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Behavior Therapy

Volume 42, Issue 4, December 2011, Pages 676-688

Preliminary Psychometric Properties of the Acceptance and Action Questionnaire-II: A Revised Measure of Psychological Inflexibility and Experiential Avoidance

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<https://doi.org/10.1016/j.beth.2011.03.007>

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Abstract

The present research describes the development and psychometric evaluation of a second version of the Acceptance and Action Questionnaire (AAQ-II), which assesses the construct referred to as, variously, acceptance, experiential avoidance, and psychological inflexibility. Results from 2,816 participants across six samples indicate the satisfactory structure, reliability, and validity of this measure. For example, the mean alpha coefficient is .84 (.78-.88), and the 3- and 12-month test-retest reliability is .81 and .79, respectively. Results indicate that AAQ-II scores concurrently, longitudinally, and incrementally predict a range of outcomes, from mental health to work absence

rates, that are consistent with its underlying theory. The AAQ-II also demonstrates appropriate discriminant validity. The AAQ-II appears to measure the same concept as the AAQ-I ($r = .97$) but with better psychometric consistency.



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Keywords

psychological flexibility; experiential avoidance; acceptance; AAQ; psychological inflexibility

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Authorship order was alphabetically determined for Kenneth M. Carpenter, Nigel Guenole, Holly K. Orcutt, Tom Waltz, and Robert D. Zettle. We should like to thank the following people for their important contribution to this research: Laura Curtiss, Eric J. Fox, Magda Kulesza, Susan M. Orsillo, Elizabeth Roemer, and Kelly G. Wilson.

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