

# A SWEDISH VERSION OF THE ACCEPTANCE AND ACTION DIABETES QUESTIONNAIRE: A PSYCHOMETRIC EVALUATION

Ingrid Wijk<sup>1</sup>, Susanne Amsberg<sup>2</sup>, Unn-Britt Johansson<sup>1,3</sup>, Eva Toft<sup>4,5</sup>, Curt Hagquist<sup>6</sup>, Therese Anderbro<sup>7,8</sup>

<sup>1</sup> Department of Nursing Science, Sophiahemmet University, Stockholm, Sweden

<sup>2</sup> Department of Health Care Sciences, Ersta Sköndal Bräcke University College

<sup>3</sup> Department of Clinical Sciences and Education, Södersjukhuset, Stockholm, Sweden

<sup>4</sup> Department of Medicine, Huddinge, Karolinska Institutet, Stockholm, Sweden

<sup>5</sup> Department of Medicine, Karolinska Institutet, Ersta Hospital, Stockholm, Sweden

<sup>6</sup> Department of Education and Special Education, University of Gothenburg

<sup>7</sup> Department of Clinical Sciences, Danderyd Hospital, Karolinska Institutet, Stockholm, Sweden

<sup>8</sup> Department of psychology, Stockholm University, Stockholm, Sweden

**Background:** Psychological flexibility can briefly be described as the ability to establish functional behaviours aligned with the life goals of an individual. In the scope of diabetes, acceptance of thoughts and emotions related to diabetes is an important part of psychological flexibility. Furthermore, it is associated with self-care activities and glycaemic average level. The Acceptance and Action Diabetes Questionnaire (AADQ) was developed as a measure of psychological flexibility related to diabetes. A questionnaire with sound psychometric qualities may facilitate targeting of individuals in need of further support. However, a Swedish version of the questionnaire has not yet been evaluated.

**Aim:** The aim of the study was to evaluate the psychometric properties of a Swedish version of the ADDQ.

**Method:** To examine the properties we used Rasch analysis and additional analyses such as test-retest reliability and correlation with similar constructs. Data for 120 individuals with type 1 diabetes were included (woman: 55.8 %, mean age: 44.3, SD: 19.4).

**Result:** The Swedish version of the AADQ showed acceptable fit to the Rasch model. Two items were removed due to issues of interpretation. The instrument was unidimensional (measuring one construct) and the internal consistency presented as person separation index (PSI) was 0.81. There were indications of malfunctioning of the response categories. Threshold analysis suggested collapsing categories into three point-scale for functionality and improvements of fit. Test-retest reliability was stable (intraclass coefficient 0,94) and the Problem Areas in Diabetes questionnaire was correlated with the Swedish version of the AADQ (Spearman  $r = 0,7$ ).

**Conclusion:** The Swedish version of the AADQ with nine items demonstrated acceptable reliability and validity. However, a reduced Likert scale might be beneficial when measuring psychological flexibility related to type 1 diabetes.