Designing and testing new measurement instruments for rational and irrational beliefs related to uncertainty and control

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Abstract

The current study addresses the development of new instruments aimed to measure specific rational and irrational beliefs related to uncertainty and control. The instruments – Rational and Irrational Beliefs Scale Uncertainty (RAIBS uncertainty) and Rational and Irrational Beliefs Scale Control (RAIBS control) – were adapted following the Attitude and Belief Scale, short version (David, 2007), and a new response and coding system was introduced. The psychometric properties of the two scales were estimated in terms of internal consistency, criterion, and construct-related validity. Overall, data showed that the scales can be used to estimate rational and irrational beliefs related to uncertainty and control, with the limitation of a possible low sensitivity. Also, irrational beliefs about uncertainty significantly predict worry in addition to intolerance of uncertainty.

Given the fact that rational and irrational beliefs have a wide clinical and research applicability, various instruments have been developed in order to measure these concepts. Some of the early measures of irrational beliefs, constructed to assess the eleven irrational beliefs initially described by Ellis in 1962 (e.g., Irrational Beliefs Test – IBT, Jones, 1968; the Rational Behavior Inventory – RBI, Shorkey & Whiteman, 1977, the Idea Inventory II, Kassinove, Crisci, & Tiegherman, 1977) have been extensively used but they lacked discriminative validity because they were not focused solely on cognitions, including also emotions and behavioral responses (Bridges & Harnish, 2010; Macavei & McMahon, 2010).

In order to address these matters, newer instruments have been developed like The Attitude and Belief Scale 2/ General Attitude and Beliefs Scale (ABS2/GABS, DiGiuseppe, Leaf, Exner, & Robin, 1988), the Shortened Gen-