

Title: A systematic review of measures of motivation in healthcare

Authors: Sneha Shankar, Bill Miller, Tal Jarus

Objectives: To identify and critically appraise tools that measure motivation in healthcare.

Summary of Background Data: Numerous studies often report motivation as a determinant towards patient recovery and functional outcomes. However, there is no consistent way of defining and measuring motivation. The purpose of this study is to systematically review the literature to examine how motivation is measured in healthcare.

Methods: Searches were run on electronic databases: Cochrane, Medline, CINAHL, PsychINFO, ERIC, Embase, and HaPI. Key search terms for motivation included: adherence, achievement, goal, intention, engage and compliance, along with variations of the word measure: tool, scale, test, and questionnaire. Coefficients that provide data on validity and reliability will be extracted.

Results: All studies reported heterogeneous descriptions of motivation.

Conclusion: Although various studies proclaim to measure motivation, the components used to define motivation vary considerably between tools.