



The AAQ-II Translation to Georgian: A Preliminary Validation Study



Gogichadze, N., Ilia State University, Georgia, GNNT
Lodia, T. Ph.D., Ivane Javakhishvili Tbilisi State University, Georgia, GNNT
Meparishvili, N. Ph.D., Ilia State University, Georgia, GNNT
Polaha, J. Ph.D., Department of Family Medicine, East Tennessee State University

Background and Aim

The Acceptance and Action Questionnaire-II (AAQ-II) was developed to measure the central tenets of Acceptance and Commitment Therapy (ACT) – psychological inflexibility, acceptance, and experiential avoidance (Bond et al., 2011). Consistent with the theoretical orientation, Bond et al. showed the AAQ-II reliably predicts a range of outcomes from mental health to work absenteeism. The AAQ-II has been translated and studied in at least 22 languages.

The present study aims to identify psychometric functioning of the Georgian version. This study represents the first ACT-oriented empirical endeavor in the Republic of Georgia, a developing country.

Method

AAQ-II translated to Georgian using best practice procedures recommended in the literature (Borsa, Damasio, & Bandeira, 2012). Two established (in Georgian) measures were identified for parallel study: 1) World Health Organization’s WHO-5, a short self-report instrument which measures subjective psychological well-being dimension of overall perceived quality of life, and; 2) Satisfaction with Life Scale (SWLS; Diener, Emmons, Larsen, & Griffin, 1985), which assesses global Life Satisfaction.

All measures distributed among students/staff of Tbilisi Ilia State University in the Republic of Georgia using an online interface.

AAQ-II in Georgian

ინსტრუქცია: მიღების და მოქმედების კითხვარი

ქვემოთ მოცემულია დებულებები და შესაბამისი შეფასების სკალა. განსაზღვრეთ რამდენად მართებულია თითოეული დებულება თქვენს შემთხვევაში და შემოხაზეთ შესაბამისი ციფრი.

	7	6	5	4	3	2	1
ყოველთვის მართებულია							
თითქმის ყოველთვის მართებულია							
ხშირად მართებულია							
ხანდახან მართებულია							
იშვიათად მართებულია							
ძალიან იშვიათად მართებულია							
არასოდეს მართებულია							
always true							
almost always true							
frequently true							
sometimes true							
seldom true							
very seldom true							
Never true							
1. ჩემი მტკიცებულებები გამომდის და მოგონებები სირთულეებს მიქმნის. My painful experiences and memories make it difficult for me to live a life that I would value.							
2. მე შეშინია ჩემი გრძობების. I'm afraid of my feelings.							
3. მე ვეღვაძე, რომ ვერ შევძლებ საკუთარი შფოთვის და გრძობების კონტროლს. I worry about not being able to control my worries and feelings.							
4. მტკიცებულებები მოგონებები ხელს მიშლის, რომ მქონდეს სრულფასოვანი ცხოვრება. My painful memories prevent me from having a fulfilling life.							
5. ემოციები პრობლემებს იწვევს ჩემს ცხოვრებაში. Emotions cause problems in my life.							
6. შეგონია, რომ ადამიანების უმრავლესობა უკეთ უმკლავდება ცხოვრებას, ვიდრე მე. It seems like most people are handling their lives better than I am.							
7. ჩემი დარდი და შფოთვა მიშლის ხელს წარმატების მიღწევაში. Worries get in the way of my success.							

Results

352 participants completed the measures
79% of the sample were Bachelor’s level students and the remainder were graduate students and administrative staff.

Analyses of the Cronbach's alpha showed acceptable internal validity:
AAQ-II ($\alpha = .863$)
WHO-5 ($\alpha = .873$)
SWLS ($\alpha = .959$)

Analyses revealed a negative correlation between psychological flexibility as measured by the AAQ-II and WHO-5 ($r = -.336, p \leq .001$). No significant correlation was found between WHO-5 and SWLS, or AAQ-II and SWLS.

A regression analysis was performed to determine if psychological flexibility as measured by the AAQ-II predicted well-being, as measured by the WHO-5. A significant regression equation was found ($\beta = .336, p < .001$), with an adjusted $R^2 = .114$. These results indicate that psychological flexibility is a significant predictor of well-being, demonstrating the construct validity of the AAQ-II.

Discussion

Results provide some support that the Georgian translation of the AAQ-II appears to be an appropriate and valid measure for assessing psychological flexibility.

The common sense understanding of life satisfaction is that it is an obtainable point unlike psychological flexibility, the concept of life satisfaction for Subject Well being is more “stabilizing” while flexibility can be considered as mobilizing and this association requires only very small connection.

The regression analyses between few item scales of psychological flexibility and wellbeing showed a weak connection of their distribution.

This preliminary study is the first to initiate the translation of essential ACT concepts to the Republic of Georgia and paves the way for future research and clinical endeavors, particularly the important connection between these researchers and others doing like-work in other countries.

Future Directions

Further research is needed to identify factors causing contradiction of the current findings with previous research indicating “Positive associations between Presence of Meaning and psychological well-being”.

This preliminary research establishes a measure for Georgian clinical practitioners interested in the application of ACT for use in evaluating patients.

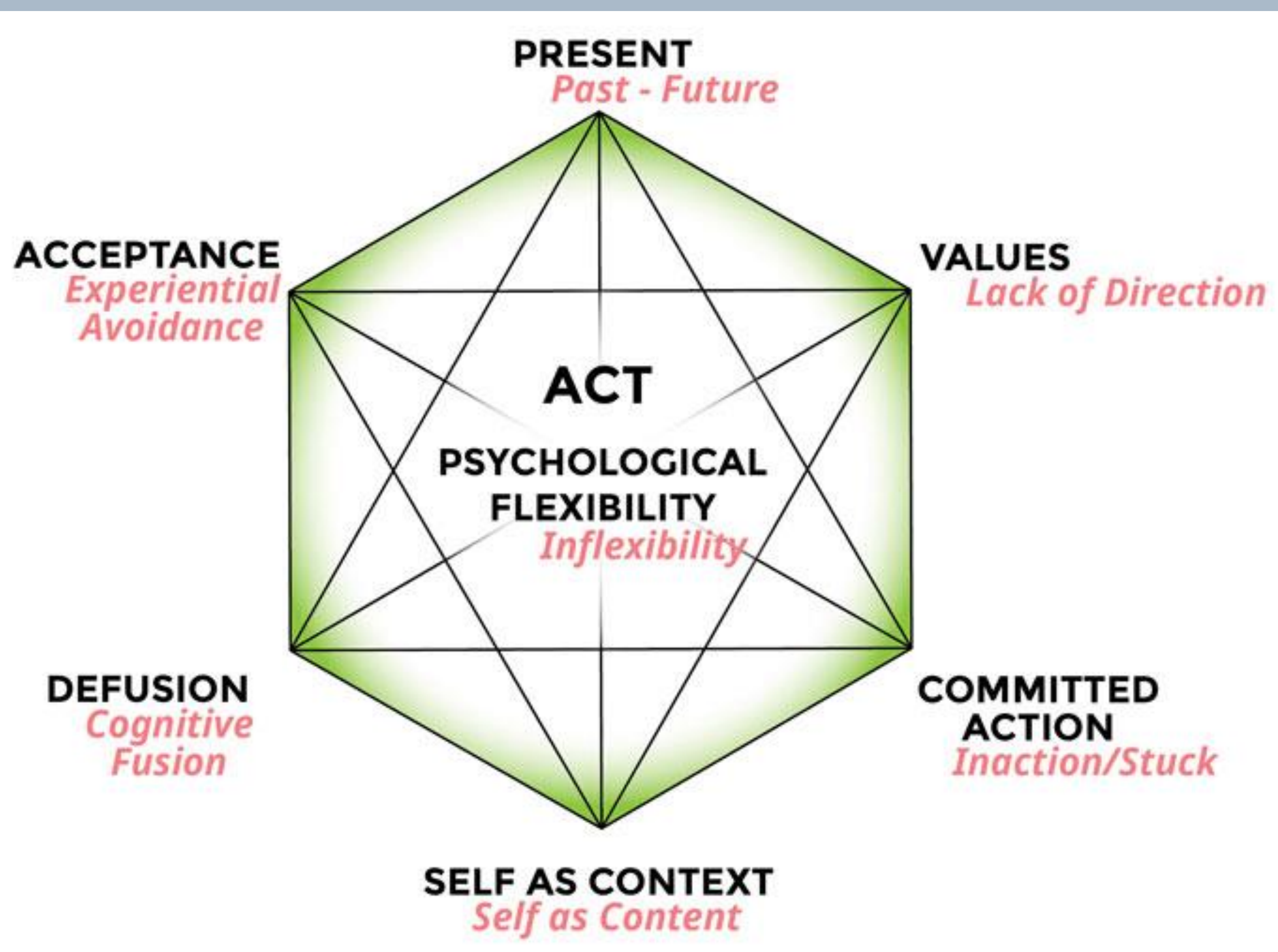
References

Bond, F. W., Hayes, S. C., Baer, R. A., Carpenter, K. C., Guenole, N., Orcutt, H. K., Waltz, T., & Zettle, R. D. (2011). Preliminary psychometric properties of the Acceptance and Action Questionnaire – II: A revised measure of psychological flexibility and acceptance. *Behavior Therapy*, 42, 676-688.

Borsa, J. C., Damasio, B. F., Bandeira, D. R., (2012). Cross-cultural adaptation and validation of psychological instruments: Some considerations. *Paideia*, 22 (53), <http://dx.doi.org/10.1590/S0103-863X2012000300014>

Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The Satisfaction with Life Scale. *Journal of Personality Assessment*, 49, 71-75. World Health Organization’s (Five) Well-Being Index <http://www.dawnstudy.com/content/dam/Dawnstudy/AFFILIATE/www-dawnstudy.com/Home/TOOLSANDRESOURCES/Documents/WHO-5.pdf>

World Health Organization’s (Five) Well-Being Index © Psychiatric Research Unit, WHO Collaborating Center for Mental Health, Frederiksberg General Hospital, DK-3400 Hillerød, https://www.psykiatri-regionh.dk/who-5/Documents/WHO5_English.pdf



This research was conducted with support of D. Uznadze Institute of Psychology at Ilia State University