

Measuring behavior-identity fusion with the Self-Report Behavioral Identity Index (SRBII)

Background

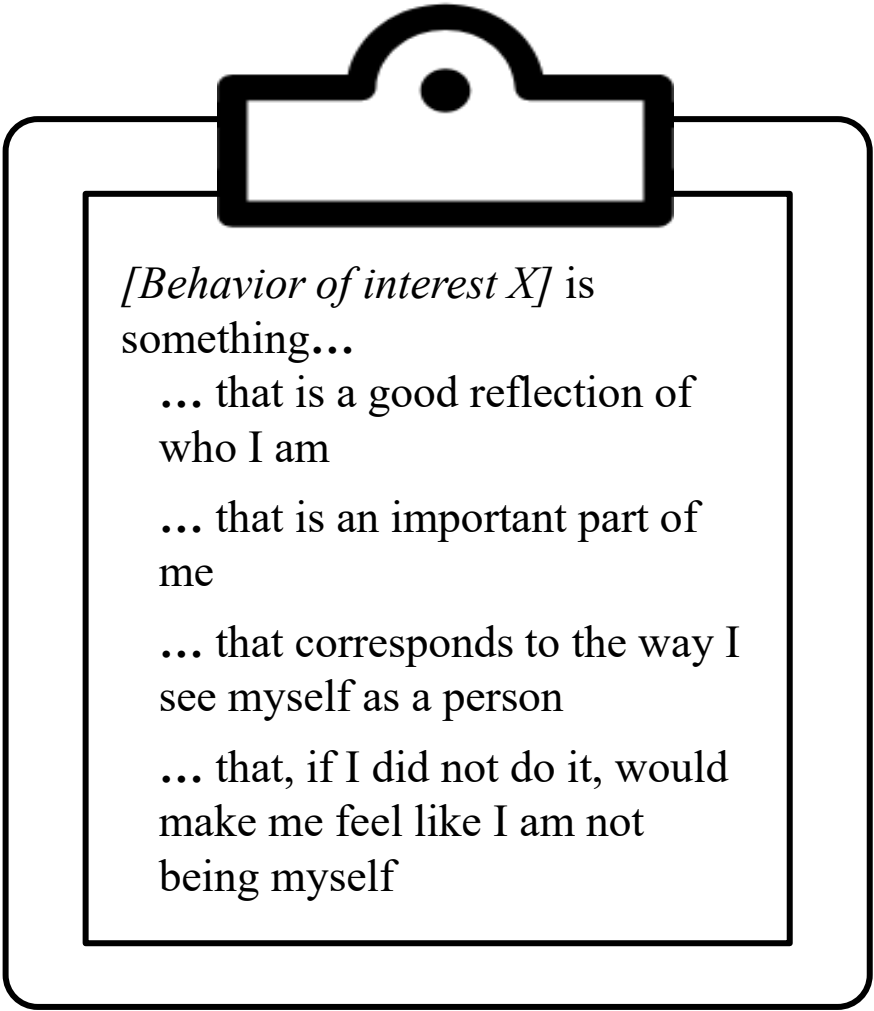
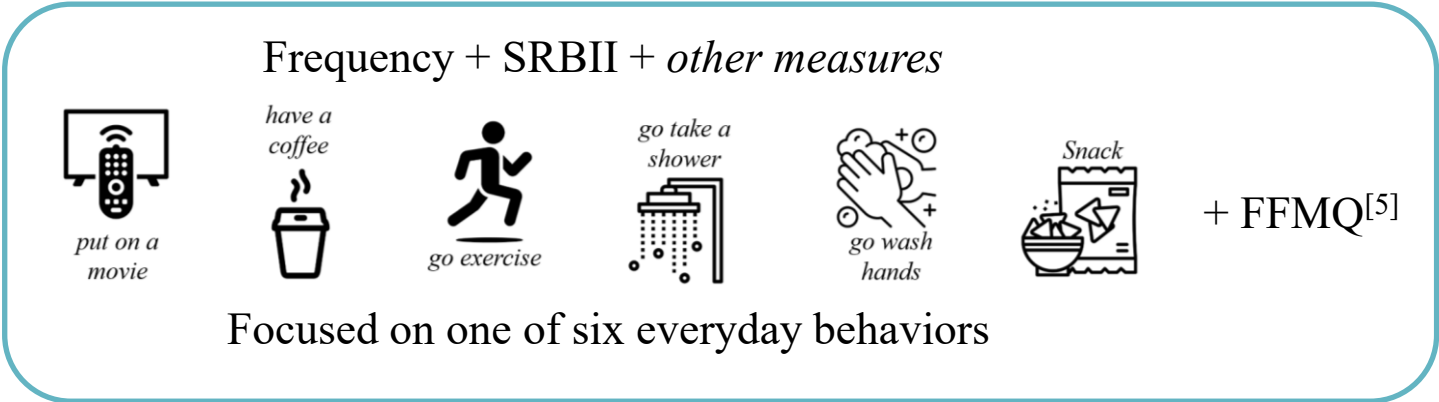
Behavioral identity reflect the integration of a behavior to one's own sense of identity (e.g., “being a smoker”) and is considered a key factor in the **crystallization of behavioral patterns**^[1-2]. From an ACT perspective, this process may be partly driven by **cognitive fusion** with **self-stories** about “who I am”^[3].

Tools assessing how identity shapes specific behavioral patterns remain scarce, limiting empirical understanding of **fusion-related inflexibility** and eventually progress in **process-based interventions**^[4]. This study validated a brief measure of behavioral identity - the Self-Report Behavioral Identity Index (SRBII)

Method

Online survey Longitudinal French sample

Baseline (n = 1243) + 3-weeks Follow-up (n = 802)



English translation of the scale

Results and discussion

1

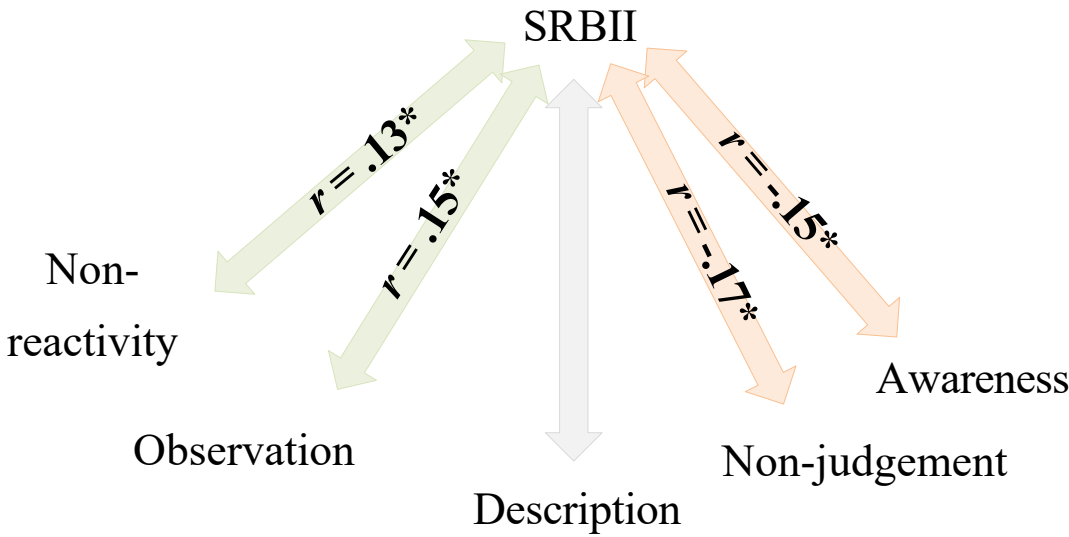
SRBII can be used to measure behavioral identity, irrespective of the type of behaviors.
However, direct comparisons of mean scores and correlation magnitudes between behaviors are precluded^[6-7].

CFA	Internal validity	Configural invariance	Metric invariance	Scalar invariance
✓	✓	✓	✗	✗

2

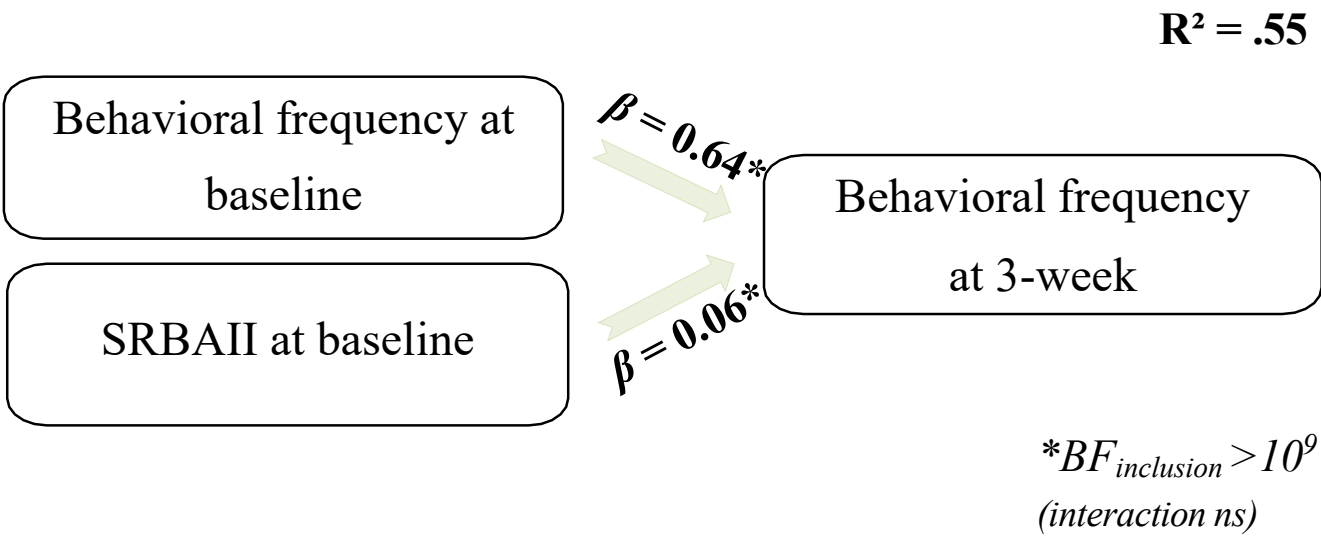
Specific behavioral identity are related to mindfulness facets

$*BF_{10} > 10$



3

Specific behavioral identity predict future behaviors at 3-week, above and beyond past ones



Limitations

Focused on everyday behaviors, and the generalizability to clinical behavior remains unknown (e.g., addictions).

Non-experimental design precludes causal inference (e.g., link between general mindfulness facets and fusion with specific behavioral identity)

Ref: [1] Kwasnicka, D., Dombrowski, S. U., White, M., & Snihotta, F. (2016). Theoretical explanations for maintenance of behaviour change: A systematic review of behaviour theories. *Health Psychology Review*, 10(3), 277-296; [2] Rise, J., Sheeran, P., & Hukkelberg, S. (2010). The role of self-identity in the Theory of Planned Behavior: A Meta-Analysis. *Journal of Applied Social Psychology*, 40: 1085-1105; [3] Hayes, S. C., Strosahl, K. D., & Wilson, K. G. (1999). *Acceptance and commitment therapy*. Guilford press New York; [4] Hayes, S. C., & Hofmann, S. G. (Eds.). (2020). *Beyond the DSM: Toward a process-based alternative for diagnosis and mental health treatment*. New Harbinger Publications; [5] Heeren, A., Douilliez, C., Peschard, V., Debrauwere, L., & Philippot, P. (2011). Cross-cultural validity of the Five Facets Mindfulness Questionnaire: Adaptation and validation in a French-speaking sample. *European Review of Applied Psychology*, 61(3), 147-151; [6] Browne, M. W., & Cudeck, R. (1992). Alternative Ways of Assessing Model Fit. *Sociological Methods & Research*, 21(2), 230-258.; [7] Chen, F. F. (2007). Sensitivity of Goodness of Fit Indexes to Lack of Measurement Invariance. *Structural Equation Modeling: A Multidisciplinary Journal*, 14(3), 464-504.