TURKISH VALIDATION OF THE MULTIDIMENSIONAL PSYCHOLOGICAL FLEXIBILITY INVENTORY-24

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ABSTRACT

Current research has particularly paid attention to the operationalization and measurement of psychological flexibility and psychological inflexibility. Drawing on the Hexaflex model, the Multidimensional Psychological Flexibility Inventory (MPFI) provides a comprehensive evaluation of psychological flexibility and inflexibility through higher-order flexibility and inflexibility constructs and six two-item subscales in flexibility and inflexibility with a total of 60 items. Recent research shows that the 24-item version of MPFI also replicates the original MPFI. The present research aimed to assess the psychometric properties of the MPFI-24 in Turkish with a total of 255 participants. To evaluate the psychometric properties, confirmatory factor analyses, Pearson's correlation tests, and internal consistency analyses were utilized. The confirmatory factor analyses for the subscales of psychological flexibility and psychological flexibility as a second-order factor demonstrated a good fit: [$\chi^2 = 75.5$, df = 48, p = .00], CFI = .98, TLI = .97, RMSEA = .047, 90%CI[.025, .067], SRMR = 0.036. The confirmatory factor analyses for the subscales of psychological inflexibility and psychological inflexibility as a second-order factor showed a good fit: [$\chi^2 = 100.6$, df = 48, p = .00], CFI = .97, TLI = .96, RMSEA = .066, 90%CI[.047, .084], SRMR = 0.048. The present research indicated that the Turkish version replicated the original factor structures of the MPFI-24. The Turkish MPFI-24 demonstrated structural, concurrent, and divergent validity, and predominantly showed good reliability.

Keywords: psychological flexibility, psychological inflexibility, Hexaflex model, well-being