

# eHealth Literacy Scale: An Nursing Analysis and Italian Validation

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**Abstract.** Background One of the scales most used to measure quickly and easily eHealth Literacy is the eHealth LiteracyScale (eHEALS); however, there was no validation of this scale in Italian. Therefore, the aim of this study was to adapt and validate the eHealth Literacy Scale (eHEALS) to the Italian context. Methods: Italian translation of eHEALS was administered along with another two scales for measuring lifestyle habits, self-esteem, and life satisfaction. A sample of 650 university students aged between 18 and 45 years was selected. An exploratory factor analysis, confirmatory factor analysis, analysis of invariance, reliability, stability, and bivariate correlations were performed. Results: Exploratory factor analysis revealed a monofactorial structure that explained 67% of variance. Reliability of 0.87 and test-retest correlation of 0.78 were obtained. The questionnaire was invariant by gender. Regarding criterion validity, statistically significant and positive correlations between 0.05 and 0.15 with three indicators were obtained (self-esteem, lifestyle habits, and life satisfaction). The Italian version of the eHEALS tested in this work has shown to be a valid and reliable scale to measure eHealth competence in university students.