

Factor structure, internal consistency and criterion validity of the Committed Action Questionnaire (CAQ-8)

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1.- INTRODUCTION AND AIMS

Committed action is one component of the Acceptance and Commitment Therapy model. It involves a flexible persistence over time in behaving in ways consistent with one's values. This is a particularly important aspect in patients with chronic health conditions such as chronic pain. In order to understand the role of this construct in pain acceptance and disability, reliable and valid measures are needed. The objective of this study was to evaluate the factor structure, internal consistency and criterion validity of the Committed Action Questionnaire (CAQ-8) when used with Spanish speaking individuals with chronic pain.

2.- METHODS

Procedure

An online questionnaire was developed for this study. Linguistic translation of the CAQ-8 into Spanish was performed using a back-translation procedure. The scale developer indicated that the back-translated version was faithful to the original. No developmental adjustment to the wording was deemed necessary. A sample of 258 individuals with chronic pain participated. The study protocol was approved by the Internal Review Board of the Universitat Rovira i Virgili.

Measures

Participants answered to measures of committed action, pain-related disability, mental and Physical Health, pain intensity, depression and anxiety general acceptance and commitment.

Data analyses

Confirmatory factor analyses (CFA), Cronbach alpha coefficients and Pearson correlation coefficients were performed to evaluate the factor structure, the internal consistency and the validity of the CAQ-8.

3.- RESULTS

The findings supported a two-factor structure, with $\chi^2 = 35.4$ ($p < 0.01$), the comparative fit index = 0.88, the standardized root mean square residual = 0.08, and the root mean square error of approximation = 0.038. The measure also provided reliable ($\alpha = 0.82$) and valid scores (as evidenced by significant correlations with pain acceptance and disability, anxiety and depression).

Table 1. Demographic information of participants (N = 258).

Variable	Percent (%)	N	Mean (SD)
Age, years		258	47 (10.80)
Sex			
Women	92	237	
Men	8	21	
Educational level			
Primary school	11	29	
High school	9	24	
Bachelor's degree	15	39	
Professional formation	26	67	
University degree	36	93	

Table 2. Factor loadings resulting from CFA

Factor	Item	Factor loadings
1	1	0,82
	2	0,89
	3	0,80
	4	0,84
2	5	0,47
	6	0,70
	7	0,91
	8	0,55

Table 3. Pearson's correlations between CAQ and criteria variables

Pain acceptance	.55*
Disability	.35*
Anxiety	.49*
Depression	.68*

* $p < .01$

4.- CONCLUSIONS

The results indicate that the CAQ-8 has a 2-factor structure and provide reliable and valid scores when used with Spanish speaking individuals with chronic pain.

ACKNOWLEDGEMENTS:

This study was partly funded by Obra Social de CaixaBank, MINECO (PSI2015-70966-P), the European Regional Development Fund (ERDF), and Fundación Grünenthal.



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