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Positive Beliefs About Rumination Scale-adapted: Validation of the Portuguese Version

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Introduction: Watkins and Moulds (2005) adapted the Positive Beliefs about Rumination Scale (PBRs; Papageorgiou and Wells, 2001) to reduce confounds with mood states. The items keep the meaning that recurrent thinking about feelings would be helpful, but direct mentions of rumination, depression and negative mood or events were omitted.

Objective: To investigate the psychometric properties of the PBRs-Adapted Portuguese version.

Methods: A community sample of 552 university students (425 girls; 80.3%; mean age=19.72±1.147) answered the Portuguese preliminary version of the PBRs-A, and the validated Portuguese versions of other self-reported questionnaires: Perseverative Thinking Questionnaire/PTQ-15; Repetitive Thinking Questionnaire/RNT-10; The Metacognitions Questionnaire-30/MCQ-30; Profile of Mood States/POMS. To study the temporal stability, 242 (207 girls; 85.5%) respondents answered the MCQ-30 again after approximately six weeks.

Results: The PBRs-A Cronbach alpha was 'very good' ($\alpha=.80$). All the items contribute to the internal consistency. The test-retest correlation coefficient was high, positive and significant ($.64; p<.001$); there was not significant difference between test and re-test scores [25.89 ± 5.384 vs. 24.64 ± 5.444 , $t(218)=4.014, p=.114$]. Following Kaiser and Cattell Scree Plot criteria, only one factor was extracted, meaning that the scale is unidimensional.

PBRs-A significantly, positively and moderately correlated with RNT-10, PTQ-15, MCQ-30 and all their dimensions (all $r>.35; p<.01$) as well as with all the negative mood states from POMS (all $r\geq.20; p<.01$).

Conclusions: The Portuguese version of PBRs-A has good reliability and validity. As a transdiagnostic measure, it could be very useful to assess individuals with several emotional disorders, both in clinical and research contexts.