

## **Iceland–Family Illness Beliefs Questionnaire (ICE-FIBO) (Margaret Gisladdottir, RN, MSc and Erla Kolbrun Svavarsdottir, PhD, RN, FAAN)**

**Title of Measure:** Iceland–Family Illness Beliefs Questionnaire

**Website:** There is currently not a website

**Reference for original article(s) describing how the measure was developed and tested:**

- Gisladdottir, M., & Svavarsdottir, E.K. (2016). Development and psychometric testing of the Iceland–Family Illness Beliefs Questionnaire. *Journal of Family Nursing*, 22(3),321-338. doi:[10.1177/1074840716661593](https://doi.org/10.1177/1074840716661593)

**Purpose/Background:**

- **Purpose:** The ICE-FIBQ is a valid 7-item questionnaire that measures illness beliefs of family members of individuals with chronic illnesses
- **Background:** Drawing from an advanced nursing practice model called the Illness Beliefs Model (Wright & Bell, 2009), the instrument was developed to measure illness beliefs about (a) cause of illness, that is, etiology; (b) control of illness on family and control of family on illness; (c) effect of illness on the individual and family; (d) illness suffering; and (e) support received from health care professionals during illness

**Psychometrics:**

- Content validity was established by in-depth analysis of experts in clinical and academic family nursing. The experts were clinical nurse specialists, nurses belonging to the steering and implementation groups of the LUH Family Nursing Implementation Project, and academic nurses at the university setting, all of whom had knowledge about the Illness Beliefs Model
- Exploratory factor analysis reduced the original questionnaire from eight to seven items with a one-factor solution (Cronbach's  $\alpha = .780$ ). Confirmatory factor analysis supported the one-factor solution (Cronbach's  $\alpha = .789$ )
- According to Gisladdottir & Svavarsdottir, 2016, the Cronbach's alpha of the questionnaire for the original study was .79. In addition, the measure is valid and has adequate test–retest reliability (Gisladdottir & Svavarsdottir, 2016). The Cronbach's alpha in a study by Svavarsdottir, Kamban, Konradsdottir and Sigurdardottir, 2020 was .91; and was .80-82 in a study by Jonsdottir, Vilhjalmsson and Svavarsdottir, 2021.

**Scoring Procedure:**

- The ICE-FIBQ measures the conviction of illness beliefs on a scale ranging from 1 to 5, regarding cause of an illness, effect, control, support, and suffering – with a total score of 35.
- Higher scores point to a greater conviction about the illness beliefs held by the family member.

**Norms/Comparative Data:** No comparative data available

**Populations the measure has been used with:**

- Caregivers of adolescents and youth with eating disorders
- Caregivers of adolescents with ADHD
- Caregivers of children/adolescents with anxiety
- Caregivers of children/adolescents with depression
- Caregivers of children/adolescents with autism/Asberger's
- Caregivers of children/adolescents with juvenile idiopathic arthritis
- Caregivers of children/adolescents with epilepsy
- Caregivers of children/adolescents with Type I diabetes
- Caregivers of children with sleeping disorder
- School nurses in elementary schools

- Couples where the women dealing with cancer

**Languages the measure is available in:**

- Icelandic
- English

**Strengths and Limitations of the measure:**

- **Strengths:**
  - The strength of the ICE-FIBQ is that the development of items was based on a theoretical foundation, the Illness Beliefs Model, and participants in the studies responded to their current lived experiences with illness.
  - The measure can be used in intervention research – it is able to capture change.
  - It is a short measure and is easily applied in clinical settings.
- **Limitations:**
  - Needs to be tested with bigger samples, in RCT studies and within a variety of settings and cultures, as well as within families of individuals with a variety of health conditions.
- **References for articles that include a discussion of strengths and limitations of the measure**
  - Sawin, K.J. (2016). Measurement in family nursing: Established instruments and new directions. *Journal of Family Nursing*, 22(3), 287-297.  
doi:[10.1177/1074840716656038](https://doi.org/10.1177/1074840716656038)

**References for articles by IFNA members and others who have used the measure:**

- Duhamel F. (2017). Translating knowledge from a family systems approach to clinical practice: Insights from knowledge translation research experiences. *Journal of Family Nursing*, 23(4), 461-487. doi:[10.1177/1074840717739030](https://doi.org/10.1177/1074840717739030)
- Gísladóttir, M., & Svavarsdóttir, E. K. (2017). The effectiveness of therapeutic conversation intervention for caregivers of adolescents with ADHD: a quasi-experimental design. *Journal of Psychiatric and Mental Health Nursing*, 24(1), 15–27.  
<https://doi.org/10.1111/jpm.12335>
- Gísladóttir, M., Treasure, J., & Svavarsdóttir, E. K. (2017). Effectiveness of therapeutic conversation intervention among caregivers of people with eating disorders: quasi-experimental design. *Journal of Clinical Nursing*, 26(5-6), 735–750.  
<https://doi.org/10.1111/jocn.13412>
- Svavarsdóttir, E. K., & Gísladóttir, M. (2019). How do family strengths-oriented therapeutic conversations (FAM-SOTC) advance psychiatric nursing practice. *Journal of Nursing Scholarship*, 51(2), 214-224. <https://doi.org/10.1111/jnu.12450>
- Svavarsdóttir, E. K., Gísladóttir, M., & Tryggvadóttir, G. B. (2019). Perception on family support and predictors' of satisfaction with the healthcare service among families of children and adolescents with serious mental illnesses who are in active psychiatric treatment. *Journal of Child and Adolescent Psychiatric Nursing: official publication of the Association of Child and Adolescent Psychiatric Nurses, Inc*, 32(1), 6–15.  
<https://doi.org/10.1111/jcap.12220>
- Svavarsdóttir, E. K., Kamban, S. W., Konradsdóttir, E., & Sigurdardóttir, A. O. (2020). The impact of Family Strengths Oriented Therapeutic Conversations on Parents of Children with a New Chronic Illness Diagnosis. *Journal of Family Nursing*, 26, 3, 269-281. <https://doi.org/10.1177/1074840720840674>
- Jonsdóttir, J. I., Vilhjálmsson, R., & Svavarsdóttir, E. K. (2021). Effectiveness of a couple-based intervention on sexuality and intimacy among women in active cancer treatment: A quasi-experimental study. *European Journal of Oncology Nursing*, 52, 1-9.  
<https://doi.org/10.1016/j.ejon.2021.101975>