

Article: 0767

Topic: EPW30 - e-Poster Walk Session 30: Geriatric Psychiatry

Psychometric Validation of a Measure to Assess Older Adults' Sense of Coherence

S. Von Humboldt¹, I. Leal¹

¹Research Unit in Psychology and Health R&D ISPA, ISPA-Instituto Universitário, Lisbon, Portugal

Introduction: Growing literature suggests that the sense of coherence (SOC) positively influences well-being in later life.

Objectives: This study reports the assessment the following psychometric properties: distributional properties, construct, criterion and external-related validities, and reliability, of the Orientation to Life Questionnaire (OtLQ) in an cross-national population of older adults.

Methods: We recruited 1291 community-dwelling older adults aged between 75-102 years ($M=83.9$; $SD=6.68$). Convenience sampling was used to gather questionnaire data. The construct validity was asserted by confirmatory factor analysis, convergent and discriminant validity. Moreover, criterion and external-related validities, as well as distributional properties and reliability were also tested.

Results: Data gathered with the 29-items OtLQ scale showed overall good psychometric properties, in terms of distributional properties, construct, criterion and external-related validities, as well as reliability. Three factors were validated for the OtLQ scale: (a) comprehensibility; (b) manageability; and (c) meaningfulness.

Conclusion: We validated the 3-factor OtLQ scale, which produced valid and reliable data for a cross-national sample with older adults. Hence, it is an adequate instrument for assessing sense of coherence among older people in health care practice and program development contexts.

Key Words: Aging well; older adults; instrument; orientation to life questionnaire; psychometric validation; sense of coherence.