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

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**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 Disoder-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

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