AYNA Klinik Psikoloji Dergisi, 2026, 13(1), 220–239

AYNA Klinik Psikoloji Dergisi

Dergi Ana Sayfa: http://dergipark.org.tr/ayna

Araştırma Makalesi

Validity and Reliability of the Turkish Version of the Brief Experiential Avoidance Questionnaire: Measuring A Transdiagnostic Construct

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Makale Bilgisi

Keywords:

experiential avoidance, assessment, Brief Experiential Avoidance Questionnaire, Turkish standardization

Abstract

Experiential avoidance is one of the most frequently emphasized transdiagnostic constructs in the literature and has been receiving increasing attention in both research and clinical practice. The aim of this study was to examine the psychometric properties of the Turkish version of the Brief Experiential Avoidance Questionnaire (BEAQ), a scale designed to provide a concise assessment of experiential avoidance. The study was conducted with 356 voluntary participants aged 18 to 64. The validity of the BEAQ was examined using factor analyses and correlation-based methods, and its reliability was assessed through internal consistency. Construct validity was assessed through exploratory structural equation modeling (ESEM), which combines exploratory and confirmatory methods. In addition, a Graded Response Model (GRM) analysis was conducted to evaluate item discrimination. For validity, associations with measures of avoidance, psychological symptoms (anxiety and depression), and negative affect were examined. ESEM results confirmed the original single-factor structure. The BEAQ demonstrated high internal consistency (α = .889; ω = .892). The GRM analysis revealed that the items demonstrated adequate levels of discrimination. The BEAQ demonstrated strong associations with avoidance-related measures, moderate relationships with psychological symptoms, and weaker links with negative affect, supporting its specificity to experiential avoidance. The findings supported the validity and reliability of the Turkish version of the BEAQ as a measure of experiential avoidance and were discussed in the context of the literature and future research.

Anahtar Kelimeler:

deneyimsel kaçınma, değerlendirme, Kısa Deneyimsel Kaçınma Ölçeği, Türkçe standardizasyon

Öz

Deneyimsel kaçınma, alanyazında sıkça vurgulanan tanılar üstü yapılardan biri olup, hem araştırma hem de uygulama alanlarında giderek daha fazla dikkat çekmektedir. Bu çalışmanın amacı, deneyimsel kaçınmayı kısa ve öz bir biçimde değerlendirmeyi amaçlayan Kısa Deneyimsel Kaçınma Ölçeği (KDKÖ) Türkçe formunun psikometrik özelliklerini incelemektir. Çalışma, 18-64 yaş aralığında yer alan 356 gönüllü katılımcı ile yürütülmüştür. KDKÖ'nün geçerliği faktör analizleri ve korelasyon temelli yöntemlerle, güvenirliği ise iç tutarlık kapsamında incelenmiştir. Yapı geçerliği, açımlayıcı ve doğrulayıcı analizlerin birlikte ele alındığı Açımlayıcı Yapısal Eşitlik Modellemesi (AYEM) ile değerlendirilmiştir. Ayrıca, madde ayırt edicilikleri Dereceli Tepki Modeli (DTM) aracılığıyla incelenmiştir. Geçerlik kapsamında, kaçınma, psikolojik sıkıntı (anksiyete ve depresyon) ve negatif duygulanım ölçümleri arasındaki ilişkiler analiz edilmiştir. AYEM sonuçları, ölçeğin orijinalindeki tek faktörlü yapıyı doğrulamıştır. KDKÖ, yüksek iç tutarlılık sergilemiştir (α = .889; ω = .892). DTM sonuçları, ölçek maddelerinin yeterli düzeyde ayırt edicilik sergilediğini ortaya koymuştur. KDKÖ, en güçlü ilişkileri kaçınma ile ilişkili ölçümlerle göstermiş; psikolojik belirtilerle beklenen düzeyde, negatif duygulanımla ise daha zayıf ilişkiler sergileyerek deneyimsel kaçınmaya özgüllüğü desteklemiştir. Bulgular, KDKÖ'nün Türkçe formunun deneyimsel kaçınmayı ölçmede geçerli ve güvenilir bir araç olduğunu desteklemekte olup, sonuçlar alanyazın ve gelecekteki araştırmalar bağlamında tartışılmıştır.

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DOI: 10.31682/ayna.1756922
Submission Date: 02.08.2025; Acceptance Date: 01.11.2025
ISSN: 2148-4376

Introduction

Experiential avoidance (EA) is defined as the tendency to avoid unpleasant private experiences, such as distressing emotions, thoughts, memories, and bodily sensations, and the efforts to control or prevent them (Hayes et al., 1996). Although avoiding distressing experiences may provide short-term relief, it contributes to the maintenance and exacerbation of distress and related problems in the long term (Hayes et al., 1996; Hayes et al., 2004). When avoidance patterns become chronic, efforts to avoid these negative emotional experiences become reinforced over time, resulting in their long-term maintenance, leading to increased psychological vulnerability (Bardeen, 2015; Hayes et al., 1996). EA is considered a transdiagnostic factor that plays a determining role in the development, maintenance, and modification of various psychological conditions (Fernández-Rodríguez et al., 2018). Indeed, it has been reported to be associated with a wide range of psychological problems, from anxiety disorders and depression (Akbari et al., 2022) to obsessive-compulsive disorder (Blakey et al., 2016; Den Ouden et al., 2020) and addictive behaviors (Den Ouden et al., 2020). EA is viewed as a common response pattern or a shared component across problematic behaviors (Kingston et al., 2010). Furthermore, it has been identified as a predisposition factor for psychological outcomes (Bardeen, 2015; Fernández-Rodríguez et al., 2018) and is closely associated with impaired functioning (Hayes et al., 2004). In other words, a rigid tendency to avoid these experiences may indicate a shift toward inflexible, dysfunctional behavioral patterns that, over time, can lay the groundwork for challenging psychological difficulties.

As EA has gained increasing attention in the literature (Lo et al., 2023), interest in its measurement and assessment has also grown. The Acceptance and Action Questionnaire (AAQ; Bond & Bunce, 2003; Hayes et al., 2004) was one of the earliest instruments developed to assess EA. However, the original AAQ demonstrated inadequate reliability. Although the second version of the AAQ-II resolved the internal consistency issue (Bond et al., 2011), it demonstrated weak discriminant validity, as its associations with EA-related constructs were weaker than its associations with neuroticism and negative affectivity (Gámez et al., 2011; Tyndall et al., 2019). Similarly, Wolgast (2014) also reported that its items loaded on the same factor as general psychological distress and failed to discriminate from negative affect, suggesting that the scale is questionable in terms of its construct and discriminant validity. Furthermore, beyond EA, the AAQ-II has been conceptualized as a measure of psychological flexibility, encompassing acceptance, mindfulness, and the ability to persist in or adjust behavior in line with personal goals and values (Hayes et al., 2012; Wolgast, 2014). Within this framework, psychological flexibility represents a broad, overarching construct of which EA is one of the core processes.

In response to these limitations, the Multidimensional Experiential Avoidance Questionnaire (MEAQ; Gámez et al., 2011) was developed to assess EA. The MEAQ is a 62 item scale that assesses EA across a broad range and consists of six dimensions: behavioral avoidance, distress aversion, procrastination, distraction/suppression, repression/denial, and distress endurance. MEAQ has demonstrated better psychometric properties than both the AAQ-I and AAQ-II, in terms of internal consistency and stronger associations with measures of avoidance. However, the scale's length limits its use in both research and practical applications (Gámez et al., 2014). Therefore, shorter versions of the MEAQ have been developed, including a 30-item version (Sahdra et al., 2016) and a 15-item version (Gámez et al., 2014). The Turkish standardization of the MEAQ-30 was conducted by Ekşi and his colleagues (2018). On the other hand, the Brief Experiential Avoidance Questionnaire (BEAQ), developed by Gámez and his colleagues (2014)—the original developers of the MEAQ, consists of fifteen items, offering ease of administration. It was created by selecting items from the MEAQ with high loadings on a single common factor, while ensuring that each MEAQ subscale was represented, resulting in a concise version with strong representativeness. Moreover, the BEAQ has been shown to be more strongly associated with measures of avoidance across populations (Gámez et al., 2014) and has been recommended as the most suitable scale for assessing EA (Wolgast, 2014). Its concise format and ease of administration have made it a preferred instrument in practical contexts. Indeed, the scale has been adapted across various cultures, including German (Schaeuffele et al., 2021), Spanish (Vázquez-Morejón et al., 2019), Chinese (Cao et al., 2021; Lo et al., 2023), French (Er et al., 2024), and Polish (Wardęszkiewicz & Holas, 2024). However, the validity and reliability of the Turkish version have not yet been established. A validated Turkish form would allow for the culturally meaningful assessment of EA, enable cross-cultural comparisons, and facilitate research and clinical practices in Turkey. The current study aims to examine the psychometric properties of the Turkish version of the BEAQ by investigating its internal consistency, factor structure, and validity, and to introduce a valid and reliable Turkish form into the literature. In this regard, the study is expected to contribute to research and practice related to EA.

Method

Participants and Procedures

Individuals aged between 18 and 64 years were recruited via online and community announcements. The study was conducted with 356 voluntary participants aged 19-64 years (M = 30.28, SD = 12.67), including 241 women (67.7%) and 115 men (32.3%). Participants had

a mean of 15.43 years of education (*SD* = 1.52); 60.4% (*n* = 215) were in a relationship (e.g., married or partnered), and 67.7% (*n* = 241) reported having a paid job.

Ethical approval was obtained from the researchers' affiliated institution (ID: 2025/0614). Participants who were 18 years or older, younger than 65 years, had Turkish literacy, provided informed consent, and completed all questionnaires were included in the study. The exclusion criteria comprised reporting any psychiatric or neurological condition associated with cognitive limitations or distortions that would interfere with completing the questionnaires, lacking Turkish literacy, failing to provide informed consent, or submitting incomplete responses. Voluntary informed consent was obtained from each participant prior to the online survey. Each participant was informed of the study's purpose. Subsequently, participants completed the information form along with the BEAQ, MEAQ-30, AAQ-II, the Hospital Anxiety and Depression Scale (HADS), and the Positive and Negative Affect Schedule–Negative Affect subscale (PANAS-NA) online.

Measures

Brief Experiential Avoidance Questionnaire (BEAQ). The scale is a 15-item self-report instrument that measures EA (Gámez et al., 2014). Items are rated on a 6-point Likert scale ranging from 1 (“strongly disagree”) to 6 (“strongly agree”). Higher scores indicate greater levels of EA. The original developers demonstrated its validity and reliability across various samples through internal consistency analyses (α = .80 – .89), examination of its factor structure, and evidence for convergent, discriminant, and concurrent validity (Gámez et al., 2014).

Multidimensional Experiential Avoidance Questionnaire-30 (MEAQ-30). The MEAQ-30 is a 30-item self-report instrument that represents the short form of the original 62-item scale developed to assess EA in a multidimensional structure (Sahdra et al., 2016). The scale consists of six subscales: Behavioral Avoidance, Distress Aversion, Procrastination, Distraction and Suppression, Repression and Denial, and Distress Endurance. Items are rated on a 1 (“strongly disagree”) to 6 (“strongly agree”) scale. Each subscale includes 5 items, and separate scores are calculated for each subscale. Higher scores on the subscales indicate greater levels of avoidance in the respective dimension (Sahdra et al., 2016). The Turkish standardization was conducted by Ekşi and his colleagues (2018), and in their adaptation study, the scale was converted into a 7-point Likert-type rating. The Turkish version of the scale has been shown to be valid and reliable, as evidenced by construct validity, criterion-related validity, and internal consistency (α = .76 – .85; Ekşi et al., 2018). In this study, internal consistency for the six subscales was adequate (α = .72 – .90).

Acceptance and Action Questionnaire–II (AAQ-II). The original 16-item version of the AAQ was developed to measure psychological inflexibility (i.e., EA; Hayes et al., 2004; Hayes et al., 2006). Due to its poor psychometric properties, Bond and his colleagues (2011) developed a revised version of the scale, the AAQ-II. The AAQ-II is a self-report instrument consisting of seven items rated on a 7-point Likert scale. The scale is unidimensional, and higher scores indicate higher levels of psychological inflexibility, that is, an increase in EA. The Turkish version was found to be valid and reliable via factor stability, internal consistency (α = .84), test-retest reliability, convergent validity, and predictive validity (Yavuz et al., 2016). The internal consistency coefficient in this study was .89.

Hospital Anxiety and Depression Scale (HADS). HADS (Zigmond & Snaith, 1983) is a 14-item self-report measure developed to assess symptoms of anxiety and depression. It comprises two subscales: Anxiety (7 items) and Depression (7 items). Each item is rated on a 4-point Likert scale ranging from 0 (“not at all”) to 3 (“very often”). The Turkish version has demonstrated good psychometric properties, including adequate internal consistency (α = .70 – .85), test-retest reliability, and construct validity (Aydemir et al., 1997). Higher scores indicate greater levels of anxiety and depression. Anxiety and depression showed good internal consistency in this study (α = .81 and .80, respectively).

Positive and Negative Affect Schedule (PANAS). PANAS is a self-report instrument developed to assess positive and negative affectivity (Watson et al., 1988). The scale consists of 20 items—10 measuring positive affect and 10 measuring negative affect (PANAS-NA)—rated on a 5-point Likert-type scale ranging from 1 (“Very slightly or not at all”) to 5 (“Very much”). Higher scores indicate greater levels of positive or negative affectivity. The Turkish version of the scale has demonstrated adequate psychometric properties, including construct validity, criterion-related validity, internal consistency (α = .83 – .86), and test–retest reliability (Gençöz, 2000). In the present study, the PANAS-NA subscale was assessed, with a Cronbach’s alpha of .85.

Translation Process

Initially, the developers of the BEAQ, Gámez and his colleagues, were contacted via email to obtain permission for the Turkish adaptation (Wakiza Gámez, personal communication, May 19, 2025). The Turkish translation process was carried out independently by five psychologists with doctoral degrees in clinical psychology, all proficient in both languages, including four academics and three residing abroad. The translators living abroad were native Turkish speakers with English as their second language. The forward translation was conducted by three psychologists—two academics and one field practitioner—while the

back-translation was performed by two academic psychologists. Throughout the process, the research team and the experts who contributed to the translation convened to evaluate potential ambiguities, loss of meaning, and content consistency in the items. Following discussions and careful reviews of the text, a consensus was reached, and the final version of the scale was established.

Data Analytic Strategy

An exploratory structural equation modeling (ESEM) approach was used during the data analysis phase. ESEM methods allow for the simultaneous discovery and confirmation of a structure identified in one culture in another, exploring dimensional changes in items across cultures; in short, they enable both exploratory and confirmatory processes to be carried out simultaneously in adaptation studies. ESEM can simultaneously reveal fixed and variable structures in the data (Asparouhov & Muthén, 2007; Chiu et al., 2016). Within the scope of the ESEM approach, reliability assessments for latent variables can be calculated simultaneously with both Cronbach's alpha coefficient, based on observed correlations, and McDonald's omega coefficient, based on the factorial latent model (Booth & Hughes, 2014; Fresno et al., 2020; Morin et al., 2016). When using the ESEM method, the unweighted least square (ULS) method was preferred as the estimator. This method was chosen because it is not as sensitive to normal distribution as maximum likelihood (ML) and because clinically relevant variables are prone to deviation from normal distribution. This method was chosen to ensure the scale's robustness to normal distribution in now and future applications (Li, 2016; Prokofieva et al., 2023; Shi & Maydeu-Olivares, 2020). This method is also recommended to ensure the scale is resistant to deviations in the distribution of samples to be used in the future. On the other, when multivariate normality was examined with the z values of the Mahalanobis distance in the study, it was seen that the values were distributed between -2.88 and +3.17. For fit indices, the reference was taken as CFI, TLI, and GFI being above .90, $\chi 2/df$ value being below 5, SRMR value being below .07, and RMSEA value being below .10 (Kline, 2011).

To determine the extent to which items discriminate between individuals' trait levels, discrimination indices were calculated using the graded response model (GRM), a variant of item response theory (IRT) adapted for graded polytomous responses (Embretson & Reise, 2000; Samejima, 1969). Factor loadings and communality values were also considered in the GRM process. The criteria suggested by Baker (2001) (.65 - 1.34: good item discrimination, 1.35 - 1.69: very good item discrimination, > 1.69: perfect item discrimination) were used to interpret the item discrimination index. Finally, Pearson correlations were calculated to examine the convergent validity of the BEAQ and additionally to evaluate its discriminant

characteristics (e.g., Gámez et al., 2011, 2014; Tyndall et al., 2019; Wolgast, 2014). Associations with avoidance-related measures (MEAQ-30, AAQ-II), psychological symptoms (HADS-Anxiety, HADS-Depression), and negative affect (PANAS-NA) were examined. Descriptive statistics, ESEM analysis and Pearson correlations were calculated using the JAMOVI (The JAMOVI project, 2025) package program, while GRM analyses were conducted using the MIRT package (Chalmers, 2012) in R software.

Results

Initially, ESEM analysis was conducted. Accordingly, it was seen that the one-dimensional model was accepted without any modification; $\chi^2(90) = 259.05$; $\chi^2/df = 2.878$, $p < .001$, *SRMR* = .070, *RMSEA* = .078 [.063, .083], *CFI* = .966, *TLI* = .960, *GFI* = .975. Standardized factor loadings of the scale without any items omitted ranged between .407 and .725. According to ESEM analysis, it was seen that 36.1% of the factor variance was explained. The path diagram was shown as Figure 1.

After that GRM analyses were then conducted to see the level of item discrimination and to distinguish the items that could not discriminate, if any. In this analysis, item discrimination indices were calculated between .916 - 2.302, factor loadings between .548 - .717, and communality values between .225 - .647, indicating that the items in the scale were convenient. According to GRM analysis, it was seen that 44.4% of the factor variance was explained.

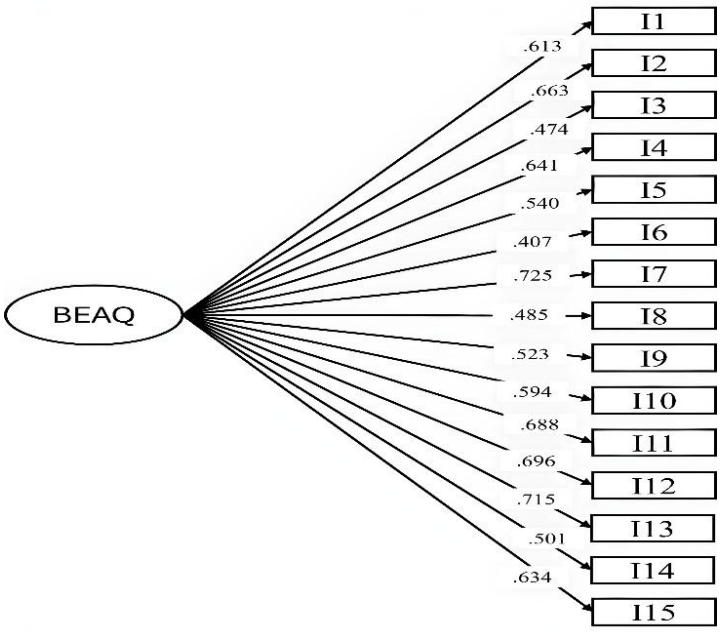

Figure 1.

Illustration of the ESEM Model of BEAQ

When all items in the scale were observed to be maintained, internal consistency reliability values were examined, and Cronbach's alpha (α) value was .889 and McDonald's omega (ω) value was .892. According to the item analysis findings, item-total correlations ranged from .387 to .678. Results of ESEM, GRM and item analysis are presented in Table 1.

Table 1.

ESEM, GRM and Item Analysis Parameters of the Scale

Item	**λ_1**	**SE**	**R^2**	**λ_2**	**h^2**	**A**	**r_{IT}**
1	.613***	.059	.376	.705	.496	1.690	.568
2	.663***	.052	.440	.717	.514	1.749	.620
3	.474***	.062	.225	.548	.300	1.116	.620
4	.641***	.050	.411	.669	.448	1.532	.442
5	.540***	.052	.292	.582	.339	1.219	.516
6	.407***	.056	.166	.474	.225	.916	.387
7	.725***	.045	.526	.787	.620	2.173	.678
8	.485***	.056	.235	.567	.321	1.171	.451
9	.523***	.050	.273	.560	.313	1.150	.502
10	.594***	.055	.353	.652	.425	1.463	.569
11	.688***	.054	.473	.763	.582	2.010	.648
12	.696***	.047	.485	.779	.608	2.117	.643
13	.715***	.048	.512	.804	.647	2.302	.666
14	.501***	.048	.251	.555	.308	1.135	.464
15	.634***	.052	.403	.717	.514	1.752	.592

Note. λ_1: Standardized Factor Loading of ESEM, SE: Standard Error, λ_2: Standardized Factor Loading of GRM, h^2: Communality, a: Item Discrimination, r_{IT}: Item-Total Correlation

The relationships between the BEAQ and related constructs—including EA, psychological inflexibility, negative affect, and psychological distress/symptoms (i.e., anxiety and depression)—were examined. The correlations between the BEAQ scores and other measures are presented in Table 2, with correlation coefficients ranging from weak to high (Cohen, 1988). The total BEAQ score was positively correlated with AAQ-II, behavioral avoidance, distress aversion, procrastination, distraction/suppression, repression/denial, anxiety, depression, and negative affect, and negatively associated with distress endurance. These positive coefficients indicate that higher BEAQ scores were associated with higher scores on these variables.

Moreover, BEAQ scores were more strongly associated with MEAQ-30 scores compared to AAQ-II. The BEAQ was also associated with psychological symptoms; however, its correlations were stronger with avoidance measures and weakest with negative affect as measured by the PANAS-NA. In contrast, the AAQ-II showed much stronger correlations with these variables, particularly with negative affect.

Table 2.

Descriptive Statistics and Pearson Correlations of the BEAQ and AAQ-II with MEAQ-30 Subscales and Psychological Symptoms

Measures	**M ± SD**	**BEAQ total**	**AAQ-II**
BEAQ total	51.446 ± 10.513	—	
AAQ-II	22.660 ± 9.208	.534***	—
MEAQ-30 – Behavioral Avoidance	22.384 ± 5.719	.606***	.192 ***
MEAQ-30 – Distress Aversion	18.707 ± 6.745	.668***	.417***
MEAQ-30 – Procrastination	24.174 ± 5.647	.545***	.338***
MEAQ-30 – Distraction/Suppression	23.893 ± 6.419	.523***	.304***
MEAQ-30 – Repression/Denial	17.396 ± 6.722	.457***	.361***
MEAQ-30 – Distress Endurance	25.601 ± 5.502	-.342***	-.283***
HADS – Anxiety	10.210 ± 4.287	.432***	.604***
HADS – Depression	7.494 ± 4.842	.393***	.565***
PANAS – NA	26.912±7.922	.356***	.615***

Note. BEAQ: Brief Experiential Avoidance Questionnaire, AAQ-II: Acceptance and Action Questionnaire–II, MEAQ: Multidimensional Experiential Avoidance Questionnaire-30, HADS: Hospital Anxiety and Depression Scale, PANAS-NA: Positive and Negative Affect Schedule-Negative Affect, M: Mean, SD: Standard Deviation.

Discussion

This study is the first to examine the psychometric properties of the Turkish version of the BEAQ. The results indicate that the Turkish version of the scale is a psychometrically reliable and valid measurement tool. The scale demonstrated good internal consistency (α and ω > .88; Edelsbrunner et al., 2025; Padilla & Divers, 2015). ESEM results indicated that the scale had a single-factor structure, consistent with the original structure (Gámez et al., 2014), with all factor loadings exceeding the recommended .40 threshold (Tabachnick & Fidell, 2007). The item–total correlations, calculated through item analysis, were above .30, indicating adequate item discrimination (Boateng et al., 2018; Nunnally & Bernstein, 1994). Factor loadings obtained from both ESEM and GRM further supported the robust performance

of the scale items. The item discrimination indices (ranging from .916 to 2.302) indicated that the items meaningfully distinguished individuals based on their EA levels (Baker, 2001). In light of all these findings, internal consistency and internal validity (construct validity) studies were successfully established.

The original unidimensional structure of the scale (Gámez et al., 2014) was replicated in the present study, consistent with findings from the Spanish (Vázquez-Morejón et al., 2019) and Chinese (Lo et al., 2023) adaptations. A two-factor structure was identified in studies conducted in Chinese (Cao et al., 2021; Lo et al., 2023), French (Er et al., 2024) and Polish (Wardęszkiewicz & Holas, 2024) languages. On the other hand, the German adaptation investigated a five-factor structure (Schaeuffele et al., 2021). It is well established that factor structures of psychological measures may vary across cultures (van de Vijver & Leung, 1997). Accordingly, the structure of EA measure may also differ in this context. Moreover, while previous adaptation studies relied solely on either exploratory or confirmatory factor analyses, the present study strengthened construct validity by integrating both approaches. Whereas earlier studies primarily reported factor loadings and intercorrelations, the current study additionally examined the ability of items to discriminate between individuals based on EA levels, thereby providing a further contribution.

The findings of this study provide supporting evidence for the BEAQ's convergent validity, particularly through its associations with avoidance-related constructs, as well as for its discriminant characteristics. The BEAQ was positively associated with the MEAQ-30 subscales of behavioral avoidance, distress aversion, procrastination, and distraction/suppression/denial, and negatively associated with the distress endurance subscale. Additionally, the BEAQ, AAQ-II, anxiety, depression, and negative affect were all positively correlated, consistent with previous research (e.g., Allen, 2021; Gámez et al., 2014; Tyndall et al., 2019). Specifically, the BEAQ correlated more strongly with avoidance measures than the AAQ-II, and showed weaker correlations with negative affect (PANAS-NA). Indeed, previous findings have emphasized that the content of the AAQ-II is more strongly associated with negative affect than that of other avoidance measures (Allen, 2021; Gámez et al., 2011, 2014; Wolgast, 2014; Rochefort et al., 2018), further highlighting concerns about its discriminant validity. Similarly, other psychometric evidence and the present results indicate that the AAQ-II is more strongly associated with psychological symptoms (i.e., anxiety and depression) than the BEAQ (Tyndall et al., 2019; Wolgast, 2014). This is to be expected, as EA is conceptualized not in terms of reflecting the content of distress in psychopathology such as negative cognitions or upsetting emotions but rather in terms of the individual's responses (avoidance) to distress or negative emotional experiences (Gámez et al., 2014). The overall pattern of these findings underscores the BEAQ's convergent validity and provides further

support for its discriminant characteristics. While the BEAQ showed strong associations with avoidance-related constructs, it also correlated positively with psychological symptoms/distress and negative affect, consistent with the notion that EA is related to psychological outcomes (Fernández-Rodríguez et al., 2018); however, these associations were weaker than those with avoidance-related measures. All of these findings are consistent with previous literature suggesting that the AAQ-II tends to measure psychological distress and/or negative affect rather than EA or psychological flexibility (Gámez et al., 2014; Rochefort et al., 2018; Tyndall et al., 2019), while supporting the notion that the BEAQ is a more appropriate instrument for assessing EA (Gámez et al., 2014; Wolgast, 2014).

From a practical perspective, the BEAQ's sound psychometric properties, brevity, and capacity to provide an EA-specific assessment make it a useful tool in both clinical and research contexts. In clinical practice, it can be employed to efficiently measure and/or monitor EA in assessments and interventions targeting this construct. From a research perspective, its capacity for the functional evaluation of EA, ease of administration, and specificity allow for its use in transdiagnostic studies examining EA as a core process underlying various forms of psychopathology.

The present study has certain limitations. Given the predominance of female participants in the present study, future studies may benefit from a more gender-balanced sample. Another point to consider is that the present study was not conducted with a clinical sample. However, EA is considered a transdiagnostic construct (Fernández-Rodríguez et al., 2018), and the transdiagnostic approach aims to enable targeting subthreshold symptoms as well (McManus et al., 2010). Indeed, studies conducted with non-clinical samples have also shown that EA is associated with various psychological difficulties (e.g., Bardeen, 2015; Papachristou et al., 2018), future mental health problems (Berghoff et al., 2017), and even regarded as a vulnerability factor for psychopathology (Fledderus et al., 2010). Therefore, although this study was conducted with a non-clinical sample, the findings contribute to the assessment of EA as a transdiagnostic factor and support the BEAQ's utility in measuring this construct. Nonetheless, future studies are needed to examine the psychometric properties of the BEAQ in clinical samples and to further validate the underlying construct in such populations. Test–retest reliability analyses were not conducted in the present study. Discriminant validity was supported through weaker correlations with theoretically related but distinct constructs; however, incorporating additional discriminant measures in future studies would further strengthen the evidence base. Addressing these aspects in future studies would further strengthen the evidence for the scale's validity and reliability.

Overall, the present findings demonstrate that the Turkish version of the BEAQ is a valid and reliable measure of EA, consistent with international literature. Using the scale in a

Turkish sample would be appropriate for psychological research. In this regard, the Turkish version of the BEAQ is expected to contribute to future studies on EA and related psychological processes.

Researcher Contribution Declaration:
G.G. contributed to the conceptualization of the study, literature review, data analysis support, and interpretation of results. Y.O.G. contributed primarily to data analysis and methodological supervision. Both authors participated in writing and revising the manuscript and approved the final version.
Compliance with Ethical Standards:
This study was conducted in accordance with the principles of the Declaration of Helsinki and was approved for implementation by the İzmir Democracy University Social Sciences Ethics Committee (ID: 2025/0614)
Conflict of Interest Declaration:
The authors declare that they have no conflict of interest.
Financial Support Declaration:
The authors declared that this study has received no financial support.

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Kısa Deneyimsel Kaçınma Ölçeği'nin Türkçe Formunun Geçerlik ve Güvenirliği: Tanılar Üstü Bir Yapının Ölçülmesi

Özet

Deneyimsel kaçınma, tanılar üstü değişkenlerden biri olarak; çeşitli psikolojik sorunların gelişiminde, sürdürülmesinde ve etiyolojisinde paylaşılan ortak bir tepki örüntüsü olarak ele alınmakta olup (Fernández-Rodríguez ve diğerleri, 2018), hem araştırma hem de uygulama alanlarında giderek daha fazla dikkat çekmektedir. Bu doğrultuda, deneyimsel kaçınmanın işlevsel ve pratik bir biçimde ölçülmesi önemli hale gelmiştir. Bu çerçevede geliştirilen erken ölçeklerden biri, Kabul ve Eylem Formu'dur (KEF; Bond ve Bunce, 2003; Hayes ve diğerleri, 2004). Ölçeğin yetersiz güvenirlik özellikleri sergilemesi nedeniyle, ikinci versiyonu olan KEF-II geliştirilmiştir (Bond ve diğerleri, 2011). Ancak KEF-II'de güvenirlik sorunları giderilmiş olsa da nevrotiklik ve negatif duygulanım ile olan ilişkilerinin deneyimsel kaçınmayla ilişkili yapılara kıyasla daha yüksek olması, geçerlik açısından sınırlı olduğuna işaret etmektedir (Gámez ve diğerleri, 2011; Tyndall ve diğerleri, 2019). Ayrıca, KEF-II'nin bir yapı olarak psikolojik esnekliği değerlendirdiği ve deneyimsel kaçınmanın da bu yapının bir bileşeni olduğu belirtilmiştir (Hayes ve diğerleri, 2012). Bu sınırlılıkları gidermek amacıyla, Çok Boyutlu Yaşantısal Kaçınma Ölçeği (ÇBYKÖ) geliştirilmiştir. Ölçek; davranışsal kaçınma, sıkıntıya tahammülsüzlük, erteleme, dikkat dağıtma/bastırma, inkâr/bastırma ve sıkıntıya katlanma alt ölçeklerinden oluşan 62 maddelik bir özbildirim ölçektir (Gámez ve diğerleri, 2011). Deneyimsel kaçınmayı özgül olarak değerlendiren bu ölçek işlevsel olsa da uzunluğu uygulama açısından bazı sınırlılıklar doğurmaktadır (Gámez ve diğerleri, 2013). Bu nedenle, Kısa Deneyimsel Kaçınma Ölçeği (KDKÖ; Gámez ve diğerleri, 2014), ÇBYKÖ'deki maddelerin temsil ediciliğine dikkat edilerek oluşturulmuş, 15 maddelik ve yüksek temsil gücüne sahip kısa bir versiyon olarak geliştirilmiştir. Ölçeğin çeşitli kültürlerde standardizasyonu yapılmış olmasına rağmen, Türkçe formunun geçerlik ve güvenirlik özellikleri henüz incelenmemiştir. Bu bağlamda, bu çalışmanın amacı KDKÖ'nün Türkçe formunun psikometrik özelliklerini incelemek ve deneyimsel kaçınmayı işlevsel şekilde değerlendiren geçerli ve güvenilir bir Türkçe formu literatüre kazandırmaktır.

Çalışma 18 ile 64 yaş arasında (*Ort.* = 30.28, *SS* = 12.67), 241'i kadın (%67.7), 115'i erkek (%32.3) olmak üzere 365 gönüllü katılımcı ile yürütülmüştür. Çalışma kapsamında, çeviri süreci alanında uzman kişiler tarafından yürütülmüştür. KDKÖ'ye ek olarak ÇBYKÖ-30, KEF-II, Hastane Anksiyete ve Depresyon Ölçeği (HADÖ) ile Pozitif ve Negatif Duygu Ölçeği'nin negatif duygulanım alt ölçeği uygulanmıştır. Ölçeğin psikometrik özellikleri, geçerlik açısından faktör analizleri ve korelasyon temelli yöntemler; güvenirlik açısından ise iç tutarlık analizleriyle değerlendirilmiştir. Yapı geçerliği, açımlayıcı ve doğrulayıcı analizlerin birlikte ele

alındığı Açımlayıcı Yapısal Eşitlik Modellemesi (AYEM) ile incelenmiştir. Madde düzeyindeki ayırt edicilik ise Dereceli Tepki Modeli (DTM) aracılığıyla değerlendirilmiştir. Ek olarak, geçerlik kapsamında kaçınma ölçümleri ile psikolojik belirtiler (anksiyete ve depresyon) ve negatif duygulanım ölçümleri arasındaki ilişkiler incelenmiştir (örn. Gámez ve diğerleri, 2014; Tyndall ve diğerleri, 2019; Wolgast, 2014).

AYEM analizi sonuçlarında orijinalindeki tek boyutlu yapı desteklenmiştir; $\chi^2(90) = 259.05$; $\chi^2/df = 2.878$, $p < .001$, SRMR = .070, RMSEA = .078 [.063, .083], CFI = .966, TLI = .960, GFI = .975. Ölçek maddelerinin standart faktör yükleri .407 ile .725 arasında değişmiştir. DTM analizinde, madde ayırt edicilik indekslerinin .916 ile 2.302 arasında olduğu görülmüştür. İç tutarlılık katsayıları, Cronbach'ın alfa (α) için .89 ve McDonald'ın omega (ω) için .892 olarak hesaplanmıştır. KKDÖ ile ÇBYKÖ-30 un alt ölçekleri olan davranışsal kaçınma, sıkıntıdan kaçınma, erteleme, dikkat dağıtma/bastırma, bastırma/inkâr ile KEF-II, anksiyete, depresyon ve negatif duygulanım puanları ile pozitif yönde; ÇBYKÖ-30 un sıkıntıya katlanma alt ölçeği ile ise negatif yönde anlamlı ilişkiler bulunmuştur. KDKÖ'nün kaçınma ile ilişkili ölçümlerle (ÇBYKÖ-30 alt ölçekleri) olan korelasyonları, KEF-II'ye kıyasla daha yüksek bulunmuştur. Öte yandan, özellikle negatif duygulanım ile olan ilişkilerinin KEF-II'ye kıyasla daha düşük olduğu, ayrıca psikolojik belirtiler ile olan ilişkilerinin de KEF-II'ye göre daha zayıf olduğu saptanmıştır. Bu doğrultuda, KDKÖ en güçlü ilişkileri kaçınma ile ilişkili ölçümlerle göstermiş, psikolojik belirtilerle beklenen düzeyde ilişkiler sergilemiş; negatif duygulanımla ise daha zayıf ilişkiler göstererek ilgili yapıdan ayrışmış ve deneyimsel kaçınmaya özgüllüğü desteklenmiştir.

Mevcut çalışmada KDKÖ'nün orijinal yapısıyla uyumlu olarak tek faktörlü bir yapıya sahip olduğu belirlenmiş; bu yapı AYEM ile desteklenmiştir. Madde ayırt edicilik indeksleri, maddelerin bireyleri deneyimsel kaçınma düzeylerine göre yeterli düzeyde ayırt edebildiğini göstermiştir (Baker, 2001). Güvenirlik katsayıları, ölçeğin iyi düzeyde iç tutarlılığa sahip olduğunu göstermektedir (Padilla ve Divers, 2015). Geçerlik analizlerinde KDKÖ'nün, KEF-II'ye kıyasla kaçınma ölçekleriyle daha yüksek; psikolojik belirtilerle ve özellikle negatif duygulanımla daha düşük düzeyde ilişki göstermesi, alanyazındaki bulgularla tutarlı olup (Gámez ve diğerleri, 2014; Tyndall ve diğerleri, 2019; Wolgast, 2014), KEF-II'nin daha çok psikolojik sıkıntı/belirtiler ve negatif duygulanımı yansıttığını, KDKÖ'nün ise deneyimsel kaçınmayı değerlendirmek için daha uygun bir araç olduğunu ortaya koymaktadır. Nitekim deneyimsel kaçınma, olumsuz bilişler veya rahatsız edici duygular gibi içsel duygusal sıkıntıların (deneyimlerin) içeriğinden ziyade, bireyin bu sıkıntılara nasıl tepki verdiği ve onlarla nasıl başa çıktığı üzerinden kavramsallaştırılır (Gámez ve diğerleri, 2014). İlgili bulgular, KDKÖ'nün Türkçe versiyonun geçerli ve güvenilir bir ölçme aracı olduğunu göstermiştir. Sonuçlar ve destekleyici alanyazın doğrultusunda, KDKÖ'nün Türkçe

versiyonunun tanılar üstü değişken olan deneyimsel kaçınmayı değerlendirmek üzere psikolojik araştırmalarda kullanılmasının uygun olduğu görülmekle birlikte; deneyimsel kaçınma ve ilişkili psikolojik süreçlere yönelik gelecekteki çalışmalara da katkı sağlaması beklenmektedir.

Ekler

Ek 1.

Kısa Deneyimsel Kaçınma Ölçeği

	Lütfen aşağıdaki ifadelere ne derecede katıldığınızı değerlendirerek sizin için en uygun seçeneğin üzerine çarpı (X) işareti koyunuz.	Kesinlikle Katılmıyorum	Katılmıyorum	Biraz Katılmıyorum	Biraz Katılıyorum	Katılıyorum	Kesinlikle Katılıyorum
1	İyi bir yaşamın anahtarı asla acı hissetmemektir.	1	2	3	4	5	6
2	Beni huzursuz hissettiren herhangi bir durumdan hızla uzaklaşırım.	1	2	3	4	5	6
3	Aklıma hoş olmayan anılar geldiğinde, onları zihnimden uzaklaştırmaya çalışırım.	1	2	3	4	5	6
4	Duygularımdan kopuk olduğumu hissederim.	1	2	3	4	5	6
5	Bir işi gerçekten yapmak zorunda kalana kadar yapmam.	1	2	3	4	5	6
6	Korku ya da kaygı önemli bir şeyi yapmama engel olamaz.	1	2	3	4	5	6
7	Kötü hissetmemek için pek çok şeyden vazgeçebilirim.	1	2	3	4	5	6
8	Beni üzme ihtimali olan bir şeyi nadiren yaparım.	1	2	3	4	5	6
9	Ne hissettiğimi bilmek benim için zordur.	1	2	3	4	5	6
10	Sıkıntı veren işleri mümkün olduğunca ertelemeye çalışırım.	1	2	3	4	5	6
11	Rahatsız edici durumlardan kaçınmak için elimden geleni yaparım.	1	2	3	4	5	6
12	En büyük hedeflerimden biri, acı veren duygulardan kurtulmaktır.	1	2	3	4	5	6
13	Üzücü duyguları uzak tutmak için çok çabalarım.	1	2	3	4	5	6
14	En ufak bir tereddüdüm bile varsa, o şeyi yapmam.	1	2	3	4	5	6
15	Acı her zaman ızdıraba yol acar.	1	2	3	4	5	6

Not. 6. madde tersten puanlanmaktadır. Toplam puanı elde etmek için bu madde tersine çevrildikten sonra tüm maddelerin puanları toplanır. Toplam puan 15 ile 90 arasında değişmekte olup, yüksek puanlar daha yüksek düzeyde deneyimsel kaçınmaya işaret etmektedir.