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THE TURKISH VALIDITY AND RELIABILITY STUDY OF THE EXPERIENTIAL AVOIDANCE RATING SCALE

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Abstract
Experiential avoidance refers to individuals' unwillingness to engage with certain personal experiences, including emotions, thoughts, and memories. In this regard, experiential avoidance is considered a core mechanism underlying the development and maintenance of psychological symptomatology. However, it has been reported that more research is needed to fully understand the dimensions and mechanisms of experiential avoidance (Hayes et al., 2012; Wang et al., 2024). Therefore, the development and adaptation of valid and reliable measurement tools are crucial for conducting research in this field. The Experiential Avoidance Rating Scale (EARS), developed by Borgogna et al. (2023), consists of six items on a 5-point Likert scale (1: Never, 5: Almost always) and has a single-factor structure. The aim of the present study was to adapt the EARS to Turkish culture and evaluate its validity and reliability. For this purpose, the scale was first translated into Turkish using the forward–backward translation method. The Turkish version was then administered to 410 university students to assess its psychometric properties. The results of the confirmatory factor analysis demonstrated that the scale had good fit indices [χ^2 (16.582/03) = 2.07, CFI = .99, IFI = .99, RMSEA = .05, SRMR = .01]. Internal consistency analyses indicated that the Cronbach's alpha coefficient for the total scale was .87, and McDonald's ω was .86, showing high reliability (ω and $\alpha \geq .70$) (Kline, 2011). In addition, the Average Variance Extracted (AVE) value was calculated to assess convergent validity, and the AVE was found to be .54, indicating acceptable convergent validity (AVE > .50) (Fornell & Larcker, 1981). Overall, the findings suggest that the Turkish version of the Experiential Avoidance Rating Scale is a valid and reliable instrument for use in Turkish culture.

Keywords: Experiential Avoidance, Psychological Flexibility, Adaptation