Psychometrics of the Inventory of Dimensions of Emerging Adulthood within Inflammatory Bowel Disease

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To examine psychometric properties of the 8-item Inventory of Dimensions of Emerging Adulthood (IDEA-8) among individuals (ages 18-29) with the chronic condition of inflammatory bowel disease (IBD).
Background

> Emerging adulthood (ages 18-29)
  - Possibilities/optimism
  - Instability
  - Identity explorations
  - Self-focus
  - Feeling in-between

(Arnett, 2000)
Background

- Inflammatory Bowel Disease (IBD)
  - Ulcerative Colitis
  - Crohn’s Disease

Aims

> to determine the mean response for each emerging adulthood subscale
> to examine the factor structure of the IDEA-8
> to determine the internal consistency reliability of the IDEA-8
Methods

> Descriptive design using an online survey
> Parent study: Social Support and Self-Management
> Recruitment strategies:
  – Research Match
  – Facebook
  – Word of mouth
Methods

> Inclusion criteria
  – Self-report diagnosis of ulcerative colitis or Crohn’s disease
  – Living in the United States
  – Understood written English
  – Access to the Internet
  – Currently prescribed medication to manage their IBD

> Exclusion criteria
  – Hospitalization in the past month
  – Pregnancy
### Inventory of Dimensions of Emerging Adulthood (IDEA)

<table>
<thead>
<tr>
<th>Is this period of your life a ...</th>
<th>Strongly Disagree (1)</th>
<th>Somewhat Disagree (2)</th>
<th>Somewhat Agree (3)</th>
<th>Strongly Agree (4)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time of many possibilities?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Time of exploration?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Time of feeling stressed out?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Time of high pressure?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Time of defining yourself?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Time of deciding on your own beliefs and values?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Time of feeling adult in some ways but not others?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Time of gradually becoming an adult?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Results: Sample

<table>
<thead>
<tr>
<th>Characteristics (n=61)</th>
<th>Mean (SD)</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age (years)</td>
<td>24.7 (2.9)</td>
<td>18 – 29</td>
</tr>
<tr>
<td>Sex</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>6</td>
<td>9.8</td>
</tr>
<tr>
<td>Female</td>
<td>55</td>
<td>90.2</td>
</tr>
<tr>
<td>Marital Status</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Single</td>
<td>47</td>
<td>77.1</td>
</tr>
<tr>
<td>Married/domestic partnership</td>
<td>14</td>
<td>22.9</td>
</tr>
</tbody>
</table>
## Results: Sample

<table>
<thead>
<tr>
<th>Emerging Adulthood</th>
<th>N</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Job Situation</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Employed (full or part time)</td>
<td>40</td>
<td>65.6</td>
</tr>
<tr>
<td>Unemployed/student</td>
<td>21</td>
<td>34.4</td>
</tr>
<tr>
<td><strong>Financial Independence</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Covered living expenses</td>
<td>27</td>
<td>44.3</td>
</tr>
<tr>
<td>Did not cover living expenses</td>
<td>34</td>
<td>55.7</td>
</tr>
<tr>
<td><strong>Living Arrangements</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Independent housing</td>
<td>34</td>
<td>40.4</td>
</tr>
<tr>
<td>Not living in independent housing</td>
<td>23</td>
<td>59.7</td>
</tr>
<tr>
<td><strong>Parenthood</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Children</td>
<td>2</td>
<td>3.3</td>
</tr>
<tr>
<td>No children</td>
<td>59</td>
<td>96.7</td>
</tr>
</tbody>
</table>
### Results: Sample

<table>
<thead>
<tr>
<th>Characteristics (n=61)</th>
<th>N</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Type of IBD</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ulcerative Colitis</td>
<td>22</td>
<td>36.1</td>
</tr>
<tr>
<td>Crohn’s disease</td>
<td>39</td>
<td>63.9</td>
</tr>
<tr>
<td><strong>Mean (SD)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Time since diagnosis (years)</td>
<td>6.4 (4.8)</td>
<td></td>
</tr>
<tr>
<td>Symptom prevalence</td>
<td>5.9 (3.1)</td>
<td></td>
</tr>
</tbody>
</table>
Aim 1

to determine the mean response for each emerging adulthood subscale

<table>
<thead>
<tr>
<th>Characteristics (n=61)</th>
<th>Mean</th>
<th>SD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Possibility/Optimism</td>
<td>3.40</td>
<td>0.68</td>
</tr>
<tr>
<td>Instability</td>
<td>3.46</td>
<td>0.67</td>
</tr>
<tr>
<td>Identity Exploration</td>
<td>3.33</td>
<td>0.68</td>
</tr>
<tr>
<td>Feeling In-Between</td>
<td>3.25</td>
<td>0.76</td>
</tr>
<tr>
<td>Total mean score</td>
<td>3.36</td>
<td>0.45</td>
</tr>
</tbody>
</table>

1 = strongly disagree
2 = somewhat disagree
3 = somewhat agree
4 = strongly agree
Aim 2

to examine the factor structure of the IDEA-8
<table>
<thead>
<tr>
<th>Time of many possibilities</th>
<th>Factor 1</th>
<th>Factor 2</th>
<th>Factor 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.16</td>
<td>-0.19</td>
<td>0.58</td>
<td></td>
</tr>
<tr>
<td>Time of exploration</td>
<td>0.09</td>
<td>0.01</td>
<td>0.99</td>
</tr>
<tr>
<td>0.09</td>
<td>0.01</td>
<td>0.99</td>
<td></td>
</tr>
<tr>
<td>Time of feeling stressed out</td>
<td>0.01</td>
<td>0.99</td>
<td>-0.15</td>
</tr>
<tr>
<td>Time of high pressure</td>
<td>0.39</td>
<td>0.75</td>
<td>-0.07</td>
</tr>
<tr>
<td>Time of defining yourself</td>
<td>0.51</td>
<td>-0.03</td>
<td>0.30</td>
</tr>
<tr>
<td>0.51</td>
<td>-0.03</td>
<td>0.30</td>
<td></td>
</tr>
<tr>
<td>Time of deciding on your own</td>
<td>0.62</td>
<td>0.07</td>
<td>0.12</td>
</tr>
<tr>
<td>beliefs and values</td>
<td>0.62</td>
<td>0.07</td>
<td>0.12</td>
</tr>
<tr>
<td>Time of feeling adult in some</td>
<td>0.67</td>
<td>0.28</td>
<td>-0.03</td>
</tr>
<tr>
<td>ways but not others</td>
<td>0.67</td>
<td>0.28</td>
<td>-0.03</td>
</tr>
<tr>
<td>Time of gradually becoming an</td>
<td>0.77</td>
<td>0.10</td>
<td>0.11</td>
</tr>
<tr>
<td>adult</td>
<td>0.77</td>
<td>0.10</td>
<td>0.11</td>
</tr>
<tr>
<td>Percent Variance</td>
<td>34.6%</td>
<td>25.5%</td>
<td>12.6%</td>
</tr>
<tr>
<td>Eigenvalue</td>
<td>2.76</td>
<td>2.04</td>
<td>1.01</td>
</tr>
</tbody>
</table>
Aim 3

to determine the internal consistency reliability of the IDEA-8

<table>
<thead>
<tr>
<th>Factor 1: identity exploration and feeling in-between</th>
<th>Cronbach’s Alpha</th>
</tr>
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<tbody>
<tr>
<td>0.75</td>
<td></td>
</tr>
<tr>
<td>Factor 2: instability</td>
<td>0.86</td>
</tr>
<tr>
<td>Factor 3: possibilities</td>
<td>0.74</td>
</tr>
<tr>
<td>Total Scale</td>
<td>0.70</td>
</tr>
</tbody>
</table>
Discussion

> The internal consistency of the IDEA-8 was consistent with previous IDEA research.
> Identity explorations and feeling in-between may be conceptually similar within the IBD population.
> Additional research is needed to determine if characteristics of emerging adulthood are associated with health outcomes.
Limitations

- Limited generalizability based on sample characteristics
- Focused on one chronic condition
References


Questions?
## Recruitment

<table>
<thead>
<tr>
<th>Recruitment Source</th>
<th>%</th>
<th>N</th>
</tr>
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<tbody>
<tr>
<td>Facebook Support Groups</td>
<td>44%</td>
<td>27</td>
</tr>
<tr>
<td>Research Match</td>
<td>25%</td>
<td>15</td>
</tr>
<tr>
<td>Facebook Advertisements</td>
<td>23%</td>
<td>14</td>
</tr>
<tr>
<td>Word of Mouth</td>
<td>3%</td>
<td>2</td>
</tr>
<tr>
<td>Other</td>
<td>5%</td>
<td>5</td>
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<td>63.9</td>
</tr>
<tr>
<td><strong>Medication adherence</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non-adherent</td>
<td>16</td>
<td>26.2</td>
</tr>
<tr>
<td>Adherent</td>
<td>45</td>
<td>73.8</td>
</tr>
<tr>
<td><strong>Diet Modification</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No diet modification</td>
<td>22</td>
<td>36.1</td>
</tr>
<tr>
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<td>63.9</td>
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