

Development and validation of an instrument to evaluate medical students' life-style

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Annex

Table 3. Initial factor analysis.

Component	Initial eigenvalues			Sums of loads squared by rotation		
	Total	% of variance	% accumulated	Total	% of variance	% accumulated
1	5.736	11.706	11.706	4.281	8.738	8.738
2	4.516	9.217	20.923	3.754	7.662	16.399
3	3.864	7.885	28.808	3.481	7.104	23.503
4	2.664	5.437	34.245	2.862	5.841	29.344
5	1.961	4.002	38.247	2.116	4.318	33.662
6	1.703	3.476	41.723	2.045	4.174	37.836
7	1.617	3.299	45.022	1.839	3.754	41.589
8	1.453	2.966	47.988	1.831	3.737	45.326
9	1.356	2.767	50.755	1.781	3.635	48.962
10	1.320	2.693	53.449	1.550	3.164	52.126
11	1.214	2.477	55.925	1.392	2.840	54.966
12	1.162	2.372	58.297	1.356	2.767	57.733
13	1.065	2.173	60.470	1.341	2.738	60.470
14	1.021	2.083	62.553			
15	0.985	2.010	64.563			
16	0.970	1.980	66.544			
17	0.947	1.934	68.477			
18	0.889	1.815	70.292			
19	0.864	1.762	72.055			
20	0.848	1.731	73.786			
21	0.771	1.574	75.359			
22	0.725	1.479	76.839			
23	0.695	1.419	78.258			
24	0.669	1.366	79.624			
25	0.645	1.316	80.940			
26	0.611	1.247	82.186			
27	0.576	1.175	83.362			
28	0.567	1.157	84.519			
29	0.561	1.146	85.664			

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30	0.540	1.101	86.766
31	0.509	1.038	87.804
32	0.475	0.969	88.772
33	0.471	0.962	89.734
34	0.450	0.919	90.653
35	0.428	0.872	91.526
36	0.419	0.855	92.381
37	0.403	0.822	93.202
38	0.391	0.798	94.000
39	0.358	0.731	94.731
40	0.344	0.702	95.434
41	0.327	0.668	96.102
42	0.309	0.630	96.732
43	0.287	0.586	97.318
44	0.275	0.561	97.878
45	0.254	0.519	98.398
46	0.236	0.482	98.879
47	0.205	0.419	99.299
48	0.191	0.390	99.689
49	0.152	0.311	100.000

Extraction method: principal component analysis.

Table 4. Table of communalities.

	Value
Maintains ideal body weight	.276
Engages in physical activity at least 5 times a week for 30 minutes a day.	.607
Performs moderate-intensity exercise such as brisk walking, dancing, or doing housework	.593
Engages in vigorous exercises such as jogging, brisk stair climbing, fast cycling, aerobics, or fast swimming	.644
Does muscle strengthening exercises such as arm raises, squats, tricep extensions, shoulder presses, etc.	.642
Plays competitive sports and games (e.g., traditional games, soccer, volleyball, basketball) at least three times per week.	.449
Usually sits or is inactive for a large part of the day*.	.352
Eats breakfast daily before starting an activity	.294

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Eats breakfast or lunch at the university, hospitals, or in the surrounding area	.238
Drinks between four and eight glasses of water a day	.304
Consumes: sweets, ice cream, cakes, sugary drinks such as soft drinks more than twice a week	.481
Diet includes bread, noodles, cereals, whole grains (wheat, corn, barley, rice, oats), tubers (potato, sweet potato, yucca), and fresh legumes (peas, chickpeas, lentils, lima beans).	.400
Consumes fats such as butter, margarine, cream cheese, fatty meats, fried foods, mayonnaise, and sauces in general*.	.500
Eats fish such as bonito, horse mackerel, trout, salmon, cojinova, among others.	.354
Eats chicken, turkey, and eggs	.418
Eats five or more servings of fruits and vegetables a day.	.365
Consume dairy products such as milk, yogurt, or cheese.	.466
Consume low-fat dairy products such as milk, yogurt, or cheese.	.482
Consume processed foods (such as sausages) and red meats (such as beef, pork, horse meat, or sheep meat)	.470
Diet is predominantly vegetarian	.334
Consumes foods with probiotics such as natural yogurt, pickles, among others	.459
Eats fast foods such as pizza, hamburger, salchipapa, among others *	.577
Eats after hours or between meals (for example, potato chips, cookies, candies, chocolates, nougat, etc.)	.384
Attends dental consultation at least once a year *	.442
Attends medical consultation at least once a year.	.457
When exposed to the sun, uses sunscreen.	.291
As a driver or passenger, uses seat belts	.252
Respect sleep schedule: sleep between 6 to 8 hours a day.	.222
Take naps (15 to 20 minutes)	.247
Brush its teeth after every meal	.272
Usually self-medicates or buys over-the-counter medications*.	.279
Consumed cigarettes in the last year*.	.575
Usually consumes alcoholic beverages on weekends*	.578
Consumes more than two cups of coffee per day	.281
Consumes more than three personal sodas per week (coke or other) and/or energy drinks per week*	.396
Has had any experience of using marijuana, cocaine, ecstasy, among others*.	.511
Have been sexually active with sporadic partners during the last 12 months*	.534

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Uses condoms during sexual intercourse in order to prevent STIs, HIV, hepatitis, and/or pregnancy	.235
Spends time surfing the internet and social networking sites	.288
Has a plan or strategy for managing stress in his/her life	.393
Is clear about the purpose and "meaning" of your life	.714
Maintains hope for the future	.730
Accomplishes the projects he/she sets out to do	.640
Enjoys carrying out the projects he/she sets out to do	.612
Has the willpower to say NO and usually makes the right decisions	.414
Enjoys close and trusting relationships both in the family and in the social environment.	.510
Feels respect to God or something superior to achieve balance and peace in his life (religious organization, nature or social causes).	.423
Happiness and pleasure seem to have disappeared from his/her life*.	.584
Have lost interest in the things in life that were important to him/her*.	.571

Extraction method: maximum likelihood.

* Inverted scale in questions of negative connotation for the model estimation.