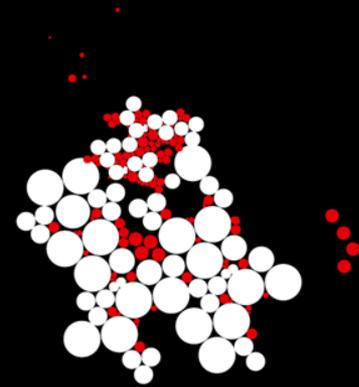


Measuring Values and Committed Action: The Engaged Living Scale



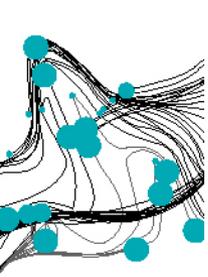
ACBS Berlin
July 2015



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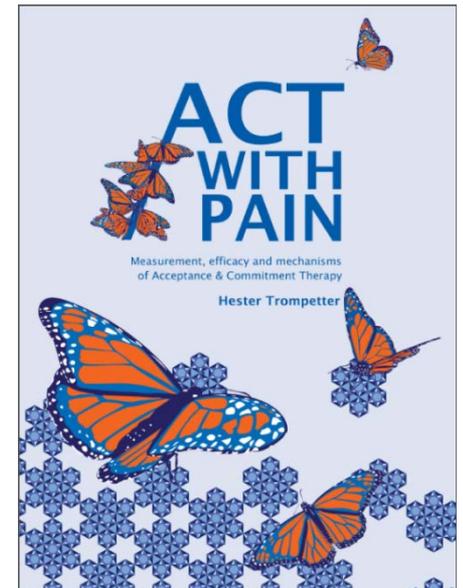
Ph.D. 2014

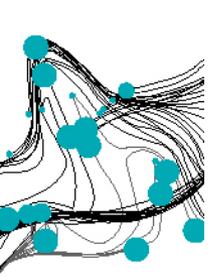


ACT with Pain: Measurement, efficacy and mechanisms of
Acceptance & Commitment Therapy



Prof Karlein Schreurs, PhD.
Prof Ernst Bohlmeijer, PhD.

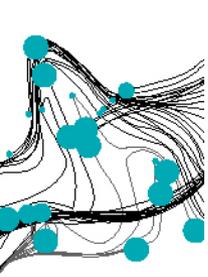




Outline

- Importance of PF process measure development
- Existing measures of values/committed action
- Development & psychometric properties of ELS
- How to move forward?

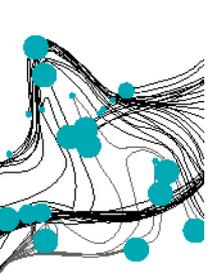




Why measure processes?

- We know that ACT is effective (e.g. Ost, 2008; Ruiz, 2010, Veehof, Oskam, Schreurs & Bohlmeijer, 2011)
- We don't know *how, why, for whom, and under what conditions.*





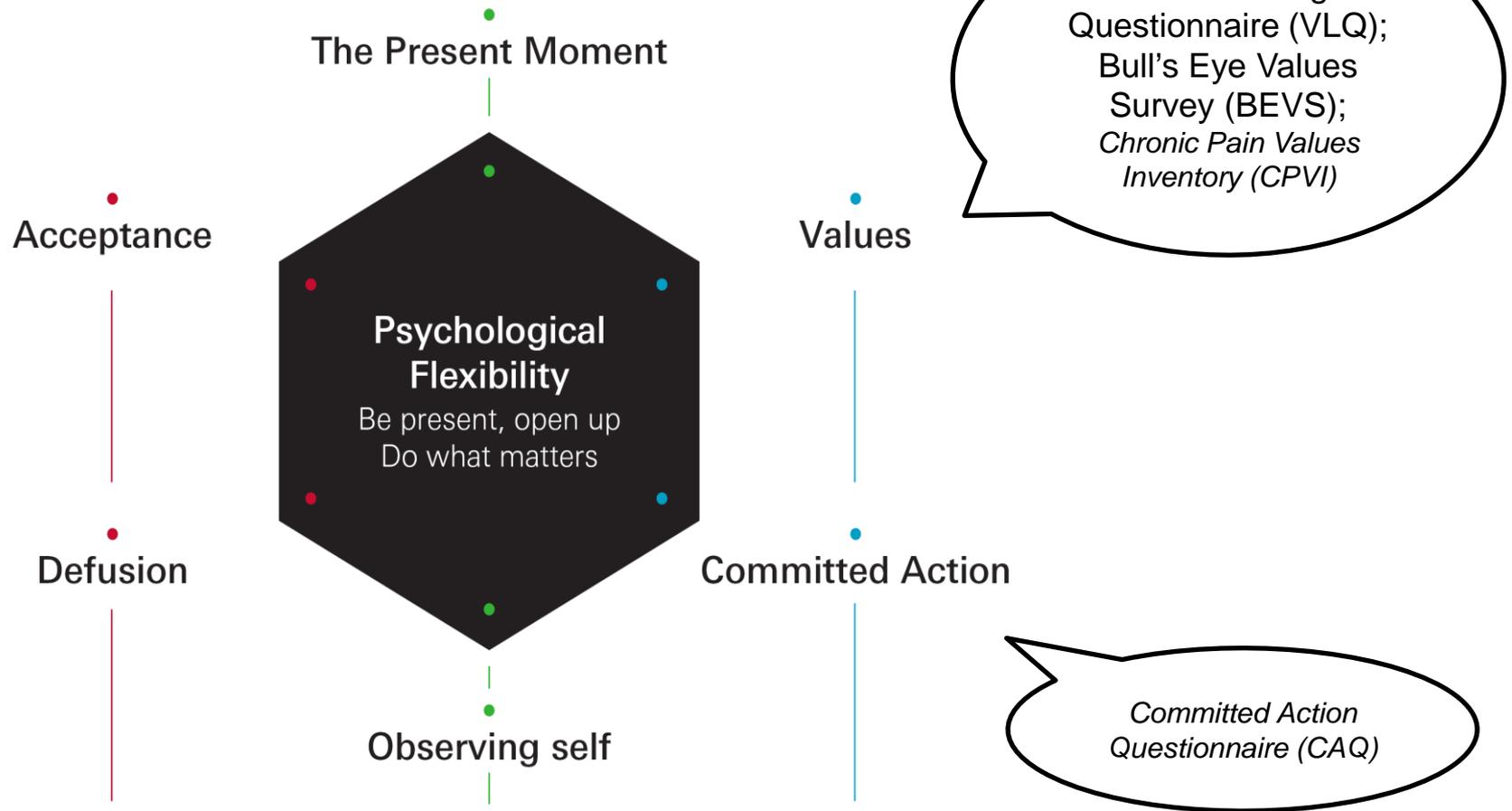
Why measure processes? (2)

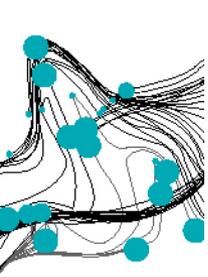
- Test and enhance theory and clinical procedures
- Guide allocation of treatment
- Tailor content of interventions

(Kazdin, 2009, Kraemer, Wilson, Fairburn & Agras, 2002)

- PF model is highly suitable for process research as it is unified, clearly defined and process-oriented (McCracken & Vowles, 2014).







Existing questionnaires

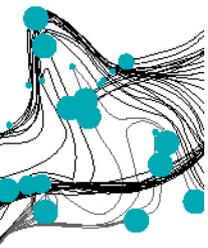
- Mostly idiographic measures from clinical practice.
- Focus on content of domain-specific values within individuals.

VLQ

- 1) Rate **importance** of predefined life domains (work, education etc)
- 2) Rate the **consistency** (VLQ) or **success** (CVPI)

(Wilson, Sandoz, Kitchens, & Roberts, 2010; McCracken & Yang, 2006)





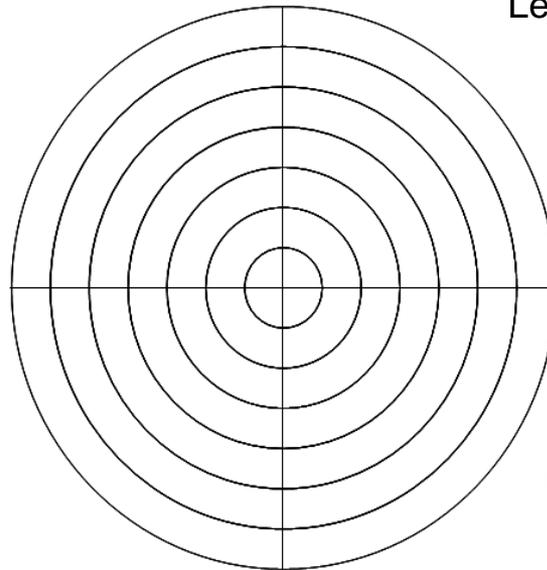
Bull's eye Values Survey (BEVS)

Lundgren, Luoma, Dahl, Strosahl, & Melin, 2012



Work &
Education

Leisure time

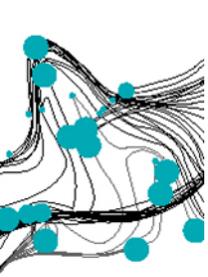


Personal
Growth &
Health

Relationships

- 1) Describe values.
- 2) Judge ('X') how close one is living to values.
- 3) Identify obstacles
- 4) To what extent do obstacles prevent you from leading valuable life?





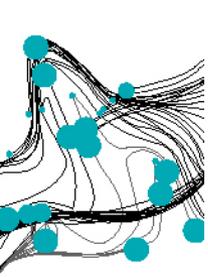
Engaged Living Scale

Aims

- Develop a *process* measure, that is....
 - Suitable for fast administration in large groups for scientific study
 - Suitable for healthy and clinical populations



87% OF THE 56% WHO COMPLETED MORE THAN 23% OF THE SURVEY THOUGHT IT WAS A WASTE OF TIME

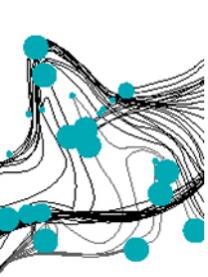


Values & committed action

- Values are a freely chosen, ongoing and dynamic 'life compass' or motivational framework for leading a meaningful life.
- Committed action helps to translate values into (short-term) goals. Commitment is necessary to keep on the valued path despite barriers one will encounter.

(Hayes, 2006; 2011)

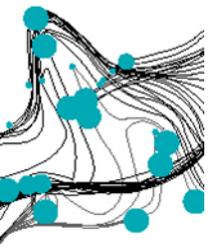




Item generation

- 1) 31 items by experts on ACT, Pos Psy & meaning in life
- 2) Based partly on questionnaires from related theories on meaning in life
- 3) Concepts: Values, Committed Action & Life Fulfillment
- 4) Pilot study in 106 psychology students
- 5) 26 items examined in both healthy sample (n 439) and chronic pain sample (n 238).





The scale

- 16 items
- Short intro on what values are and what questionnaire is about
- 5-point Likert (totally not agree – totally agree)

EXAMPLE ITEMS

I know how I want to live my life

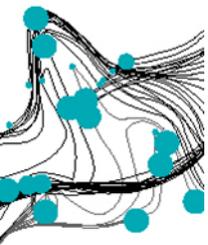
I believe that how I behave fits with my personal wants and desires

I believe that I am living life to the full right now



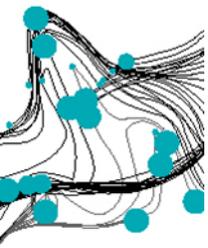
Exploratory factor analysis in healthy sample (n 439)

Item	M (SD)	Valued Living	Life Fulfillment
		$\alpha = .86$	$\alpha = .86$
I have values that give my life more meaning. (VL)	4.01 (.70)	.72	.11
I know what motivates me in life. (VL)	3.94 (.65)	.72	.12
I believe that I've found important values to live according to. (VL)	4.15 (.69)	.64	.04
I know exactly what I want to do with my life. (VL)	3.82 (.74)	.63	-.08
I make choices based on my values, even if it is stressful. (VL)	3.80 (.72)	.59	-.02
I know how I want to live my life. (VL)	4.02 (.68)	.57	-.10
I know what I want to do with my life. (VL)	3.94 (.79)	.56	-.11
I believe that my values are really reflected in my behaviour. (VL)	3.78 (.72)	.54	-.07
I believe that how I behave fits in with my personal wants and desires. (VL)	3.91 (.60)	.44	-.18
My emotions don't hold me back from doing what's important to me (VL)	3.79 (.75)	.39	-.21
I live the way I always intended to live. (LF)	3.39 (.92)	-.01	-.80
I am satisfied with how I live my life. (LF)	3.90 (.75)	-.04	-.79
Nothing can stop me from doing something that's important to me. (LF)	3.36 (.97)	.10	-.72
I believe that I am living life to the full right now. (LF)	3.47 (.94)	-.05	-.69
I make time for the things that I consider important. (LF)	3.75 (.76)	.06	-.58
I feel that I am living a full life. (LF)	3.77 (.88)	.19	-.58



	Valued Living	Life Fulfillment	Total Scale
ELS			
Total scale	.92*	.89*	--
Valued Living	--	.62*	.92*
Life fulfilment	.62*	--	.89
AAQ-II			
	.43*	.49*	.51*
SF-12			
Physical health	.15*	.25*	.22*
Mental health	.39*	.50*	.49*
NEO-FFI			
Neuroticism	-.47*	-.51*	-.55*
Extraversion	.45*	.47*	.51*
Openness	.14*	.01	.09
PWBS			
Self-acceptance	.51*	.60*	.61*
Positive relations	.45*	.47*	.51*
Personal growth	.38*	.25*	.35*
Autonomy	.40*	.31*	.40*
Environmental mastery	.55*	.61*	.64*
Purpose in life	.54*	.47*	.56*

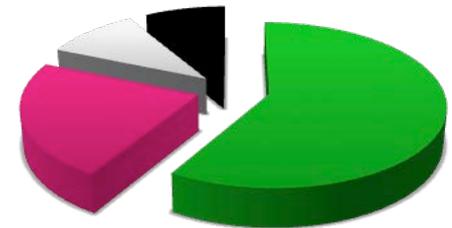


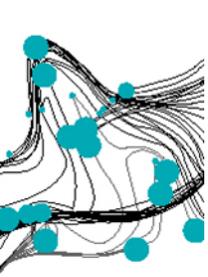


Incremental validity

- Able to explain variance in outcomes beyond existing PF process measures for other response styles?
- Yes, ELS adds beyond/over PIPS and FFMQ....
 - Pain interference in daily life (6%)
 - Psychological distress (3%)
 - Positive mental health (12%)

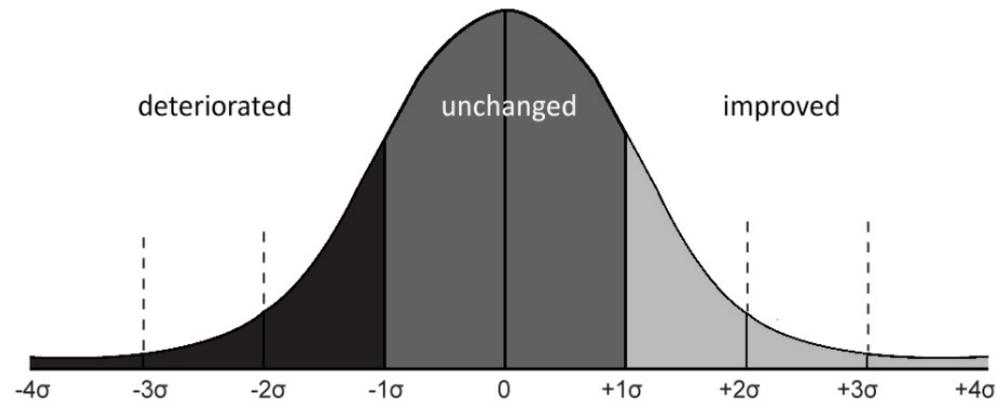
Total variance explained in models 35% - 42%

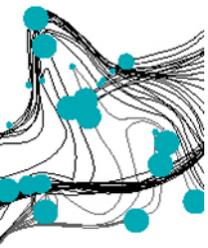




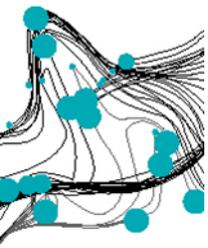
Sensitivity to change

- Assessment of ELS change in relation to change in external standard
 - Mental Health continuum SF – emotional wellbeing
 - Mental Health Continuum SF – psychological wellbeing
- During trial on web-based ACT for chronic pain





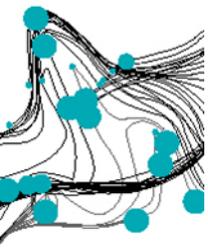
	ELS Change score	Sign. of difference	Sensitivity to change
	M_{diff} (SD_{diff})	p-value	ES ^b
Improvements in emotional well-being (n=23; 13,4%)	8,7 (8,33)	0,000	1,56
Improvements in psychological well-being (n=24; 13,9%)	10,63 (9,38)	0,000	1,21
Unchanged emotional well-being (n=130; 75,6 %)	3,76 (8,27)	0,000	0,40
Unchanged psychological well-being (n=126; 73,3%)	3,12 (8,3)	0,000	0,32
Deterioration of emotional well-being (n=19; 11 %)	-4,37 (11,45)	0,114	-0,33
Deterioration of psychological well-being (n=22; 12,8%)	-1,95 (9,76)	0,358	-0,19



Conclusion

- ELS is an easy-to-administer addition to existing idiographic questionnaires with focus on *process*.
 - Interpretable and replicable factor structure
 - Both (non)clinical samples
 - 👍 internal consistency
 - 👍 construct (convergent and divergent) validity
 - 👍 incremental validity over measures of 2 other response styles
 - 👍 sensitive or responsive to change





How to move forward?

- Last years have (luckily) seen fast growth of process measures for most facets of PF model.
- However, development of more process measures is necessary, as is *further testing of existing measures*.
- In the future, create a **recommended core set of PF measures**.
 - As short as possible, *but...*
 - ...*also* covers the whole range of PF model
 - ...*and* discriminates between different processes or response styles
 - ...*and* with evidence for incremental validity of each measure





Thanks for your attention!

Interested in PhD thesis?

Trompetter, H. R. (2014). *ACT with Pain. Measurement, efficacy and mechanisms of Acceptance & Commitment Therapy (ACT)*. Enschede, The Netherlands: University of Twente (doctoral thesis).

Please download! <http://www.utwente.nl/bms/pgt/mw/trompetter/>

Questions?

Please e-mail! h.r.trompetter@utwente.nl

Psychological Assessment

Measuring Values and Committed Action With the Engaged Living Scale (ELS): Psychometric Evaluation in a Nonclinical Sample and a Chronic Pain Sample

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