

## Factor Structure of the Korean Version of Multidimensional Experiential Avoidance Questionnaire (MEAQ)

**Authors :** Juyeon Lee, Sungeun You

**Abstract :** Experiential avoidance is one's tendency to avoid painful internal experience, unwanted adverse thoughts, emotions, and physical sensations. The Multidimensional Experiential Avoidance Questionnaire (MEAQ) is a measure of experiential avoidance, and the original scale consisted of 62 items with six subfactors including behavioral avoidance, distress aversion, procrastination, distraction/suppression, repression/denial, and distress endurance. The purpose of this study was to examine the factor structure of the MEAQ in a Korean sample. Three hundred community adults and university students aged 18 to 35 participated in an online survey assessing experiential avoidance (MEAQ and Acceptance and Action Questionnaire-II; AAQ-II), depression (Patient Health Questionnaire-9; PHQ-9), anxiety (Generalized Anxiety Disorder-7; GAD-7), negative affect (Positive and Negative Affect Scale; PANAS), neuroticism (Big Five Inventory; BFI), and quality of life (Satisfaction with Life Scale; SWLS). Factor analysis with principal axis with direct oblimin rotation was conducted to examine subfactors of the MEAQ. Results indicated that the six-factor structure of the original scale was adequate. Eight items out of 62 items were removed due to insufficient factor loading. These items included 3 items of behavior avoidance (e.g., "When I am hurting, I would do anything to feel better"), 2 items of repression/denial (e.g., "I work hard to keep out upsetting feelings"), and 3 items of distress aversion (e.g., "I prefer to stick to what I am comfortable with, rather than try new activities"). The MEAQ was positively associated with the AAQ-II ( $r = .47, p < .001$ ), PHQ-9 ( $r = .37, p < .001$ ), GAD-7 ( $r = .34, p < .001$ ), PANAS ( $r = .35, p < .001$ ), and neuroticism ( $r = .24, p < .001$ ), and negatively correlated with the SWLS ( $r = -.38, p < .001$ ). Internal consistency was good for the MEAQ total (Cronbach's  $\alpha = .90$ ) as well as all six subfactors (Cronbach's  $\alpha = .83$  to  $.87$ ). The findings of the study support the multidimensional feature of experiential avoidance and validity of the MEAQ in a sample of Korean adults.

**Keywords :** avoidance, experiential avoidance, factor structure, MEAQ

**Conference Title :** ICCPBS 2016 : International Conference on Cognitive, Psychological and Behavioral Sciences

**Conference Location :** Zurich, Switzerland

**Conference Dates :** January 12-13, 2016