

## A Study On Turkish Adaptation Of Drexel Defusion Scale (Dds)

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### Purpose

Cognitive defusion was defined as separating thoughts and the self from each other (Hayes & Lillis, 2012). The concept of cognitive defusion is a sub-category of psychological flexibility in Acceptance and Commitment Therapy. While cognitive fusion means living in harmony with the thoughts, cognitive defusion helps to move away from the thoughts and accepting thoughts as “only thoughts” (Hayes et al., 2006). When people consider the thoughts as the facts about themselves, they cannot sustain cognitive defusion. Applying cognitive defusion strategies increases staying in the present moment. Thus, the factors that make people live far away from present moment like rumination prevent cognitive defusion. Previous research indicates that negative thoughts have been decreased as a result of applying cognitive defusion strategies (Hooper & McHugh, 2013; Masuda et al., 2010). Cognitive defusion has been studied with a variety of problem areas such as depression, anxiety, negative thoughts and psychological distress. However, the concept of cognitive defusion has not been studied extensively in Turkish literature. In order to conduct further studies in relation to cognitive defusion, development or adaptation of already existing measures into Turkish is needed. In this regard, the aim of this study was to adapt Drexel Defusion Scale (DDS) into Turkish and test its psychometric properties.

### Method

In the current study, a pilot study was carried out before the main study to adapt DDS into Turkish. Among participants, 370 (218 female and 152 male) college students of a state university in Turkey participated in the pilot study and 715 (351 female and 364 male) college students participated in the main study. The Drexel Defusion Scale (DDS) was developed by Forman et al. (2012) to measure the ability to achieve a distance from inner experiences like thoughts and feelings. The DDS includes 10 items rated on a 5-point Likert type scale from 0 (Not at all) to 5 (Very much). The DDS consists of items reflecting a scenario in which participants rate their answers based on the ability to be in a state of defusion. The scale has a unidimensional factor structure and there are no reverse items. DDS yields a total score and higher scores indicate a good state of psychological distance from the internal thoughts and feelings. The Cronbach's alpha value for the DDS was calculated as .83 (Forman et al., 2012).

### Results and Discussion

In the present study, after translation of DDS by five experts; three experts from the field of Psychological Counseling and Guidance and two experts from the field of English language teaching, the best fitting items were chosen and Turkish form of the scale was finalized. The pilot study was carried out with 370 college students. The results of Exploratory Factor Analysis indicated a unidimensional factor structure for Turkish version of DDS. Moreover, the results of Confirmatory Factor Analysis for the pilot study indicated an excellent model fit [Satorra-Bentler  $\chi^2(33) = 58.79, p = .00; \chi^2/df\text{-ratio} = 1.78; GFI = .97, CFI = .95, RMSEA = .05$ ] with little modifications between item 7-8 and item 9-10. Following the pilot study, the Turkish version of Drexel Defusion Scale was also applied to a sample of 715 college students. The results of the Confirmatory Factor Analysis indicated one factor structure for the scale with a perfect

fit [Satorra-Bentler  $\chi^2(33) = 53.49, p = .00; \chi^2/df\text{-ratio} = 1.62; GFI = .97, CFI = .98, RMSEA = .04$ ] by little modifications between item 7-8 and item 9-10. The Cronbach alpha value for the Turkish version of Drexel Defusion Scale was .80. The test-retest reliability study carried out with 52 students over one-week period indicated the value of .81. Overall, the current study, conducted with two separate groups of university students, yielded satisfactory results regarding the reliability and validity of the Turkish version of DDS. The results were discussed under the light of the literature.