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1. OBJECTIVE

- Valued Living Questionnaire (VLQ) is a self-evaluating scale that has been developed to measure the extent to which an individual contacts his/her chosen values(1), an important construct in Acceptance and Commitment Therapy(2).
- The aim of this study was to examine validity and reliability of the Turkish version of "Valued Living Questionnaire (VLQ) in non-clinical sample.



2. METHOD

Study sample consist of;

- 210 healthy volunteers including hospital employees and their relatives who had no psychiatric complaints between the age of eighteen to sixty five.
- 60.5% (n=127) were female
- mean age: 35,93±10,77 years (age range:18-65 years)

Process;

- Translation and back-translation of VLQ:** The translation of the original VLQ to Turkish carried out by authors. Each of them translated VLQ independently from each other. Back-translation was provided by a bilingual translator. After back-translation, original version of VLQ and back-translated version compared and final version of Turkish VLQ completed.
- Pilot assessment**
- Collecting data:** All participants completed the following data on one session.

3. RESULTS

-Statistically significant results supported TVLQ's reliability.

Inter-item consistency

Cronbach's alpha value of Turkish version of VLQ;

TVLQ-importance: 0,793
TVLQ-consistency: 0,883
TVLQ-composite: 0,879

- Also all items were positively correlated with each other.
- Composite score were negatively correlated with AAQ-II ($r = -0,195$; $p < 0,01$).

2. METHOD

The measurements are;

- Socio- demographic Data Form,
- Turkish version of VLQ (TVLQ) ,
- Acceptance and Action Questionnaire-II (AAQ-II)

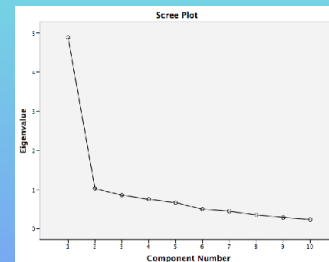
Statistical Analysis

- Cronbach's alpha value for internal consistency
- Item dimension-total correlation
- Test-retest validity
- Principal component analysis for factor analysis
- Pearson Correlation Analysis for convergent validity.

Principal component analysis

Component	Extraction Sums of Squared Loadings		
	Total	% of Variance	Cumulative %
1	4.887	48.870	48.870

- Principal factor analysis performed and it was detected that one dimension explained 48,87% of the total variance.
- Factor loading were changing between 0,58 and 0,83.



Test-retest validity

The correlations between test-retest (after two week) with a sample of 10 subjects were;

TVLQ-importance: $r = ,889$, $p = 0,001$
TVLQ-consistency: $r = ,776$, $p = 0,014$
TVLQ-composite: $r = ,850$, $p = ,004$

4. DISCUSSION

- According to our results, TVLQ appears to have strong internal consistency, temporal validity.
- TVLQ has similar factorial structure as the original VLQ version in non-clinical sample.

References:

1. Wilson, K. G., Sandoz, E. K., Kitchens, J., & Roberts, M. E. (2010). The Valued Living Questionnaire: Defining and measuring valued action within a behavioral framework. *The Psychological Record*, 60, 249-272.
2. Steven C. Hayes, Kirk D. Strosahl, Kelly G. Wilson. *Acceptance and commitment therapy : The Process and Practice of Mindful Change*, The Guilford Press, 2012