

The Brief Experiential Avoidance Questionnaire: Validation of the French Version in Non-Clinical Adults

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Background

Experiential avoidance (EA) relates to:

- (1) an unwillingness to remain in contact with particular private experiences (e.g., emotions, thoughts, memories);
- (2) actions taken to alter the form or the frequency of events or contexts that occasion them.
- ✓ Inducing the use of maladaptive avoidance strategies, plays a role in the onset and maintenance of mental health disorders and is associated with lower quality of life and poorer physical health.
- ✓ The Brief Experiential Avoidance Questionnaire (BEAQ) is considered one of the best measures of EA.

Objectives

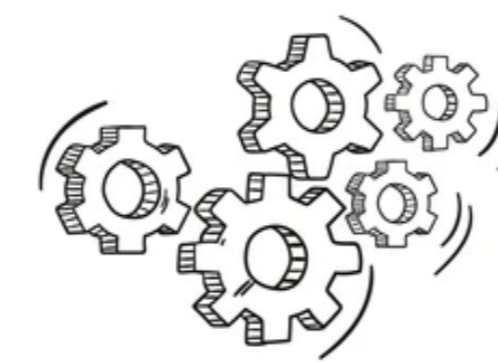


1. Translate the BEAQ into French and validate it in a sample of non-clinical adults.
2. Examine its convergent and discriminant validity in comparison to the Acceptance and Action Questionnaire –II (AAQ-II).

Methods

Three steps of validation :

1. Translation of the BEAQ into French using the translation and back-translation technique and submission to 93 psychology students to identify unclear/ambiguous items.
2. Submission of the original and the French versions of the BEAQ to 64 bilingual individuals two weeks apart to assess its content validity and test-retest reliability.
3. Submission of the BEAQ-French and other scales to 580 non-clinical adults to assess its factor structure and its convergent and discriminant validity.



Results

PHASE 2:

- ✓ No significant difference between the total scores on the English and the French version of the BEAQ ($t(63) = 0.080, p = 0.937$);
- ✓ High test-retest reliability based on the intraclass correlation coefficient ($r = .875; p < 0.001$);
- ✓ High internal consistency of the BEAQ-French based on the Cronbach's alpha ($\alpha = .87$)

PHASE 3:

Table 1:
Internal consistency of the BEAQ-French

	Total BEAQ Score	Subscale 1: Avoidance tendency	Subscale 2: Emotional awareness and action
Cronbach's alpha	.828	.827	.578

Figure 1: Factor structure of the BEAQ-French

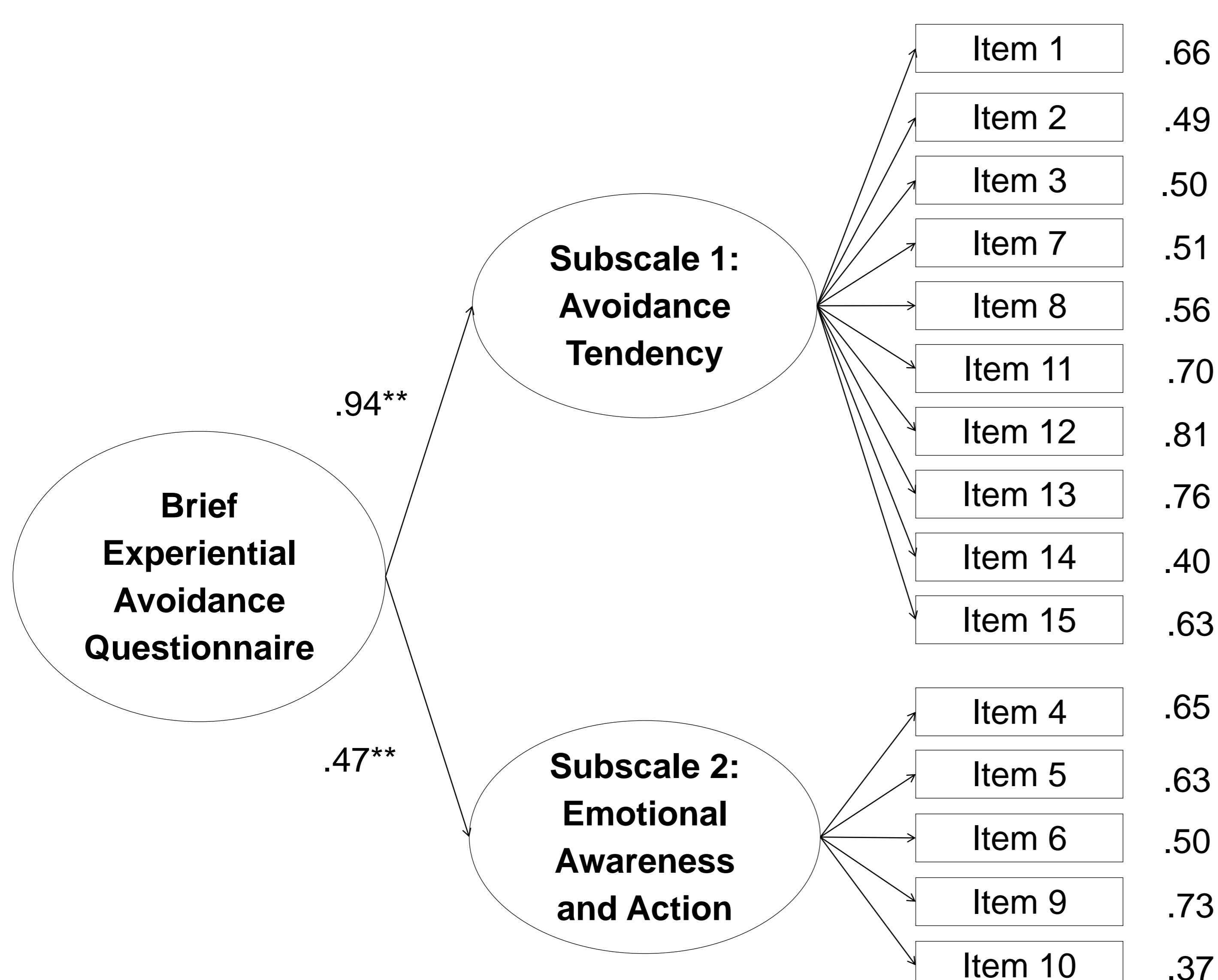


Table 2:
Convergent and discriminant validity of the French-BEAQ

	BEAQ-Total Score	Subscale 1: Avoidance tendency	Subscale 2: Emotional awareness and action
SWLS	-.314**	-.236**	-.349**
AAQ-II	-.543**	-.449**	-.526**
PANAS-PA	-.366**	-.249**	-.457**
PANAS-NA	.320**	.242**	.352**
HADS-A	.338**	.280**	.326**
HADS-D	.368**	.293**	.378**
BFI-E	-.146**	-.074	-.232**
BFI-A	-.124**	-.089*	-.145**
BFI-C	-.209**	-.071	-.402**
BFI-N	.227**	.152**	.291**
BFI-O	-.160**	-.118**	-.182**

Note. BEAQ = Brief Experiential Avoidance Questionnaire; SWLS: Satisfaction With Life Scale; AAQ-II: Acceptance and Action Questionnaire-II; PANAS-PA: Positive and Negative Affect Schedule-Positive Affect; PANAS-NA: Positive and Negative Affect Schedule-Negative Affect; HADS-A: Hospital Anxiety and Depression Scale-Anxiety; HADS-D: Hospital Anxiety and Depression Scale-Depression; BFI-E: Short Form of the Big Five Inventory-Extraversion; BFI-A: Short Form of the Big Five Inventory-Agreeableness; BFI-C: Short Form of the Big Five Inventory-Conscientiousness; BFI-N: Short Form of the Big Five Inventory-Neuroticism; BFI-O: Short Form of the Big Five Inventory-Openness

Conclusion

The BEAQ-French presents good internal consistency, high test-retest reliability and good convergent and discriminant validity. It consists of two factors and can be used in research and clinical practice as a rapid and specific measure of EA.

It exhibits better convergent and discriminant validity compared to the AAQ-II and appears to be a more specific measure of EA than the AAQ-II.

References

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