

**Table 4.** Health-Promoting Lifestyle Profile II: Results by Age Group<sup>a</sup>

Scale	≤ 29 years of age (group 1)			30–39 years of age (group 2)			40–49 years of age (group 3)			≥ 50 years of age (group 4)			ANOVA <i>P</i>	Post-hoc test <sup>b</sup>
	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD		
Total	57	135.9	19.2	89	133.5	21.6	87	136.6	25.9	145	141.3	22.6	0.065	N/A
Health responsibility	63	20.6	4.4	106	21.4	4.4	102	22.1	4.8	175	23.3	4.7	< 0.001	group 4 vs. groups 1, 2
Physical activity	64	18.2	5.0	105	17.1	5.4	102	17.6	5.8	172	17.9	5.8	0.605	N/A
Nutrition	63	23.2	3.5	98	23.1	4.7	98	24.0	4.9	168	24.7	4.4	0.025	group 4 vs. 2
Spiritual growth	65	27.3	4.2	102	26.7	4.8	100	27.2	5.8	169	27.8	5.0	0.319	N/A
Interpersonal relations	63	27.8	4.1	103	27.0	4.4	103	27.1	4.9	170	27.4	4.7	0.715	N/A
Stress management	63	18.4	3.7	106	18.3	3.8	102	18.9	4.1	178	19.7	4.1	0.037	group 4 vs. 2

<sup>a</sup>Participants who missed one or more items on a given scale or subscale were excluded from data analysis, to ensure that incomplete responses didn't alter the calculated means. Total *n* is smaller than *n* for any given subscale because relatively fewer participants answered all of the questions and completed all of the subscales.

<sup>b</sup>Post-hoc tests: for health responsibility, Scheffé test; for nutrition and stress management, Tukey test.

**Table 5.** Health-Promoting Lifestyle Profile II: Results by Nursing Position<sup>a</sup>

Scale	Staff nurses (group 1)			Nurse managers (group 2)			Clinical educators (group 3)			Faculty (group 4)			ANOVA <i>P</i>	Post-hoc test <sup>b</sup>
	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD		
Total	272	135.4	22.7	24	146.9	22.9	19	139.2	17.5	18	145.3	25.2	0.037	group 2 vs. 1
Health responsibility	323	21.7	4.6	28	24.4	4.5	21	21.5	4.6	23	25.43	4.9	< 0.001	group 1 vs. groups 2, 4 group 3 vs. 4
Physical activity	321	17.4	5.4	28	18.5	7.5	21	19.1	6.2	22	19.1	5.4	0.219	N/A
Nutrition	311	23.7	4.4	26	24.7	4.6	22	25.1	4.2	19	25.4	5.2	0.159	N/A
Spiritual growth	316	26.7	5	27	29.2	4	20	27.9	4.3	22	30.6	4.6	< 0.001	group 1 vs. 4
Interpersonal relations	321	27.1	4.7	27	27.9	4.1	22	26.4	3.4	23	29.7	4.9	0.043	group 1 vs. 4
Stress management	325	18.8	4.2	28	20.7	3.5	22	19.4	4	23	20	4.9	0.074	N/A

<sup>a</sup>Participants who missed one or more items on a given scale or subscale were excluded from data analysis, to ensure that incomplete responses didn't alter the calculated means. Total *n* is smaller than *n* for any given subscale because relatively fewer participants answered all of the questions and completed all of the subscales.

<sup>b</sup>Post-hoc tests: for total, the least significant difference test; for health responsibility and spiritual growth, Scheffé test; for interpersonal relations, Tukey test.

**Table 6.** Health-Promoting Lifestyle Profile II: Total Years of Practice as an RN<sup>a</sup>

Scale	<i>n</i>	<i>r</i>	<i>P</i>
Total score	377	0.074	0.151
Health responsibility	446	0.162	0.001
Physical activity	443	0.020	0.681
Nutrition	427	0.126	0.009
Spiritual growth	435	0.016	0.732
Interpersonal relations	439	0.004	0.933
Stress management	449	0.104	0.027

<sup>a</sup>Participants who missed one or more items on a given scale or subscale were excluded from data analysis, to ensure that incomplete responses didn't alter the calculated means. Total *n* is smaller than *n* for any given subscale because relatively fewer participants answered all of the questions and completed all of the subscales.

**Table 7.** Health-Promoting Lifestyle Profile II: Results by Educational Level<sup>a</sup>

Scale	Associate's (group 1)			Bachelor's (group 2)			Master's (group 3)			Doctorate (group 4)			ANOVA <i>F</i>	ANOVA <i>P</i>	Post-hoc test <sup>b</sup>
	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD	<i>n</i>	Mean	SD			
Total	82	137.9	24.9	158	139.2	23.4	46	137.8	19.6	6	151	21.5	0.635	0.593	N/A
Health responsibility	101	22.2	5.09	182	22.1	4.8	55	22.8	4.3	7	26.3	4.7	1.927	0.125	N/A
Physical activity	100	17.8	6	183	18.1	5.6	54	18.4	5.1	7	18.4	4.4	0.187	0.906	N/A
Nutrition	99	24	4.9	175	24	4.4	51	24.4	4.3	6	27.5	5.5	1.181	0.317	N/A
Spiritual growth	96	27.2	5.3	182	27.2	4.9	54	28.6	5.1	7	32.3	3.5	3.221	0.023	group 4 vs. groups 1, 2
Interpersonal relations	100	26.9	4.9	181	27.5	4.3	54	27.3	4.8	7	28.9	4.1	0.560	0.642	N/A
Stress management	98	18.8	4.7	186	19.1	4.2	56	19.7	3.8	7	19.3	4.8	0.443	0.723	N/A

<sup>a</sup>Participants who missed one or more items on a given scale or subscale were excluded from data analysis, to ensure that incomplete responses didn't alter the calculated means. Total *n* is smaller than *n* for any given subscale because relatively fewer participants answered all of the questions and completed all of the subscales.

<sup>b</sup>Post-hoc test: for spiritual growth, Tukey test.