Turkish Version of VLQ: Preliminary Analysis of Reliability and Validity In Bipolar I Disorder and Schizophrenia Sample

TURKEY ACBS

TÜRBAD

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1. OBJECTIVE

- Valued living has been posited as a primary core process of Acceptance and Commitment Therapy (ACT) and has been theoretically associated with other core processes like mindful acceptance, and many important outcomes such as decreased psychological distress and improvements in quality of life(1). Valued Living Questionnaire (VLQ) is a self-evaluating scale that systematically assesses valued living, or the extent to which an individual contacts his or her chosen values in everyday life, from an ACT perspective(2).

- The aim of this study was to examine validity and reliability of the Turkish version of "Valued Living Questionnaire (VLQ) in clinical sample.

2. METHOD

Study sample consist of;

- **101** participants who diagnosed **Bipolar I Disorder** and **110** participants who diagnosed **schizophrenia** being treated in the outpatient clinic of Bakirkoy Research and Training Hospital for Psychiatry and Neurology Hospital between the age of eighteen to sixty five
- 50,7% (n=107) were female.
- mean age: 39,46±8,76 years (age range: 21-64 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.

2. METHOD

The measurements are;

- Socio- demographic Data Form,
- Turkish version of VLQ (TVLQ) ,
- Acceptance and Action Questionnaire-II (AAQ-II),
- Self As Context Scale (SACS),
- Cognitive Fusion Questionnaire (CFQ),
- Freiburg Mindfulness Inventory (FMI),
- Positive and Negative Syndrome Scale (PANSS) and Quality of Life Scale (QoLS) for schizophrenia group ,
- Bipolar Disorder Functioning Questionnaire (BDFQ) for Bipolar Disorder group.

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.

3. RESULTS

- With respect to reliability, good internal consistency was found with both the bipolar disorder and schizophrenia samples.

Inter-item consistency
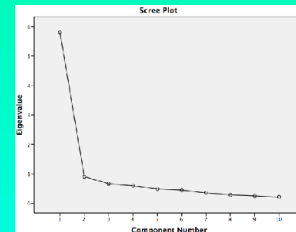Cronbach's alpha value of Turkish version of VLQ;

TVLQ-importance: 0,807
TVLQ-consistency: 0,916
TVLQ-composite: 0,918

- Also all items were positively correlated with each other.

- Composite score was correlated with AAQ-II (r= -0,429; p<0,001), FMI (r= 0,529; p<0,001), CFQ (r= -0,373; p<0,001) and SACS (r= 0,591; p<0,001).

Principal component analysis

Component	Extraction Sums of Squared Loadings		
	Total	% of Variance	Cumulative %
1	5.798	57.979	57.979

- Principal factor analysis performed and it was detected that one dimension explained 57,98 % of the total variance.
- Factor loading were changing between 0,64 and 0,84.

Scree Plot

Test-retest validity

The correlations between test-retest (after two week) with a sample of 15 subjects were;

TVLQ-importance: r=,913, p<0,001
TVLQ-consistency: r=,912, p<0,001
TVLQ-composite: r=,894, p<0,001

4. DISCUSSION

- According to our results, TVLQ appears to have strong internal consistency, temporal validity.
- TVLQ is a reliable and valid scale for the assessment of valued living in clinical bipolar disorder and schizophrenia population.

References:

1. Steven C. Hayes, Kirk D. Strosahl, Kelly G. Wilson. Acceptance and commitment therapy : The Process and Practice of Mindful Change, The Guilford Press, 2012
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Turkish chapter website:
www.baglamsalbilimler.org