รับ				
2.	ในแต่ละวันคนในครอบครัวกินอาหารครบทั้ง 5 หมู่ ประกอบด้วย ข้าว แป้ง, เนื้อสัตว์ นม ไข่, ไขมัน, ผัก ผลไม้, และน้ำ				
3.	ในแต่ละวันคนในครอบครัวกินผักสดหรือผลไม้				
144.	ครอบครัวเราส่งเสริมให้คนในครอบครัวมีจิตสำนึกเห็นแก่ประโยชน์ส่วนรวมเป็นสำคัญ				
145.	ครอบครัวเราส่งเสริมให้คนในครอบครัวช่วยเหลือเอื้อเฟื้อต่อเพื่อนมนุษย์				

APPENDIX I

The Second Draft of the TFHR Scale (85 items)

แบบสอบถามข้อมูลกิจวัตรสุขภาพครอบครัว

เรียนคุณแม่บ้านทุกท่าน แบบสอบถามกิจวัตรสุขภาพครอบครัวไทยฉบับนี้สร้างขึ้นเพื่อวัดกิจวัตรที่เกี่ยวข้องกับความอยู่ดีมีสุขของครอบครัวท่าน ซึ่งกิจวัตรดังกล่าวอาจเป็นกิจกรรมที่กระทำโดยสมาชิกเพียงคนเดียว หรือ เป็นกิจกรรมที่สมาชิกหลายคนกระทำร่วมกัน ทั้งนี้ไม่ว่ากิจกรรมเหล่านั้นจะกระทำโดยสมาชิกกี่คนก็ตาม ให้ถือว่าเป็นการทำกิจวัตรของครอบครัวโดยรวม

ในฐานะที่ท่านเป็นสมาชิกที่สำคัญยิ่งและทราบความเป็นไปเกี่ยวกับกิจวัตรของครอบครัวท่านเป็นอย่างดี โปรดตอบคำถามให้ตรงกับความเป็นจริงที่เกิดขึ้นในครอบครัวท่านให้มากที่สุด และขอความกรุณาตอบให้ครบทุกข้อด้วยนะคะ หลังจากท่านอ่านคำถามแต่ละข้อแล้ว กรุณาทำเครื่องหมาย (✓) ลงในช่องคำตอบที่ตรงกับความเป็นจริงในครอบครัวของท่านมากที่สุด ดังนี้ค่ะ

- ไม่เคย หมายถึง สมาชิกในครอบครัวของท่านไม่เคยทำพฤติกรรมเหล่านั้นเลย
- นานๆ ครั้ง หมายถึง สมาชิกในครอบครัวท่านทำพฤติกรรมเหล่านั้นน้อยครั้ง หรือแทบไม่ได้ทำเลย
- บางครั้ง หมายถึง สมาชิกในครอบครัวท่านทำพฤติกรรมเหล่านั้นบ้างบางครั้ง หรือทำบ้างไม่ทำบ้าง แต่ไม่ได้ทำประจำจนเป็นนิสัย
- ประจำ หมายถึง สมาชิกในครอบครัวท่านทำพฤติกรรมเหล่านั้นแทบทุกวัน หรือทำบ่อยๆ จนติดเป็นนิสัย

ข้อที่	กิจกรรมสุขภาพ	ไม่เคย	นานๆ ครั้ง	บางครั้ง	ประจำ
1.	ในแต่ละวันคนในครอบครัวกินอาหารครบทั้ง 5 หมู่ ประกอบด้วย ข้าว แป้ง, เนื้อสัตว์ นม ไข่, ไขมัน, ผัก ผลไม้, และน้ำ				
2.	ครอบครัวเราล้างสารเคมีและสิ่งสกปรกออกจากผักสด และผลไม้ก่อนรับประทาน				
3.	คนในครอบครัวกินเนื้อสัตว์ที่ดิบหรือปรุงสุกๆ ดิบๆ				
84.	คนในครอบครัวที่เจ็บป่วยไม่ใส่ใจกินยาตามหมอสั่ง				
85.	ครอบครัวเราดูแลคนในครอบครัวที่เจ็บป่วยให้สามารถปฏิบัติ ตามคำแนะนำของแพทย์หรือพยาบาล				

➤ คำถามสุดท้ายนี้สำคัญมากๆ เลยค่ะ ผู้วิจัยอยากให้คุณแม่บ้านประเมินสุขภาพโดยรวมของ ครอบครัวคุณเองว่าน่าจะอยู่ในระดับใด กรุณาทำเครื่องหมาย (✓) ลงในช่องคำตอบที่ตรงกับ ความเป็นจริงในครอบครัวของท่านมากที่สุด ดังนี้ค่ะ

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ไม่ดี	ไม่ค่อยดี	ดีปานกลาง	ดี	ดีมาก

APPENDIX J

The Thai Family Health Routines Scale (70 items)

แบบสอบถามข้อมูลกิจวัตรสุขภาพครอบครัว

เรียนคุณแม่บ้านทุกท่าน แบบสอบถามกิจวัตรสุขภาพครอบครัวไทยฉบับนี้สร้างขึ้นเพื่อวัดกิจวัตรที่เกี่ยวข้องกับความอยู่ดีมีสุขของครอบครัวท่าน ซึ่งกิจวัตรดังกล่าวอาจเป็นกิจกรรมที่กระทำโดยสมาชิกเพียงคนเดียว หรือ เป็นกิจกรรมที่สมาชิกหลายคนกระทำร่วมกัน ทั้งนี้ไม่ว่ากิจกรรมเหล่านั้นจะกระทำโดยสมาชิกกี่คนก็ตาม ให้ถือว่าเป็นการทำกิจวัตรของครอบครัวโดยรวม

ในฐานะที่ท่านเป็นสมาชิกที่สำคัญยิ่งและทราบความเป็นไปเกี่ยวกับกิจวัตรของครอบครัวท่านเป็นอย่างดี โปรดตอบคำถามให้ตรงกับความเป็นจริงที่เกิดขึ้นในครอบครัวท่านให้มากที่สุด และขอความกรุณาตอบให้ครบทุกข้อด้วยนะคะ หลังจากท่านอ่านคำถามแต่ละข้อแล้ว กรุณาทำเครื่องหมาย (✓) ลงในช่องคำตอบที่ตรงกับความเป็นจริงในครอบครัวของท่านมากที่สุด ดังนี้ค่ะ

- ไม่เคย หมายถึง สมาชิกในครอบครัวของท่านไม่เคยทำพฤติกรรมเหล่านั้นเลย
- นานๆ ครั้ง หมายถึง สมาชิกในครอบครัวท่านทำพฤติกรรมเหล่านั้นน้อยครั้ง หรือแทบไม่ได้ทำเลย
- บางครั้ง หมายถึง สมาชิกในครอบครัวท่านทำพฤติกรรมเหล่านั้นบ้างบางครั้ง หรือทำบ้างไม่ทำบ้าง แต่ไม่ได้ทำประจำจนเป็นนิสัย
- ประจำ หมายถึง สมาชิกในครอบครัวท่านทำพฤติกรรมเหล่านั้นแทบทุกวัน หรือทำบ่อยๆ จนติดเป็นนิสัย

ข้อที่	กิจกรรมสุขภาพ	ไม่เคย	นาน ๆ ครั้ง	บางครั้ง	ประจำ
1.	ในแต่ละวันคนในครอบครัวกินอาหารครบทั้ง 5 หมู่ ประกอบด้วย ข้าว แป้ง, เนื้อสัตว์ นม ไข่, ไขมัน, ผัก ผลไม้, และน้ำ				
2.	ครอบครัวเราล้างสารเคมีและสิ่งสกปรกออกจากผักสด และผลไม้ก่อนรับประทาน				
3.	คนในครอบครัวกินเนื้อสัตว์ที่ดิบหรือปรุงสุกๆ ดิบๆ				
4.	ครอบครัวเราซื้ออาหารสำเร็จโดย ไม่ได้คำนึง เรื่องผงชูรสหรือสารกันบูด				
64.	ครอบครัวเราส่งเสริมให้คนในครอบครัวมีจิตสำนึก เห็นแก่ประโยชน์ส่วนรวมเป็นสำคัญ				
65.	ครอบครัวเราส่งเสริมให้คนในครอบครัวช่วยเหลือ เอื้อเฟื้อ ต่อเพื่อนมนุษย์				

➤ สำหรับคำถามในส่วนนี้ ถ้าปัจจุบันนี้ในครอบครัวคุณแม่บ้านไม่มีใครป่วยเลย ให้นึกย้อนหลังก็ได้ค่ะ ว่าเมื่อมีคนในครอบครัวป่วย ครอบครัวของคุณแม่บ้านปฏิบัติสิ่งเหล่านี้บ่อยเพียงใด

ข้อที่	กิจกรรมสุขภาพ	ไม่เคย	นาน ๆ ครั้ง	บางครั้ง	ประจำ
66.	เมื่อเจ็บป่วย คนในครอบครัวปล่อยปละละเลยจนกระทั่งมีอาการรุนแรงจึงไปพบแพทย์				
70.	ครอบครัวเราดูแลคนในครอบครัวที่เจ็บป่วยให้สามารถปฏิบัติ ตามคำแนะนำของแพทย์หรือพยาบาล				

The Family Health Routines Scale (70 items)

Description:

The Family Health Routines Scale was developed to measure routine behaviors that your family, and family members do for maintaining, regaining, and promoting health of individual members and family as a whole.

The scale composes of 70 statements. Each statement reflects the routine health behaviors of your family. Although some routines behaviors are done by individual members, they are assumed that those are the routines of the family as a whole. Therefore, before deciding to answer the questions, you should consider each statement as a whole picture of your family health routines.

Directions:

Read the following statements and decide to what extent each of these family health routines listed below is frequency on your family. Please marks X on the blank box of word which best expresses the real situation about health routine of your family.

“Never” means the statement is never or hardly done

“Rarely” means the statement is done in some of the time

“Sometimes” means the statement is done more than sometime, but less than done as usual or everyday

“Always” means the statement is done as usual or everyday

Item No.	Family health routines	Never	Rarely	Sometimes	Always
1.	In each day, our family members eat good meal that consists of five essential substances, i.e., grain, flour, meat, milk, eggs, fat, vegetables, fruits and water.				
2.	Our family members wash out chemical substance from vegetables and fruits before serving.				
3.	Our family members eat rare or medium rare meat.				
64.	For our family, we encourage each other to be conscious of the importance of the common good.				
65.	For our family, we encourage each other to help and assist other people.				

➤ Answering question in this part, if your family have no sick member(s) now, look back to the past when your family member got sick. How often your family did following activities?

Item No.	Family health routines	Never	Rarely	Sometimes	Always
66.	When our family members get sick, we do not concern of sick members and bring them to see the doctor when they are severely sick.				
70.	For our family, we take care of sick members so that they can follow the doctor's advice.				

APPENDIX K

The Chulalongkorn Family Inventory

แบบประเมินการทำหน้าที่ของครอบครัว

➤ แบบสอบถามชุดนี้เป็นคนละชุดกับแบบสอบถามกิจวัตรสุขภาพครอบครัวนะคะ ดังนั้นคำถามและวิธีการตอบจะแตกต่างกันเล็กน้อย ซึ่งถ้าข้อความต่อไปนี้ตรงกับครอบครัวของคุณแม่บ้านมากน้อยเพียงใด กรุณา X ลงในช่องที่ตรงกับความเป็นจริงมากที่สุด อย่างใช้เวลาคิดนาน ให้ตอบอย่างรวดเร็ว โดยเลือกความคิดแรกที่เกิดขึ้นทันทีที่อ่านข้อความจบนะคะ

ข้อที่	การทำหน้าที่ของครอบครัว	ไม่ตรงเลย	ตรงเล็กน้อย	ตรงปานกลาง	ตรงมากที่สุด
1.	สมาชิกในครอบครัวช่วยกันแก้ไขปัญหас่วนใหญ่ที่เกิดขึ้นในบ้านได้				
2.	มีการพูดคุยกันเสมอว่าวิธีแก้ปัญหาค่าทำไปนั้นได้ผลหรือไม่				
3.	เมื่อคุณขอให้คนในครอบครัวทำอะไรให้คุณมักไม่แน่ใจว่าเขาจะทำได้หรือเปล่า				
35.	ครอบครัวของคุณให้ความสำคัญต่อความรู้สึกของสมาชิก				
36.	ในครอบครัวของคุณมีความรู้สึกที่ไม่ดีเกิดขึ้นมากมาย				

APPENDIX L

Item Description of the First Draft of the TFHR Scale

Item No.	Mean	SD	Skewness	Kurtosis	Corrected Item-Total Correlation	Chronbach's Alpha ^b if Item Deleted
1	1.489	.800	.281	-.419	.169	.944
2	2.593	.559	.201	-.040	.269	.944
3	2.662	.503	-1.021	-.261	.248	.944
4	2.744	.562	-2.363	5.590	.225	.944
5	2.393	.690	-.700	-.659	.245	.944
6	2.193	.748	-.433	-.760	.362	.944
7	1.841	.822	.075	-1.068	.098	.945
8	1.944	.926	-.155	-1.314	.141	.945
9	1.593	.618	-.182	-.161	.123	.944
10	2.475	.698	-1.093	.374	.268	.944
11	2.386	.719	-1.072	.995	.194	.944
12	2.655	.545	-1.298	.739	.260	.944
13	1.441	1.195	.128	-1.513	.123	.945
14	1.590	.931	.125	-.918	.246	.944
15	2.882	.417	-4.278	21.013	.182	.944
16	2.800	.573	-3.134	9.782	.274	.944
17	2.821	.481	-3.491	15.281	.244	.944
18	2.710	.576	-2.093	4.348	.164	.944
19	1.841	.879	-.188	-.947	.355	.944
20	2.221	.946	-1.005	-.023	.303	.944
21	1.759	.981	-.258	-.963	.031	.945
22	2.441	1.073	-1.642	.997	.099	.945
23	2.736	.645	-2.669	6.817	.268	.944
24	1.413	.751	.049	-.296	.204	.944
25	2.235	.755	-.714	.046	.321	.944
26	1.055	.956	.518	-.709	.160	.945
27	2.586	.683	-1.643	2.250	.253	.944
28	1.497	.883	.011	-.692	.260	.944
29	2.497	.747	-1.308	.806	.445	.944
30	2.221	.968	-1.016	-.081	.359	.944
31	2.118	.939	-.648	-.733	.289	.944
32	1.924	1.242	-.538	-1.412	-.055	.946
33	2.338	1.036	-1.364	.449	.106	.945
34	2.807	.461	-2.821	10.194	.388	.944
35	2.890	.473	-4.729	22.976	.348	.944
36	2.378	.646	-2.673	6.825	.499	.944
37	2.510	.826	-1.571	1.436	.270	.944
38	2.41	.723	-1.282	1.707	.308	.944
39	2.138	.796	-.756	.280	.459	.944
40	2.772	.496	-2.478	7.471	.452	.944
41	.938	1.036	.582	-1.061	.079	.945
42	1.869	1.043	-.442	-1.019	.209	.944
43	2.917	.417	-5.224	27.458	.422	.944
44	2.785	.636	-3.384	11.312	.109	.944
45	1.807	.923	-.466	-.544	.247	.944

Item No.	Mean	SD	Skewness	Kurtosis	Corrected Item-Total Correlation	Chronbach's Alpha ^b if Item Deleted
46	1.632	1.026	-.304	-1.018	.162	.945
47	2.517	.756	-1.577	1.907	.401	.944
48	2.869	.543	-4.301	17.974	.341	.944
49	2.924	.335	-5.852	42.293	.382	.944
50	.090	.920	-.779	-.230	.218	.944
51	2.035	1.030	-.727	-.676	.275	.944
52	2.000	.882	-.862	.288	.495	.943
53	1.655	1.181	-.096	-1.522	.165	.945
54	1.774	1.272	-.406	-1.535	.108	.945
55	2.869	.359	-2.658	6.546	.479	.944
56	1.320	1.025	.381	-.956	-.059	.945
57	2.352	.795	-1.224	.176	.248	.944
58	1.966	1.089	-.454	-1.261	.257	.944
59	2.731	.580	-2.054	3.050	.383	.944
60	2.586	.673	-1.638	2.364	.397	.944
61	2.779	.464	-1.977	3.200	.421	.944
62	2.862	.451	-3.349	10.385	.441	.944
63	1.641	.940	.014	-.955	.279	.944
64	2.835	.527	-3.914	16.742	.194	.944
65	2.917	.277	-3.061	7.470	.269	.944
66	2.566	.840	-1.884	2.475	.210	.944
67	2.800	.673	-3.622	12.254	.098	.945
68	2.490	.860	-1.668	1.855	.426	.944
69	2.828	.616	-3.850	14.246	.283	.944
70	2.655	.681	-2.119	4.189	.435	.944
71	2.800	.560	-3.392	12.525	.288	.944
72	2.890	.427	-4.448	21.450	.526	.944
73	2.876	.484	-4.784	24.659	.502	.944
74	2.724	.571	-2.423	6.805	.416	.944
75	2.710	.576	-2.093	4.348	.449	.944
76	2.710	.611	-1.692	2.535	.517	.944
77	2.055	1.183	-.746	-1.079	.350	.944
78	1.945	.991	-.452	-.954	.522	.943
79	2.945	.258	-5.103	28.302	.535	.944
80	2.456	.790	-1.262	.630	.543	.943
81	2.510	.756	-1.445	1.370	.509	.943
82	2.876	.470	-4.071	16.767	.563	.944
83	2.421	.788	-1.074	.041	.425	.944
84	2.724	.520	-1.736	2.184	.514	.944
85	2.593	.722	-1.793	2.617	.391	.944
86	1.766	1.028	-.215	-1.152	.290	.944
87	2.228	.814	-.677	-.492	.354	.944
88	2.724	.478	-1.393	.831	.554	.944
89	2.717	.620	-2.382	5.553	.502	.944
90	2.621	.635	-1.618	2.106	.509	.944
91	2.814	.441	-2.339	4.961	.528	.944
92	2.662	.603	-1.610	1.482	.415	.944
93	2.648	.584	-1.449	1.102	.470	.944
94	2.759	.517	-2.086	3.543	.400	.944
95	2.724	.571	-2.423	6.805	.541	.944
96	2.814	.425	-2.165	4.013	.556	.944
97	2.566	.724	-1.453	.918	.515	.944
98	2.807	.544	-3.251	11.244	.450	.944
99	2.262	.825	-.748	-.479	.371	.944
100	2.835	.486	-3.338	12.009	.435	.944

Item No.	Mean	SD	Skewness	Kurtosis	Corrected Item-Total Correlation	Chronbach's Alpha ^b if Item Deleted
101	2.041	.935	-.601	-.631	.290	.944
102	2.241	.766	-.630	-.421	.416	.944
103	2.552	.781	-1.681	1.938	.299	.944
104	2.738	.667	-2.636	6.253	.401	.944
105	2.514	.645	-1.467	2.949	.455	.944
106	2.451	.665	-.969	.427	.315	.944
107	2.703	.554	-1.978	4.280	.348	.944
108	2.417	.750	-1.063	.309	.469	.944
109	2.531	.782	-1.693	2.213	.471	.944
110	2.035	1.044	-.627	-.928	.231	.944
111	2.313	.901	-1.299	.910	.623	.943
112	2.490	.800	-1.532	1.602	.420	.944
113	2.297	1.035	-1.308	.374	.243	.944
114	2.160	.940	-.886	-.191	.465	.944
115	2.393	.784	-1.084	.345	.568	.943
116	1.875	.849	-.171	-.820	.199	.944
117	2.476	.727	-1.013	-.386	.387	.944
118	2.483	.708	-1.128	.363	.428	.944
119	2.490	.678	-.978	-.250	.496	.944
120	2.497	.765	-1.310	.657	.229	.944
121	2.700	.717	-2.387	5.296	.533	.943
122	2.676	.644	-2.263	5.355	.383	.944
123	2.800	.522	-3.189	11.777	.283	.944
124	2.910	.332	-3.958	16.591	.435	.944
125	2.779	.506	-2.601	7.775	.544	.944
126	2.490	.875	-1.577	1.332	.316	.944
127	2.861	.466	-4.227	20.447	.325	.944
128	2.566	.832	-1.900	2.611	.404	.944
129	2.662	.835	-2.412	4.505	.304	.944
130	2.828	.557	-3.956	16.624	.455	.944
131	2.138	.887	-.639	-.606	.423	.944
132	2.628	.666	-1.981	4.006	.515	.944
133	2.117	.795	-.550	-.311	.338	.944
134	2.455	.935	-1.598	1.320	.124	.945
135	2.722	.492	-1.526	1.411	.583	.944
136	2.731	.475	-1.441	.987	.427	.944
137	2.814	.514	-3.372	13.035	.550	.944
138	2.772	.524	-2.566	7.209	.475	.944
139	2.731	.604	-2.488	6.287	.499	.944
140	2.890	.336	-3.056	9.206	.475	.944
141	2.868	.460	-4.379	21.767	.551	.944
142	2.890	.375	-3.624	13.266	.411	.944
143	2.924	.291	-4.063	17.504	.325	.944
144	2.807	.446	-2.259	4.552	.398	.944
145	2.869	.413	-3.915	18.920	.477	.944

APPENDIX M

Item Description of the Second draft of the TFHR Scale

Item	Mean	Std. Deviation	Skewness	Kurtosis
self1	2.569	.5725	-1.029	.575
self2	2.808	.5199	-3.254	11.779
self3	2.563	.6833	-1.417	1.159
self4	1.863	.7513	.042	-.829
self5	2.755	.5547	-2.596	7.339
self6	1.683	.9382	-.093	-.931
self7	2.130	.9902	-.686	-.851
self8	1.282	.7753	-.112	-.672
self9	2.208	.7706	-.616	-.343
self10	1.714	.9134	-.018	-.956
self11	2.309	.8729	-.992	-.085
self12	2.703	.6275	-2.321	5.310
self13	2.793	.7024	-3.395	10.130
self14	2.750	.6349	-2.738	7.080
self15	2.527	.6701	-1.424	1.975
self16	2.319	.7979	-1.148	.965
self17	2.845	.4664	-3.573	14.349
self18	2.967	.2755	-8.952	82.643
self19	1.649	.8341	-.213	-.489
self20	2.670	.6711	-2.083	3.704
self21	2.938	.3565	-6.583	45.694
self22	2.925	.3673	-5.684	34.959
safe23	2.144	.9205	-.913	-.008
safe24	2.885	.3965	-4.103	19.325
safe25	2.751	.5378	-2.346	5.789
safe26	2.419	.8320	-1.385	1.158
safe27	2.750	.5762	-2.616	7.190
safe28	2.720	.7273	-2.765	6.776
safe29	2.038	1.1523	-.728	-1.022
safe30	2.531	.7237	-1.476	1.512
safe31	2.908	.4072	-5.296	30.377
safe32	2.941	.2730	-5.649	39.431
safe33	2.697	.6621	-2.464	5.953
safe34	2.665	.6577	-2.038	3.679
safe35	2.783	.5888	-2.910	8.095
safe36	2.004	1.2394	-.667	-1.277
safe37	2.023	.9549	-.551	-.793
safe38	2.977	.2091	-11.052	136.730
safe39	2.264	.9057	-.943	-.214
safe40	2.931	.3551	-5.867	36.974

Item	Mean	Std. Deviation	Skewness	Kurtosis
mental41	2.402	.7135	-1.100	1.005
mental42	2.735	.5689	-2.330	5.494
mental43	2.751	.5425	-2.330	5.445
mental44	2.802	.4838	-2.703	7.976
mental45	2.700	.5605	-1.951	3.935
mental46	2.577	.6046	-1.305	1.529
mental47	2.658	.6218	-1.796	2.661
meatal48	2.720	.5995	-2.265	4.853
mental49	2.868	.4126	-3.768	16.864
mental50	2.888	.4421	-4.605	22.654
mental51	2.676	.6264	-2.028	3.842
mental52	2.178	.7289	-.618	.145
mental53	2.359	.8943	-1.158	.192
mental54	2.507	.7100	-1.173	.258
mental55	2.173	.8801	-.753	-.371
mental56	2.333	.8351	-.919	-.302
mental57	2.450	.7696	-1.323	1.124
mental58	2.420	.8167	-1.248	.645
mental59	2.429	.8375	-1.237	.402
mental60	2.294	.8063	-.758	-.526
famcare61	2.502	.6862	-1.271	1.165
famcare62	2.552	.6408	-1.393	1.871
famcare63	2.488	.6692	-1.145	.866
famcare64	2.485	.6661	-1.130	.868
famgive65	2.880	.3748	-3.489	13.885
famgive66	2.908	.3606	-4.641	24.782
famgive67	2.918	.3134	-4.492	24.481
famgive68	2.147	.9439	-.689	-.735
famgive69	2.201	.9135	-.757	-.604
famgive70	2.669	.5839	-1.729	2.612
famgive71	2.723	.5499	-2.080	4.375
famgive72	2.768	.5127	-2.462	6.781
famgive73	2.627	.8097	-2.240	3.999
famgive74	2.658	.6854	-2.261	4.985
famgive75	2.854	.4472	-3.533	13.822
famgive76	2.888	.3269	-2.798	7.015
famgive77	2.928	.3001	-4.507	21.282
famgive78	2.938	.2977	-6.097	44.936
famgive79	2.753	.5242	-2.328	5.978
famgive80	2.839	.4047	-2.745	9.142
illness81	2.658	.7738	-2.209	3.738
illness82	2.801	.5336	-3.074	10.029
illness83	2.815	.4891	-3.064	10.480
illness84	2.340	.9271	-.993	-.466
illness85	2.827	.4733	-3.378	13.641

APPENDIX N

Results of Item Review (N=15)

Item No.	Statement	Results from reviewing items
1.	Our family members serve meal we like, regardless of its nourishment.	- Confusing and difficult to understand
3.	In each day, our family members eat fresh vegetables or fruit.	- How to answer if eat both fruits and vegetables
6.	Our family members eat crusty burn food from grilling or frying.	- Changing answer because of thinking that they eat a whole piece of charred food
10.	In each day, our family members drink 6-8 glasses of water or more.	- Long pause to answer
13.	Our family members drink tea and coffee in stead of breakfast.	- Misunderstand if eat both breakfast and coffee
14.	Our family members just eat, never mind about the proper quality we should be strict with.	- Diffcult to understand and answer
21.	If there's any food left from dinner, our family members will throw away.	- Confuse and misunderstand easily - Don't know how to answer because of have no left over food in each day
46.	Our family members perform activities that physically use strength with the continuity of 45-60 minutes, three times a week or more.	- Diffcult to understand about the activities
50.	Our family members both men and women are happy with our sexuality.	- Not answer because of too old to have sexual intercourse
53.	Our family members never cover up our mouth and nose when working in the cloud of dust and bug killers or even smoke.	- Long pause to answer becaue of do not work at dust area
54.	Our family members never stay close to contagious respiratory sick of asthma.	- Long pause to answer becaue of hardly meeting the sick persons
58.	Our family members never wear shoes or boots when walking through wet or flooded area.	- Confusing because of not waring shoes due to have no flood
66.	Our family members step into and off the car or boat while it's not completely stopped.	- Confusing and difficult to understand
87.	Our family members express their love by hugging, kissing by cheek and gentlyly striking by head.	-Not answer because of showing love by other maners
117.	Our family members express our pleasure for any success or special occasions.	- Long pause answer because of having special events very rare
122.	Our family members hurry to get treatment when there's a wound from getting cut by sharp material or animal bite.	- Long pause answer because it was very rare event.
123.	Our family members would come back for medical treatment once more if the illness doesn't get better after the first one.	- Long pause answer because of difficult to understand

APPENDIX O

Collinearity Testing

Collinearity Testing on the Draft TFHR Scale

Item	Collinearity Statistics	
	Tolerance	Variance of Inflation Factor (VIF)
self1	.764	1.308
self2	.808	1.238
self3	.751	1.331
self4	.829	1.207
self5	.799	1.251
self6	.690	1.449
self7	.693	1.444
self8	.735	1.361
self9	.733	1.365
self10	.736	1.358
self11	.743	1.346
self12	.687	1.455
self13	.777	1.287
self14	.761	1.314
self15	.643	1.555
self16	.661	1.512
self17	.712	1.404
self18	.701	1.426
self19	.755	1.325
self20	.785	1.274
self21	.744	1.343
self22	.745	1.343
safe23	.730	1.371
safe24	.574	1.743
safe25	.775	1.290
safe26	.649	1.542
safe27	.812	1.232
safe28	.564	1.774
safe29	.827	1.210
safe30	.747	1.339
safe31	.733	1.364
safe32	.806	1.240
safe33	.614	1.630
safe34	.645	1.549
safe35	.668	1.497
safe36	.695	1.439
safe37	.497	2.013
safe38	.658	1.521
safe39	.745	1.342

Item	Colinearity Statistics	
	Tolerance	Variance of Inflation Factor (VIF)
safe40	.618	1.619
mental41	.699	1.430
mental42	.436	2.293
mental43	.428	2.338
mental44	.513	1.951
mental45	.584	1.712
mental46	.654	1.530
mental47	.717	1.395
meatal48	.682	1.465
mental49	.626	1.597
mental50	.736	1.360
mental51	.782	1.278
mental52	.679	1.473
mental53	.760	1.316
mental54	.720	1.389
mental55	.726	1.378
mental56	.693	1.442
mental57	.583	1.715
mental58	.548	1.826
mental59	.740	1.352
mental60	.683	1.464
famcare61	.483	2.071
famcare62	.562	1.781
famcare63	.514	1.947
famcare64	.576	1.737
famgive65	.490	2.039
famgive66	.495	2.021
famgive67	.619	1.616
famgive68	.795	1.258
famgive69	.791	1.264
famgive70	.426	2.347
famgive71	.403	2.482
famgive72	.484	2.067
famgive73	.658	1.521
famgive74	.624	1.603
famgive75	.630	1.586
famgive76	.471	2.124
famgive77	.409	2.447
famgive78	.441	2.269
famgive79	.562	1.780
famgive80	.598	1.672
illness81	.737	1.357
illness82	.623	1.605
illness83	.527	1.898
illness84	.715	1.399
illness85	.626	1.598

Collinearity Testing on 25 Indicators for Second Order Factor

Indicators	Collinearity Statistics	
	Tolerance	Variance of Inflation Factor (VIF)
DIETARY	.759	1.318
SLEEP	.877	1.141
HYGIENE	.670	1.492
EXERCISE	.850	1.176
SEXUALITY	.874	1.145
DISEASE	.520	1.923
INJURY	.613	1.631
RISKB	.705	1.418
ESTEEM	.475	2.105
INTEGRITY	.655	1.527
WORK	.787	1.271
STRESS	.695	1.440
Fcare61	.548	1.824
Fcare62	.629	1.589
Fcare63	.569	1.757
Fcare64	.645	1.550
HOUSE	.660	1.516
RESOUR	.875	1.142
HTEACH	.614	1.627
SOCIAL	.539	1.854
ill1	.834	1.199
ill2	.703	1.422
ill3	.605	1.654
ill4	.791	1.265
ill5	.686	1.458

Dependent Variable: TFHR

DIETARY = Dietary practice
 SLEEP = Sleep and rest pattern
 HYGIENE = Hygiene care
 EXERCISE = Exercise and physical activity
 SEXUAL = Sexuality
 DISEASE = Prevention of disease
 INJURY = Prevention of injury
 RISKB = Avoidance of risk behavior
 ESTEEM = Regular behavior related to self-esteem

INTEGRIT = Regular behavior related to integrity
 WORK = Regular behavior related to work and play
 STRESS = Stress management
 fcare = Family care
 HOUSE = Household task
 RESOR = Family resource management
 HTEACH = Health teaching
 SOCIAL = Socialization
 ill = Illness care

APPENDIX P

KMO and Bartlett's Test

KMO and Bartlett's Test on the 85 observed variables of the TFHR metric

Kaiser-Meyer-Olkin Measure of Sampling Adequacy.		.877
Bartlett's Test of Sphericity	Approx. Chi-Square	23900.748
	df	3570
	Sig.	.000

KMO and Bartlett's Test on the 25 indicators of the TFHR metric

Kaiser-Meyer-Olkin Measure of Sampling Adequacy.		.887
Bartlett's Test of Sphericity	Approx. Chi-Square	6715.100
	df	300
	Significant level	.000

APPENDIX Q**Correlation Matrix for Second Order Factor Analysis**

APPENDIX R

Normal Distribution Testing

One-Sample Kolmogorov-Smirnov Test for Scores of TFHR and CFI

		TFHR	CFI
N		100	100
Normal Parameters(a,b)	Mean	177.04	80.13
	Std. Deviation	18.41	14.13
Most Extreme Differences	Absolute	0.10	0.10
	Positive	0.08	0.07
	Negative	-0.10	-0.1
Kolmogorov-Smirnov Z		1.08	1.01
Asymp. Sig. (2-tailed)		0.24	0.26

a Test distribution is Normal.

b Calculated from data.

One-Sample Kolmogorov-Smirnov Test for TFHR Scores of Healthy and Unhealthy Family

		Healthy family	Unhealthy family
N		30	30
Normal Parameters(a,b)	Mean	183.44	165.63
	Std. Deviation	15.58	19.87
Most Extreme Differences	Absolute	0.15	0.22
	Positive	0.07	0.10
	Negative	-0.15	-0.22
Kolmogorov-Smirnov Z		.80	1.21
Asymp. Sig. (2-tailed)		.54	0.11

a Test distribution is Normal.

b Calculated from data.

BIOGRAPHY

My name is. Jantakan Kanjanawetang. I was born on February 18, 1966 at Nakhon Ratchasima province. I am graduated Bachelor Degree of Nursing from Kuakarun College of Nursing in 1992, finished Master of Nursing Science (Maternity and Newborn Nursing) at Mahidol University in 1997, and studied Doctor of Philosophy (Nursing) at Chulalongkorn University in 2002-2006. During studying Doctor of Philosophy, I received educational grant from the Ministry of Education, and dissertation grant from Thai Health Promotion Foundation, Thailand.

About working experience, I used to work in position of Pediatrics nurse at Taksin Hospital, Thailand during 1988-1992, and then I turned to be an instructor at Kuakarun College of Nursing during 1993-2000. At the end of 2000, I changed my work to be an instructor at Faculty of Nursing, Srinakharinwirot University, Nakhon Nayok province. Since 2003 until now, I have been an instructor at Faculty of Nursing, Naresuan University, Phitsanulok, Thailand.

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