

**Validation and psychometric properties of the Valued Living Questionnaire (VLQ)
for the Spanish population** (pp. 247-267)

Juanjo Macías, Antonio Ruiz-García², and Luis Valero-Aguayo²

¹*Catholic University of San Antonio of Murcia;* ²*University of Cordoba;* ³*University of Malaga (Spain)*

The aim of this paper is to present the Spanish adaptation of the “Life Values Questionnaire” (VLQ; Wilson et al., 2010), providing data on its psychometric properties. The questionnaire was administered to 531 participants aged between 18 and 70 years ($M= 28.73$), 70% of whom were female university students. The exploratory factor analysis showed three main factors: community, closeness and obligations, whose internal consistency levels were .70, .71 and .68, respectively, while the total score was .71, which was similar to that of the English original version. In terms of the concurrent validity, the VLQ showed moderate correlations with the “Personal Values Questionnaire” (Schwartz, 1992) ($r= .47$), and with the “Life Snapshot Questionnaire (Ruiz-García et al., 2021; Tsai et al., 2023) ($r= .65$). The usefulness of the VLQ for assessing and tracking key processes involved in clinical change, as well as for enhancing and assessing personal values intimately related to quality of life, meaning in life and community well-being is discussed.