

## 1. Introduction

➤ Acceptance and Commitment Therapy (ACT) is a treatment that focuses on enhancing the psychological flexibility of individuals by helping them focus on their own values rather than reducing their symptoms(Eifer & Forsyth, 2005; Wilson, & Sandoz, 2008). The value of ACT therapy is beyond momentary motivation or desire, leading to continued meaningful behavior in individuals. Value also plays a role in providing the purpose and direction of life. However, there is no adequate tool to assess the value of ACT. In this study, a validation study of the Korean version of Valuing Questionnaire(K-VQ) was conducted as an appropriate evaluation tool to reliably measure the ‘value’ of ACT therapy.

## 2. Method

➤ **Participants**

- 390 Korean university students of both gender(112 males, 278 females)

➤ **Measurements**

- Korean version of Valuing Questionnaire(Yoo, 2017)
- Korean version of Satisfaction with Life Scale(Cho & Cha, 1998)
- Korean version of Acceptance and Action Questionnaire II(Heo, Choi & Jin,2009)
- Korean version of Mindful Attention Awareness Scale(Kwon & Kim, 2007)
- Korean version of Meaning of Life Questionnaire(Won, Kim & Kwon, 2005)
- Korean version of Beck Anxiety Inventory(Kwon, 1992)

- Korean version of Beck Depression Inventory(Lee & Song, 1991)
- Korean version of Positive and Negative Affect Schedule(Lee, Kim & Lee, 2003)

➤ **Research Procedure**

- Step 1 : Translation of items
- Step 2 : Exploratory and confirmatory analysis
- Step 3 : Identify reliability and validity

➤ **Data Analysis** : Technology Analysis, Reliability Analysis, Correlation Analysis, Factor Analysis, Hierachical Multiple Regression Analysis

## 3. Results

➤ **Exploratory Factor Analysis**

- The KMO value of the sample appropriateness was .85, and Bartlett’s sphere formation test  $\chi^2=1053.739$ ,  $p < .001$  was considered to be suitable for the factor analysis.
- Factor analysis showed that two factors were extracted, factor 1(Progress) reflects value practice and includes a clear perception and patience about what is personally important. Factor 2(Obstruction) showed the same result as Smout et al.(2014), indicating avoidance of unwanted experiences and indifference to values.

● **Table 1. Exploratory factor analysis of K-VQ**

Item		Factor	
		1	2
9	I felt like I had a purpose in life	.79	.35
7	I continued to get better at being the kind of person I want to be	.77	.11
5	I made progress in the areas of my life I care most about	.76	.20
4	I was proud about how I lived my life.	.65	.49
3	I worked toward my goals even if I didn’t feel motivated to	.58	.15
2	I was basically on “auto-pilot” most of the time	.15	.75
10	It seemed like I was just “going through the motions” rather than focusing on what was important to me.	.54	.70
8	When things didn’t go according to plan, I gave up easily.	.51	.62
6	Difficult thoughts, feelings or memories got in the way of what I really wanted to do	.43	.58
1	I spent a lot of time thinking about the past or future, rather than being engaged in activities that mattered to me	.04	.57

➤**Confirmatory Factor Analysis**

- As a result of confirmatory factor analysis, GFI=.93, TLI=.90, and CFI=.92 for GFI, TLI and CFI. RMSEA=.07.
- **Table 2. The fit index of confirmatory factor analysis**

Model		$p$	df	GFI	TLI	CFI	RMSEA
K- VQ	88.80	0.000	34	0.93	0.90	0.92	0.07

➤ **Identify reliability and validity**

- The correlation coefficient between the items and the total score was .31~.62, indicating a reasonable correlation coefficient in all items when adopting the correlation as a acceptable criterion..

● **Table 3. Correlation between K-VQ, SWLS, AAQ-II, K-MAAS, MLQ, BAI, BDI, PANAS-P**

	K-VQ	SWLS	AAQ- II	K-MAAS	MLQ	BAI	BDI	PANAS-P
SWLS	.67**							
AAQ- II	.45**	.27**						
K-MAAS	.44**	.22**	.49**					
MLQ	.60**	.59**	.18**	.28**				
BAI	-.29**	-.21**	-.48**	-.47**	-.21**			
BDI	-.50**	-.43**	-.50**	-.41**	-.39**	.59**		
PANAS-P	.41**	.44**	.15**	.12*	.43**	-.06	-.30**	
PANAS-N	-.33**	-.27**	-.49**	-.37**	-.14**	.58**	.56**	.80

\*\*  $p < .01$  , \* $p < .05$

- Through the hierarchical multiple regression analysis, the Korean version of the value questionnaire explained additional variables for mental health, subjective well-being, and life satisfaction.

● **Table 4. Incremental validity analyses**

1) Hierarchical multiple regression : incremental analyses prediction of SWLS From MLQ, K-VQ					
	B		R	R	F
Step1 MLQ	.31	.59***	.34		206.69***
Step2 MLQ K-VQ	.15 3.43	.29*** .49***	.50	.15***	194.87***
*** $p < .001$					

2) Hierarchical multiple regression : incremental analyses prediction of PANAS From MLQ, K-VQ					
	B		R	R	F
Step1 MLQ	.03	.43***	.19		91.93***
Step2 MLQ K-VQ	.02 .26	.29*** .23***	.22	.03***	56.94***
*** $p < .001$					

\*\*\*  $p < .001$

\*\*\*  $p < .001$

## 4. Discussion

➤ The Purpose of this study is to reflect the cognitive, motivational, and behavioral aspects of life meaning in order to evaluate the ‘value’of ACT. The validity of the scale was verified. In the future, we hope that the Korean version of the value questionnaire will be widely applied to related variables research and ACT therapy intervention studies.