

In this booklet you will find all the abstracts of the articles published in the journal *Behavioral Psychology/Psicología Conductual* journal in its first 31 years, from **1993 to 2024**. Many articles published between 2000 and 2015 are open access on the journal's website. And **from 2014, all the articles are open access**. You can download all of them in PDF format. And we will try to gradually include all articles as open access on the website of the journal: [www.behavioralpsycho.com](http://www.behavioralpsycho.com)

## **Abstracts of the journal Behavioral Psychology/ Psicología Conductual (1993-2024)**

### **Psicología Conductual, 1993, Volume 1, Number 1**

#### **Past and present of clinical behavioral psychology in Spain (pp. 7-33)**

Gualberto Buela-Casal<sup>1</sup>, Vicente E. Caballo<sup>1</sup>, Xavier Bornas<sup>2</sup>, Miquel Tortella<sup>2</sup>, and Mateu Servera<sup>2</sup>

<sup>1</sup>University of Granada (Spain), <sup>2</sup>University of Balearic Islands (Spain)

The past and current status of clinical behavioral psychology in Spain is described in this first number of *Behavioral Psychology*. This brief history includes the areas of teaching and research at universities and private institutions, clinical practice, and publications and professional associations in the field. At present, most psychology programs at the university in Spain seem to follow a strong behavioral perspective. This article also includes a brief description of five (three national and two local) professional behavioral psychology associations, underlines some of the most important activities organized by the private sector, and lists some of the more important clinical behavioral publications produced within the last few years. Generally speaking, we can say that clinical behavioral psychology in Spain is a strong movement that has a solid present and a brilliant future.

#### **Cognitive psychotherapy approaches to personality disorders (pp. 35-48)**

Richard L. Wessler

*Pace University (USA)*

Several cognitive psychotherapy approaches to the treatment of personality disorders have emerged in recent years. Concepts of personality disorder are discussed, and Millon's biosocial learning model summarized. Four cognitive psychotherapies are described and contrasted: Beck's Cognitive Therapy, Young's Schema-focused Cognitive Therapy, Safran's Cognitive Interpersonal Therapy, and Wessler and Hankin-Wessler's Cognitive Appraisal Therapy. Trends in cognitive psychotherapy are noted, including increasing acceptance of

nonconscious processes, interpersonal processes, emotional processes, and the importance of the therapeutic relationship.

**General anger: characteristics and clinical implications** (pp. 49-67)

Jerry L. Deffenbacher  
*Colorado State University (USA)*

This paper has attempted to summarize the characteristics of a meaningful, clinical analog of general anger and to draw out some of the clinical implications of these characteristics. It is hoped that this paper will help researchers and clinicians alike conceptualize, assess, treat, and evaluate a type of overlooked (Averill, 1983) and misunderstood (Tavris, 1982) anger - based emotional disorder- general anger.

**Relationships among some behavioral and self report measures of social skills** (pp. 69-91)

Vicente E. Caballo  
*University of Granada (Spain)*

The assessment of social skills has been a problem since the beginning of systematic research in this field. Studies about relationships between self-report and behavioral measures have produced contradictory results. The aim of this research has been to study different self-report measures and their relationships with some behavioral measures (extended and brief interaction tests) within the field of social skills and related areas such as social anxiety, physical attractiveness and negative self-statements. The results point to important relationships among cognitive, behavioral and anxiety self-report measures of social skills as well as moderate relationships between self-report and behavioral sources of assessment. Our data support a presence of behavioral, cognitive, and anxiety factors with respect to social skills as well as moderate relationships between different methods of assessment of social skills.

**How to apply some main rules of the scientific method in changing irrational beliefs about self, others, and life conditions** (pp. 93-100)

Albert Ellis<sup>1</sup> and Leonor I. Lega<sup>2</sup>  
<sup>1</sup>*Institute for Rational-Emotive Therapy (USA)*; <sup>2</sup>*Saint Peter's College (USA)*

Simply stated, the ABC theory of RET holds that Activating Events (A's) in people's lives contribute to their emotional and behavioral disturbances or Consequences (C's) largely because they are intermingled with or acted upon by people's Beliefs (B's) about these Activating Events (A's). Anti-scientific, irrational thinking is a main cause of emotional disturbance since, consciously or not, the person chooses to make him/herself neurotic with illogical and unrealistic thinking. However, they can choose to stop this nonsense by thinking scientifically. The kind of analysis and Disputing of Irrational Beliefs exemplified in this article is one of the main methods of RET, it takes advantage of the most powerful antidote to, human misery that has so far been invented: scientific thinking. This article shows how one can scientifically examine some common irrational beliefs.

**Cognitive and behavioral treatments of antisocial behavior in children: progress and research directions** (pp. 101-130)

Alan E. Kazdin

*Yale University (USA)*

The present paper examines antisocial behavior in children and the challenges presented for developing and identifying effective treatment. Cognitive problem-solving skills training and parent management training are used to illustrate progress in identifying promising treatment. The current status and limitations of the evidence are used as a basis for identifying future research directions. Among the areas identified are the need to expand the criteria used to evaluate outcome, to examine longterm treatment effects, and to expand the models to develop and to evaluate treatment. Developmental issues are also raised insofar as they pose opportunities for designing treatment for youth of different ages and stages of development.

**Motivational and personality correlates of psychological reactance and implications for cognitive therapy** (pp. 131-140)

E. Thomas Dowd

*Kent State University (USA)*

Resistance as a psychological phenomenon has both intrigued and baffled psychologists since the days of Sigmund Freud. Why should clients, deliberately or not, appear to resist the very person, the therapist, who is trying to help them and in so doing undermine the very process that is designed to assist them in achieving their goals? This article will describe the phenomena of resistance from a variety of theoretical perspectives and present the beginnings of a cognitive theory of resistance, as well as its close relative, reactance. Recent research conducted by the author and his colleagues will then be described which provides an empirical basis for this theory. Finally, implications for the practice of cognitive and behavior therapy, including useful techniques, will be discussed.

**Toward a new classification and a proposed nomenclature of electrodermal phenomena** (pp. 141-153)

Esteve Freixa i Baquet

*University of Lille (France)*

In order to standardize the terminology used in electrodermography, a nomenclature and a coherent system for abbreviated notation intended for Spanish writers are suggested. Such an initiative calls first for the development of a classification of the observed phenomena and the methods used in this field of research. The proposed classification relies on four interconnected levels of analysis of electrodermal activity, enabling to make distinctions ranging from the general to the more minute ones. On a first level one has to acknowledge the different electrodermographic processes that give way to distinctive types of skin electrical activity: resistance (R), conductance (C), admittance (A), impedance (Z) and potential (P). Then, in accordance with common practice in electrodermal research, two *components* have to be distinguished from one another: the level (L) and the response (R) itself. Three-terms abbreviations are proposed in order to precisely identify the type of electrodermal activity considered. A series of parameters allows to describe and measure the essential features of those two components. Finally, the different *indexes* created by coordinating the parameters with specific events occurring in usual experimental settings are reviewed.

## **Psicología Conductual, 1993, Volume 1, Number 2**

### **Views of Psychology held by Spanish postgraduated students (pp. 181-206)**

Gualberto Buena-Casal, Susana Álvarez-Castro, and J. Carlos Sierra

*University of Granada (Spain)*

The aim of this article is to learn about the view of Psychology held by Spanish graduate students together with the epistemological attitudes underlying such conceptions. A questionnaire was filled out by 765 students of Psychology from 15 Spanish Universities. The results depict the type of professionals who obtain a degree in Psychology. Thus, it can be concluded that the characteristics of postgraduates in Psychology in the year 1993 tend clearly to Clinical Psychology and the use of procedures of Behavior Psychology- their approach is basically cognitive-behavioral. After Clinical Psychology, other areas which appeal students are Social (Psychology and Development Psychology Graduates reject Experimental Psychology, Industrial Psychology and Psychopedagogy, they are not attracted either to teaching and research, and do not accept Psychoanalysis. In addition, it should be highlighted the existence of major differences across Universities. Whereas some have a clear behavioral approach (Granada, Balearic Islands, Murcia and Oviedo) others show a psychodynamic orientation (Pontificia at Comillas).

### **Modifying children's schema about intoxicant use: a preventive intervention against problematic use (pp. 207-220)**

Luis Felipe Amunategui and E. Thomas Dowd

*Kent State University (USA)*

This article examines the literature dealing with the emergence of health related cognitions in children and with developmental antecedents of problematic substance use. A program designed to modify the development of cognitions associated with intoxicant use was designed and implemented, The immediate outcomes of this program after one year are described. Implications for future programs concerned with the primary prevention of substance abuse are discussed.

### **Behavioral multidimensionality of social skills: psychometric properties of a self-report measure, the EMES-M (pp. 221-231)**

Vicente E. Caballo

*University of Granada (Spain)*

The construct of social skills seems to be composed of different dimensions which are mutually independent. In former research (Caballo, 1987), the Escala Multidimensional de Expresión Social-Parte Motora (EMES-M) ("Multidimensional Scale for Social Expression-Motor Subscale") was developed in order to assess several basic dimensions of social skills. The present study aims to investigate the psychometric properties of the EMES-M. This scale was filled out by 673 subjects from three Spanish universities: Madrid (Central), Granada (South) and Santiago de Compostela (Northwest). The mean and standard deviation, the internal consistency, the concurrent validity and the test-retest reliability of the scale were obtained. The scale was also factor analyzed and a twelve-factor model provided the best fit

for the data, accounting for the 48% of the total variance. Several of these factors refer to specific classes of persons, pointing to a situation-specific concept of social skills.

**Assessment and treatment of generalized anxiety disorder: new perspectives** (pp. 233-254)

Enrique Echeburúa Odriozola  
*University of País Vasco (Spain)*

Generalized anxiety disorder is the least clearly conceptualized of the anxiety disorders. This paper reviews the information which currently exists on the assessment and treatment of this mental disorder. A number of treatment studies are reviewed indicating considerable promise but, currently, a number of limitations also. Finally, the findings are discussed in terms of their implications for future modifications of anxiety management.

**Experimental analysis of panic: the role of cognitions in panic attacks** (pp. 255-270)

Cristina Botella Arbona and Rafael Ballester Arnal  
*Jaume I University (Spain)*

The aim of this paper has been to obtain empirical evidence about one of the basic predictions from a cognitive model of panic. This prediction says that “during panic attacks patients should experience thoughts concerned with the catastrophic interpretation of bodily sensations”. In order to test it, the method used was the same than the one used by Rachman, Lopatka & Levitt (1987). Our results confirm the central role of catastrophic cognitions in panic attacks. However, some questions for a cognitive model of panic arise, such as the existence of panic attacks in which subjects do not report catastrophic cognitions and situations in which there is not a panic attack but there are misinterpretations of bodily sensations.

**Behavioral intervention in respiratory disorders** (pp. 271-282)

Frank J. S. Donker<sup>1</sup> and J. Carlos Sierra<sup>2</sup>  
<sup>1</sup>*Hospital St. Joseph (Holland);* <sup>2</sup>*University of Granada (Spain)*

This article presents an overview of the psychological aspects involved in the understanding and treatment of Chronic Aspecific Respiratory Affections (CARA), a category of respiratory disorders which includes asthma, chronic bronchitis and emphysema. Of the different approaches, it seems that the psycho-educative multidisciplinary program is the most promising. This kind of programs allows patients to develop self-competence in managing symptoms.

**Cross-cultural differences in the use of shame-attacking exercises: a rational-emotive therapy technique** (pp. 283-288)

Leonor I. Lega  
*St. Peter's College (USA)*

Differences in the use of “Shame-Attacking Exercises” were found between 14 therapists from Latin America and 14 therapists from the United States ( $X^2(1) = 24.26, p < .01$ ). The total

number of patients involved was approximately 150. The results are partially explained by differences in factors which determine social behavior for each of these cultures rather than by cross-cultural differences in the dogmatic and rigid basic philosophy of the individuals, or by the inferences derived from it, which are considered a main component of human irrational thinking.

**Advances in anxiety disorders: an interview with David H. Barlow** (pp. 294-300)

Vicente E. Caballo

*University of Granada (Spain)*

NO ABSTRACT

**Psicología Conductual, 1993, Volume 1, Number 3**  
(Monographic issue on "Pathological gambling")

**Addictive behaviors: a common route from crack to pathological gambling?** (pp. 321-337)

Enrique Echeburúa Odriozola

*University of País Vasco (Spain)*

The study of the commonalities inherent in addictive behaviors is an attempt to generate a common conceptual analysis. Pathological gambling is defined as an addiction (albeit one not involving a psychoactive substance). Relapse following treatment is a major problem for all addictive disorders. A review of recidivism for heroin, smoking, alcohol, and pathological gambling shows remarkably similar relapse rates for each disorder, with 50 to 75 percent of treatment successes relapsing within 12 months. A cognitive-behavioral model which can guide research designed to determine how to maintain abstinence once it has been achieved is suggested. Important questions raised by this relatively recent alternative to traditional approaches are discussed, along with some questions for future research.

**Alternative approaches to the measurement of the prevalence of pathological gambling** (pp. 339-349)

Mark Dickerson

*University of Western Sydney (Australia)*

The issue and concerns raised by the first prevalence studies of pathological gambling are summarised and discussed. These include the base-rate influence and related problems of measurement accuracy and conceptual questions as to whether the detection of "cases" or the broader consideration of "gambling related problems" is the most appropriate means of addressing the issues. Recent studies in Spain, New Zealand and Australia are used to illustrate contemporary efforts to resolve methodological and conceptual problems. It is concluded that this area of research continues to present great difficulties to the social scientist. It is recommended that future work should, as well illustrated in the first national study in New Zealand (Abbott & Volger, 1992), assess prevalence of gambling and broader gambling related problems/costs, whenever possible using established psychometric measures.

**The impact legal slot machine gambling for children on gambling and pathological gambling in adolescence** (pp. 351-359)

Sue Fisher

*University of Plymouth (UK)*

Fruit machine gambling is legal for children in the U.K. This has resulted in commercial gambling by the majority of adolescents. Some adolescents experience gambling problems which mirror those observed among adult pathological gamblers. The implications of this unique legislation are fully discussed.

**Basic and clinical questions on the psychology of pathological gamblers** (pp. 361-374)

Robert Ladouceur

*Université Laval (Canada)*

The games of chance and money are more and more important in our society. The phenomena of excessive or pathological gambling has originated the attention of politics, sociologists, economists, psychiatrists and psychologists. The present paper reviews important works which have as objective the understanding of the dynamics of pathological gambling. In our opinion, the therapeutic and preventive intervention would be interested in the incorporation of the knowledge of the experimental psychology for the maximization of its impact.

**The role of arousal, cognitive distortions and sensation seeking in gambling addictions** (pp. 375-388)

Iain F. Brown

*University of Glasgow (UK)*

Psychodynamic and behaviourist frameworks for the understanding of gambling and gambling addictions are outlined. The concept of arousal is examined and empirical evidence for the importance of its role in gambling is reviewed. The role of dissociation and escape as a byproduct of very high levels of arousal and as a motivation for gambling is noted. Evidence for an important role for irrational thinking, cognitive distortions and superstitious thinking in gambling is reviewed and the concept of a spectrum of cognitive distortions which are predicted to be present in gambling. Recent evidence on the interactions of cognitive distortions and high arousal is evaluated. Conflicting evidence which might suggest an important role for sensation seeking in gambling is reviewed. A positive interaction between arousal and cognitive distortions is proposed as an individual vulnerability factor for addictive gambling and is briefly examined. The developing picture of the interrelationships between arousal, cognitive distortions and sensation seeking is compared with the predictions made five years previously and the importance of this cluster of variables is put in the context of a wide variety of variables thought to be important in the understanding of gambling.

**Prevalence, characteristics and treatment of pathological gamblers in the United States** (pp. 389-407)

Henry R. Lesieur

*Illinois State University (USA)*

The growth of gambling in the United States is discussed. Pathological gambling is described with a focus on American research and ongoing research for the American Psychiatric Association. The criteria in the Diagnostic and Statistical Manual, fourth edition (DSM-IV) are compared with the International Classification of Diseases (ICD-10) guidelines. Epidemiological surveys in the US are outlined along with studies that document the consequences and costs of pathological gambling for families, employers, physical and mental health, finances and crimes. Methods of identification, screening, treatment and prevention in the US are discussed.

**Pathological gambling: a treatment review** (pp. 409-440)

Alex Blaszczyński

*The University of New South Wales (Australia)*

This paper reviews the treatment for pathological gambling. A special attention is given at the methodological issues and offering some direction for future research. In the treatment outcome studies reviewed the psychoanalytic formulations, self-help organisations, behavioural treatment, minimal intervention programs, specific controlled gambling treatment strategies, cognitive therapy and pharmacological approaches are covered. The Behaviour Therapy Unit Program for pathological gamblers is described with special emphasis in the imaginal desensitisation.

**Matching treatments for pathological gamblers based on clinically meaningful factors** (pp. 441-454)

Richard A. McCormick

*Cleveland Veteran Administration Medical Center (USA)*

Pathological gambling is a complex disorder. The more we understand about pathological gamblers, the more we come to appreciate that pathological gamblers differ in many clinically significant ways from each other. They differ in the comorbidities, including other disorders of impulse control, that they present. They differ in biological predispositions, psychological and sociological factors that contribute to the development of the disorder and potentially complicate their recovery. They differ in the types of situations or stimuli which increase craving for gambling and potentially precipitate relapse. The treatment of pathological gambling has progressed to the point where we recognize that a unitary treatment approach is insufficient to meet the treatment needs of all gamblers. We need to continue identifying clinically meaningful variables that impact on recovery and relapse. We need to choose from among our current and expanding repertoire of treatment approaches those that best match the treatment needs of a particular gambler. And finally, we must be creative in devising new, individualized treatments for identified relapse factors. In all cases we must continue the painstaking work of evaluating which treatment matches are most efficacious for each subset of pathological gamblers.

**Bibliographical guide to pathological gambling** (pp. 455-468)

Elisardo Becoña, M. José Fuentes, and M. Carmen Lorenzo

*University of Santiago de Compostela (Spain)*



The present paper revise the most important sources for introducing the reader in the different aspects of pathological gambling. The information is structured in the following sections: books, relevant papers and journals, and these sources are analized in relation they are published in English or Spanish. The information is selected in relation to the several aspects of pathological gambling.

## **Psicología Conductual, 1994, Volume 2, Number 1**

### **Family adversity, socioeconomic disadvantage, and parental stress: contextual variables related to premature termination from child behavior therapy (pp. 5-21)**

Alan E. Kazdin

*Yale University (USA)*

The present study examined family adversity, socioeconomic disadvantage, parental stress, and life events in relation to premature termination from child treatment. Children (N= 207, ages 4-13) referred for treatment for oppositional, aggressive, and antisocial behavior and their parents participated. Family adversity and socioeconomic disadvantage (e.g., single-parent families, younger parents, poor living accommodations, low income, receipt of social assistance), perceived sources of stress (e.g., in relation so the child as well as the parent's own life), and life events were predicted to be greater for families that subsequently terminated treatment prematurely than for families that completed treatment. The results supported the prediction across a variety of measures. Parent psychopathology was not found to be related to premature termination. The results, in the contexts of a burgeoning literature on child dysfunction and its treatment, underscore the need for conceptual and empirical work on the ecological/contextual factors in child dysfunction, the mechanisms through wich they operate, and the interventions needed to supplement more child-focused interventions.

### **The utility of structural equation modeling in cognitive-behavior therapy research (pp. 23-42)**

Ralph M. Turner

*Temple University of School of Medicine (USA)*

Analysis of partial variance methods are used extensively in cognitive-behavior therapy research. However, a major obstacle to the application of analysis of partial variance is the assumption that the partialled variable is perfectly reliable. This is an assumption that is not likely to be met in the most interesting and important clinical research contexts. This article illustrates how structural equation modeling using latent variables solves the problem of fallible partialled variables and provides a practical alternative to traditional analysis of partial variance techniques. The solution rests in the exploiting multiple indicators or clinical constructs. To illuminate this matter, two clinical research problems are presented. The first involves a causal analysis of cognitive and emotional factors leading to suicidal ideation among adolescents. The second illustration focuses on examining the interaction of diagnostic severity and cognitive-behavioral treatment for Borderline Personality Disorder using the Aptitude-Treatment Interaction model. For both of the research problems examined, the analysis of partial variance and structural equation modeling with latent variables methods generated very different conclusions. Theoretical and empirical arguments suggest the results produced by structural equation modeling are not just different, but also more reliable.

### **Tolerance to drugs and classical conditioning (pp. 43-69)**

Humberto M. Trujillo

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Typically, the effects of drugs and the alterations in these effects over the course of repeated administration (i.e., tolerance and sensitization), have been attributed to wholly systemic mechanisms. For example, the effect of an exogenous opiate may be attributable to its effects on central endorphin receptors, and tolerance may result from neurochemical alterations induced by repeated drug administrations. It has become apparent, however, that drug effects are importantly modulated by nonpharmacological factors. The result of the chemical stimulation depends not only on pharmacodynamic and pharmacokinetic principles, but also upon the previous experiences, expectations and context. In other words, a contingent relationship between pharmacological reinforcement and recurring exteroceptive and interoceptive stimuli results in the increased probability of occurrence of drug-anticipatory responses in the presence of these stimuli, even long after detoxification.

**Phenomena associated to hipnosis I: hypnotic involuntariness, trance logic and perceptual alterations** (pp. 71-89)

Andrés Catena

*University of Granada (Spain)*

The modern description of hypnosis is made in terms of four basic phenomena associated with hypnotic states: the involuntariness of hypnotic act, the logic of trance, the alterations of perceptions and memory. This article deals with recent evidence related to the first three phenomena and aims to explain them in terms of the actual psychological research. The available data seem to point out that hypnosis could be able to produce a real effect only as far as alteration in subjective sensorial capacity and in the reduction of perceived intensity of pain and the associated suffering are concerned. With respect to the rest of the phenomena a plausible explanation could be that subjects tend to adapt their experiences under hypnosis to the demands of the situation. It seems that subjects reconstruct their hypnotic experience according to their expectations and beliefs in the effects of hypnosis. For example, subjects assert that they act in an automatic manner, nevertheless they are able to resist acting and their acts consume attentional resources. On the other hand, there is no evidence that hypnosis is capable to produce blindness or deafness, but it can alter the subjective perception of sensorial deficit.

**Menstrual cycle and emotional responses** (pp. 91-107)

Carmen Borrás Sansaloni<sup>1</sup>, F. Javier Pérez Pareja<sup>2</sup>, and Alfonso L. Palmer Pol<sup>2</sup>

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It has been estimated that 5 to 10% of women suffers the premenstrual syndrome, and about 60% shows moderate premenstrual changes. The emotional changes have been described as the most distressing ones, as well as the only universal premenstrual complaint. Only a few studies about (normal) changes some women experience during the premenstrual phase have been carried out. Many of these (generally recent) studies are not always applicable to the Spanish population and the research about the premenstrual syndrome on this population is scarce in the specialized literature. In the present work, fluctuations on the anxiety and depressed mood responses during the different phases of the menstrual cycle in a non-clinic sample are described, as well as the relationship between these emotional changes with the general anxiety response.

**Insomnio familiar fatal** (pp. 109-112)

José Francisco Navarro Humanes

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This paper examines the literature dealing with 'fatal familial insomnia'<sup>a</sup>, a rapidly progressive sleep disorder characterized clinically by untreatable insomnia, dysautonomia (hyperhidrosis, hyperthermia, hypertension, tachycardia...) and motor abnormalities (ataxia, myoclonus, dysarthria, pyramidal dysfunction...), and pathologically characterized by severe atrophy of the anterior ventral and mediodorsal thalamic nuclei. Clinical, EEG and neuropathological findings and evolution of the condition is presented. Likewise, the etiology of the disease is also described. In that sense, recent studies have established that 'fatal familial insomnia'<sup>a</sup> is a prion disease with a mutation at codon 178 of the prion protein gene.

**Current challenges to research in psychotherapy** (pp. 113-120)

Paulo Machado

*University of Porto (Portugal)*

Psychotherapy research has been traditionally divided in outcome and process research. Outcome research has been worried to either prove that psychotherapy is more effective than no treatment, or wich psychotherapy approach is most effective. Process research has tried to identify the psychotherapy ingredients that are responsible for a particular outcome. The author argues that underlying these approaches to research there are assumptions that do not reflect the richness and complexity of the psychotherapeutic encounter. As in other scientific fields, linear causal models might not be the most apropiate to describe the complex phenomena we are studying. Recent development in chaotic system theories, non-linear dynamics, and self-organization might shed some light into the field of psychotherapy research.

**Therapeutic implications of the adjunctive behavior model to the smoking habit** (pp. 123-127)

José Errasti Pérez and Marino Pérez Álvarez

*University of Oviedo (Spain)*

NO ABSTRACT

**Schizophrenic symptomatology in chronic psychiatric patients with long and short hospitalization periods: a differential study** (pp. 129-133)

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NO ABSTRACT

**Letter to Editor** (pp. 135)

Marsha M. Linehan

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NO ABSTRACT

## **Psicología Conductual, 1994, Volume 2, Number 2**

### **Psychoanalysis and behavior therapy: the Freudian error (pp. 149-164)**

Hans J. Eysenck

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The curious case of addiction to Freudian theories and practices which afflicted the great majority of psychiatrists, psychologists and philosophers is over. Most have by now discovered that psychoanalysis as a method of treatment simply does not work, and is not superior to no treatment at all - the latest meta-analysis of 19 studies comparing psychoanalytic treatment with no treatment at all found no difference in outcome. Freudian theories have been tested experimentally and found wanting; the great majority of studies have come out negatively, and those with positive outcomes are subject to damaging criticism, Freud's own accounts of his therapeutic efforts and of his life history, have been found to be untrustworthy, unreliable and lacking in truthfulness. It is becoming widely recognized that he set back psychology and psychiatry some 50 years, and prevented the growth of properly scientific theories and methods of treatment. Seldom in the history of science has one man, hailed as a genius, done so much harm to the discipline in which he worked.

### **Clinical judgement and the design of behavioral intervention programs: estimating the magnitude of intervention effects (pp. 165-184)**

Stephen H. Haynes

*University of Hawai (USA)*

Behavior therapists make many clinical judgments that influence the focus of a behavioral intervention program. Functional analytic causal models (FACMs) help organize those judgements and promote more rational intervention program design. FACMs are graphic vector models of a functional analysis. They allow the clinician to organize and illustrate hypotheses about a client's behavior problems and goals and their relative importance, interrelationships, and sequela. They also organize and illustrate the causal variables affecting a client's behavior problems and goals and their strength and modifiability. Through the use of variable values and path coefficients, a FACM allows the clinician to estimate the relative magnitude of effect of a particular treatment focus. FACMs are unstable, hypothesized and may be limited to particular situations. The validity and clinical utility of FACMs can be enhanced with multimethod, multisource, multimodal time-series assessment and by attending to the level of variables and the comprehensiveness of the model.

### **Phenomena associated to hypnosis II: hipermnesia (pp. 185-202)**

Andrés Catena and M<sup>a</sup> del Carmen Verdejo

*University of Granada (Spain)*

Frequently people think that hypnosis can be used to improve memory functioning. In this article we had reviewed the published evidence on hypnotic hypermnesia and reminiscence. The fact that people admit this phenomenon could be due to the publication of some cases narrated in a casual style or without adequate investigation procedures. When the variables are

the number of correct recollections (hits) and the number of incorrect recollections (false alarms) or confabulations, the more consistent data is that hypnosis increase the total quantity of recall. The proportion of hits and false alarms is always the same. The more plausible interpretation of this result is that hypnosis and hypermnetic suggestions induce a response bias: subject increase their confidence in the reliability of their memory, and more frequently think that incorret recall is correct. We conclude that de response bias could be produce for cognitive and social factors, presents in hypnotic situation.

**A study on the relationship between self-control and fears in children** (pp. 203-214)

Inmaculada Moreno García, Luis Rodríguez Franco, and José Manuel Rodríguez González  
*University of Sevilla (Spain)*

Both fear and self control responses were examined in a sample of 1.138 children who were between 10 and 12 years of age. The Fear Survey (Pelechano, 1981) and the Child Self Control Survey (Capafons & Silva, 1986) were used. Results reveal that the three dimensions of self control (personal feedback, tolerance to aversive situations, and self evaluative processes) reduce the fear intensity, while reward delay appears to be of minor significance. This influence was observed in all fear factors, especially fear of physical violence, natural phenomen, and closed places. No effect was observed with reference to fear of death. Finally, while reward delay and personal feedback had similar effects on fear intensity in both sexes, gender effects were observed with regards to self evaluative processes and tolerance to aversive situations.

**Analysis of actitudes and beliefs hampering organ donation and proposal of an intervention program** (pp. 215-234)

Alfonso Blanco Picabia<sup>1</sup>, M<sup>a</sup> Ángeles Pérez San Gregorio<sup>1</sup>, Francisco Murillo Cabezas<sup>2</sup>, José M<sup>a</sup> Domínguez Roldán<sup>2</sup>, and Antonio Nuñez Roldán<sup>2</sup>

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The aim of the present study was to analyse some psychological reasons responsible for the shortage of organs for transplant. The subjects were closerelatives of 177 severely traumatised patients admitted into the Intensive Care Unit of University Hospital ‘Virgen del Rocío’ of Seville. This group was assigned to two conditions: 57 relatives with a positive attitude and 57 relatives with a negative attitude toward organ donation. Investigation based on social information and a battery of psychological instruments were used. These measures were: Clinical Analysis Questionnaire, Family Environment Scale, Religiosity Scale, Attitudes Body Scale, Fear of Death Scale, Attitudes toward Organ Donation Scale, Attitudes Organ Transplantation Scale. Results showed that those individuals who were not willing to donate the organs of relatives exhibited a specific sociological and psychological profile. Those subjects showed a low economic and cultural level, depressed states, poor family environment, extrinsic religiosity, fear of death and negative attitudes regarding organ donation and transplant.

**Increase of hypnotic involuntariness throuh the active-passive contrast** (pp. 235-244)

Adolfo J. Cangas Díaz, Marino Pérez Álvarez, and José M. Errasti Pérez  
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There are controversial explanations of hypnosis focusing on the involuntariness reports of subjects. The structure of the language used in hypnotic induction and suggestions can be a significant variable of these reports. The analysis of the role of specific instructions given by the experimenter in a particular situation has been the goal of the present study. Four experimental groups and a control group were employed. Muscular relaxation with “passive” or “active” instructions or hypnotic induction with “passive” or “active” instructions previous to a specific suggestion, joining hands, were the four experimental conditions. In the control group condition only the specific suggestion was used. Our results suggest that subject's involuntariness reports may be increased by the use of active instructions previous to a specific suggestion. Finally, the article discusses the role of language structure as an significant component in hypnosis.

### **Psicología Conductual, 1994, Volume 2, Number 3 (Monographic issue on “Sleep disorders”)**

#### **Psychological perspectives in the diagnosis and treatment of insomnia (pp. 261-282)**

Charles M. Morin

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This paper examines recent developments in the diagnosis and treatment of insomnia. The nature and scope of insomnia problems are reviewed with a special focus on the definition, prevalence, and impact of the disorder. Clinical features distinguishing primary from secondary insomnias are outlined and subtypes of primary insomnias are described. Findings from comparative studies of poor and good sleepers are summarized, and clinical profiles characteristic of chronic insomniacs are outlined. This section concludes with a conceptual model of insomnia, which emphasizes the interplay of maladaptive behavioral patterns and dysfunctional sleep cognitions. In the second section, psychological interventions for chronic insomnia are presented. After a brief description of treatment methods and rationale are provided, issues of efficacy, durability, generalizability, and clinical therapeutic gains are discussed. We concluded by outlining some implications for clinical practice and directions for future research.

#### **Narcolepsy (pp. 283-296)**

José Francisco Navarro<sup>1</sup> and Raúl Espert Tortajada<sup>2</sup>

<sup>1</sup>*University of Malaga;* <sup>2</sup>*University of Valencia (Spain)*

This paper reviews the literature dealing with narcolepsy<sup>a</sup>, a syndrome clinically characterized by excessive daytime sleepiness and sleep attacks plus one or more auxiliary symptoms including cataplexy, sleep paralysis and hypnagogic hallucinations. Disturbed nocturnal<sup>o</sup> sleep, especially a premature onset of REM sleep, is also associated to this condition. In this review, clinical and polysomnographic features, prevalence, course and diagnostic criteria of narcolepsy are described. Likewise, pathophysiological mechanisms of the disease are examined. In that sense, recent studies suggest an immunologic basis for narcolepsy. Genetics susceptibility to narcolepsy is closely linked to a specific region on the major histocompatibility complex (HLA) on chromosome 6. Moreover, neurochemical studies of human and canine narcolepsy have demonstrated disturbed monoaminergic and

cholinergic function. Although recently a variety of drugs have shown to lead to substantial improvement of narcolepsy, treatment of sleepiness and sleep attacks with stimulants and cataplexy and other auxiliary symptoms with tricyclic antidepressants is actually the main therapeutic strategy.

**Sleep apnea syndrome** (pp. 297-310)

Luis Domínguez Ortega and Elena Díaz Gallego

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The goal of this paper is to outline a practical approach to the overall management of patients with Obstructive Sleep Apnea, the most common organic disorder of excessive daytime somnolence. Since it was first described, there have been broad advances in its understanding and treatment. Obstructive Sleep Apnea is a many-sided problem that has taken years to evolve in the patient (typically middle-aged, overweight men) who complain of loud snoring, daytime tiredness, fatigue or sleepiness, restless sleep, headaches, nocturia and impaired performance. An impairment of the upper airway patency during sleep located essentially at the pharyngeal level, leads to the development of this syndrome which has a significant adverse impact on longevity. Until thirteen years ago there was only one treatment: tracheostomy. Today, in addition to different surgical techniques available, we have an effective non-invasive long-term treatment: Nasal Continuous Positive Airway Pressure (CPAP).

**Jet-Lag** (pp. 311-322)

Elena Miró and Gualberto Buela-Casal

*University of Granada (Spain)*

In this paper, we analyzed jet-lag syndrome, a transient circadian rhythm sleep disorder produced by an abrupt desynchronization between the internal clock and environmental cues. Jet-Lag is an entirely self-inflicted condition resulting from transmeridian air travel. As determinant factors of jet-lag circadian rhythmicity, number of time zones traversed, velocity and direction of travel, and capacity of adaptation to the new time zone are considered. Likewise, diagnostic criteria, clinical symptoms and polysomnographic features of jet-lag are also described. Finally, we conclude by outlining some recommendations for clinical intervention used to alleviate jet-lag.

**REM sleep behavior disorder (RBD)** (pp. 323-330)

José Francisco Navarro<sup>1</sup> and Raúl Espert Tortajada<sup>2</sup>

<sup>1</sup>*University of Malaga (Spain);* <sup>2</sup>*University of Valencia (Spain)*

This paper examines the literature dealing with the REM sleep behavior disorder (RBD)<sup>a</sup>, a syndrome characterized by injurious or disruptive behaviors emerging during REM sleep which affects predominantly the older population. This REM motor parasomnia is defined by the intermittent loss of REM sleep electromyographic atonia and by the appearance of elaborate motor activity associated with dream mentation. In this review, clinical and polysomnographic features, neurophysiological and neuropsychological findings and evolution of the condition are presented. Likewise, diagnostic criteria, pathophysiological



mechanisms and procedures of treatment are also described. In this sense, it is clearly established that RBD is easily controlled with clonazepam.

**Restless legs syndrome and periodic limb movement disorder** (pp. 331-346)

Raúl Espert Tortajada<sup>1</sup> and José Francisco Navarro<sup>2</sup>

<sup>1</sup>*University of Valencia (Spain);* <sup>2</sup>*University of Malaga (Spain)*

The restless legs syndrome (RLS) and the periodic limb movement disorder (PLMD) (nocturnal myoclonus) are sleep disorders closely linked, with a special incidence in the middle age of life, but without a clearly well established etiology and specific pharmacological treatment. In this paper, a review about the historical aspects, clinical features, epidemiology, evolution, differential diagnosis, polysomnography, and relationship to other diseases or associated factors of RLS and PLMD is carried out. Finally, we make a special point into the current etiological hypothesis as well as the neuropharmacological features with a special incidence on the dopaminergic, opioidergic, gabaergic, adrenergic and serotonergic nervous pathways.

**Sleep disorders in children** (pp. 347-362)

Eduard Estivill

*Dexeus Institute, Barcelona (Spain)*

The diagnosis and treatment of sleep disorders in infants are constantly improving. Its prevalence in the child population can be as much as thirty percent, depending on how the condition is described. In this paper, sleep disorders in children are reviewed: insomnia, parasomnias and hypersomnias. Insomnia can be due to two causes: bad habits and psychological disorders. The first kind can affect children from six months to five years and it is described as the difficulty to start sleeping spontaneously and/or maintaining it all the night. The initial cause of this problem is the deficient organization due to inadequate associations that the child makes with his sleep, normally because the various changes that the parents make in their efforts to make the child sleep. The sleep of these children is sporadic, shorter and lighter and the repercussions range from irritability and dependency on the mother to growth upsets due to alteration on the rhythm of growth hormone secretion. Likewise, some parasomnias are described, including somnambulism, night terrors and nightmares, sleeptalking, bruxism and rhythmical body movements. Finally, hypersomnias are also presented, particularly sleep apnea syndrome in children.

**Sleepwalking** (pp. 363-368)

José Francisco Navarro<sup>1</sup> and Raúl Espert Tortajada<sup>2</sup>

<sup>1</sup>*University of Malaga (Spain);* <sup>2</sup>*University of Valencia (Spain)*

The term 'somnambulism'<sup>a</sup> is used to describe episodes during sleep in which patients get out of bed and perform more or less complex motor activities. These attacks usually begin from slow-wave sleep, typically within the first third of the night. It is a benign childhood sleep disorder which may persist until young adulthood. In this review, clinical features, prevalence and diagnosis of this parasomnia are described. Likewise, causative and predisposing factors of sleepwalking and strategies of treatment are also presented.

**Excessive daytime sleepiness and sleep disorders in the elderly** (pp. 369-379)

Matilde Valencia-Flores<sup>1</sup> and Donald L. Bliwise<sup>2</sup>

<sup>1</sup>UNAM, Mexico (Mexico); <sup>2</sup>Emory University School, Atlanta (USA)

Sleepiness is a transitional physiological state occurring between sleep and wakefulness. It represents a propensity to sleep and a diminished level of vigilance. Pathological sleepiness can represent a life-threatening condition for the patient. Although, sleepiness seems to be a very underrated factor in accidents, some statistics indicate in 1-10% of cases. Excessive daytime sleepiness can be associated with insufficient sleep, sleep fragmentation, sleep pathology, toxic effects on CNS and neurologic disorders, among other causes. It has been suggested that in the elderly daytime sleepiness could be due to the presence of the following factors: a) disruption of biological rhythms, with a return to a polycyclic sleep-wake pattern suggesting a decline in the amplitude of the sleep-wake rhythm and, in addition, an apparent advanced phase of the sleep-wake pattern with older persons going to bed earlier than younger persons; b) lack of environmental stimulation, lack of physical activity and outdoor light exposure, common in this type of population, and c) the presence of sleep pathology, which is more frequent in aging people. The relationship between daytime sleepiness and insufficient sleep is briefly reviewed, as well as the disruption of biological rhythms and the presence of sleep pathology in aging subjects. It is documented that excessive daytime sleepiness in the elderly is unrelated to insufficient sleep at night. It is shown that daytime sleepiness in elderly subjects is only marginally related to the severity of respiratory disturbances during the night and that other conditions would be considered as factors inducing daytime sleepiness in these subjects such as a disruption of biological rhythms.

## **Psicología Conductual, 1995, Volume 3, Number 1**

### **Cognitive-behavioral treatment of schizophrenia** (pp. 5-34)

David L. Penn<sup>1</sup> and Kim T. Mueser<sup>2</sup>

<sup>1</sup>*Illinois Institute of Technology (USA)*; <sup>2</sup>*New Hampshire-Darmouth Psychiatric Research Center (USA)*

Recent research is reviewed on the efficacy of cognitive-behavioral treatments for schizophrenia. Four different areas of intervention are discussed: family therapy, social skills training, cognitive rehabilitation, and teaching coping skills for the management of residual psychotic symptoms. There is strong evidence supporting the efficacy of family intervention for schizophrenia, including both behavioral and broad-based psychoeducational approaches. Some, but not all studies, suggest that social skills training can improve the social functioning of schizophrenia patients; more work is needed in this area to enhance the generalizability of social skills training interventions. Little controlled research has examined the impact of either cognitive remediation or training in coping skills for patients with schizophrenia. However, preliminary findings suggest that both of these avenues may have beneficial effects on at least some patients. Future directions for research on the psychosocial rehabilitation of schizophrenia are discussed.

### **Vulnerability markers / Protection factors in the prevention of schizophrenia** (pp. 35-46)

Juan F. Godoy, José A. Muela, María B. Sánchez-Barrera, Juan R. Sánchez-Huete, Miguel Pérez, José M. Martínez, Inmaculada Anguiano, Antonia Lorite, and Paloma Marí-Beffa  
*University of Granada (Spain)*

The main purpose of this study was to investigate both hypothetical schizophrenic vulnerability markers and protective factors. 32 children of both sexes were divided into three groups according to type and presence of psychopathology in their parents: 1) schizophrenia, 2) affective or hypochondriac psychiatric disorders, and 3) no psychopathology. A series of measures were used with the children to assess the following areas: a) hypothetical vulnerability markers, which include possible pre/peri/neonatal complications, neurological abnormalities, family problems (parent/child communication, parent/child relationship), attentional alterations (using an attention-span task), affective-emotional disorders (trait/state anxiety and social anxiety), intelligence alterations (verbal and nonverbal), and possible school problems (difficulties in adjustment, poor academic performance, other behavioral difficulties), and b) possible protective factors, including self-efficacy and social support. Additionally, the children's level of daily stress was measured. Results showed that the children of schizophrenic parents were slightly different to the children in the two other groups in the areas of self-perception and perception of family environment, and in the trait-anxiety measurement. There was a significant difference between these groups in the self-efficacy measurement

### **Psychological treatment of sexual offenders: possibilities and limits** (pp. 47-66)

Enrique Echeburúa Odriozola, Javier Fernández-Montalvo, and Karmele Salaberría Irizar  
*University of País Vasco (Spain)*

In this paper extrafamilial sexual abusers (exhibitionists, child molesters and rapists) are defined and described from a demographic and a psychopathological point of view. Subtypes of rapists are also commented upon, as well as the extent in which they may be dangerous according to this classification. Relapse following treatment is a major problem for all sexual offenders and therefore predictive variables are discussed. The main features of a comprehensive cognitive-behavioral program which can guide research to determine the choice of therapy are suggested. The preliminary reports are encouraging for child molesters and exhibitionists, but not for rapists. Further research is however necessary to give empirical support to these pioneering studies in the area. Important questions raised by this relatively recent alternative to traditional approaches are discussed, along with some issues for future research, especially from an ethical and a motivational point of view. Implications of this study for clinical practice are commented upon.

**Description and psychometric properties of a self-report assessment measure for fear of flying** (pp. 67-86)

Xavier Bornas and Miquel Tortella-Feliu

*University of Balearic Islands (Spain)*

Self-report measures on discomfort generated by various situations related with flying are the most useful procedure to assess the fear of flying assessment procedure. In spite of that, a lack of formal and well validated assessment instruments on this behavioral disturbance is often detected. The present paper reviews the assessment procedures commonly used in the field and a self-report instrument, the 'Fear of Flying Questionnaire' (Questionari de Por a Volar, QPV), designed by the authors, is described. Basic psychometric properties and clinical usefulness are analyzed. The results point out a high reliability and potential clinical utility for the questionnaire, on the basis of the adequacy of the instrument for discriminating phobic, non-phobic and subclinical samples.

**Nonpharmacological bases of the heroin withdrawal syndrome: a method for analysis in humans** (pp. 87-106)

Humberto M. Trujillo

*University of Granada (Spain)*

The goal of this study was to detect withdrawal syndrome in persons detoxified of heroin symptoms; that is, to detect responses to contextual stimuli of this drug that run contrary to the analgesic, sedative, and subjective effects that are induced by heroin. The basic procedure consisted in presenting slides with images of neutral stimuli (NSs) and/or conditioned stimuli (CSs) of heroin to both non-addicted and detoxified addicted persons in four consecutive daily sessions; electric shock was also administered after the presentation of both groups of stimuli. The evaluated responses were electrodermal activity (EA) and autoperception of abstinence symptoms (AAS). Results showed that the detoxified addicted subjects responded with greater increments in EA and AAS in the presence of the CSs than in the presence of the NSs. They also responded to the CSs with greater increments than non-addicted subjects to the same CSs. The presence of electric shock increased responding in addicted subjects but only when the shock was preceded by the CSs. These results are discussed in the context of the environmental specificity model of withdrawal syndrome.

**Effectiveness of a sequential hierarchical training program and generalization and transference of acquisitions in mental retarded subject** (pp. 107-120)

Víctor J. Rubio, Flor Zaldívar, and José Manuel Hernández

*Autonoma University of Madrid (Spain)*

This study tests the efficiency of a training method based on cumulative, and hierarchically organized patterns, against the more traditional strategy that involves selecting intervention goals according to functioning areas generated by rational criteria. Making use of the dimensions of adaptive behavior obtained in earlier studies (Rubio, 1987, 1988) two groups of mental retardation subjects were measured as to their pre- and post- training. One group was submitted to pattern-based training, and the other underwent traditional training. The results show, on the one hand, that both trainings produce gains in adaptive behavior and, on the other a superiority of the former group. Thus, it was shown the existence of an adaptive behavior organization in which some behaviors are established as prerequisite for others, and a natural learning of the latter is facilitated to the extent that the former are trained. These results support the existence of a useful strategy for decisions-making in the training of adaptive abilities in mental retardation people, maximizing efficiency and facilitating generalization.

**Psicología Conductual, 1995, Volume 3, Number 2**

**Assessing the fear of flying psychometric analysis of two self-report instruments** (pp. 133-158)

Carmen D. Sosa, Juan I. Capafons, Conrado M. Viña, and Manuel Herrero

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The main purpose of the study was to know the preepisode prodromic symptoms as a first step for the elaboration of a vulnerability relapse in schizophrenia markers battery (episode markers) which could be useful for the prediction and prevention of schizophrenic relapse. Eleven schizophrenic patients suffering from relapse and their relatives were subjected to preepisodic symptoms semistructured interview containing symptoms of all behavioral dimensions (behavioral, cognitive, affective-emotional, and psychosocial). Results revealed that several symptoms appear days, weeks or months before relapse. Patients and relatives reported different symptoms and time intervals between symptoms and relapse. Patients reported more symptoms and wide time intervals. According to the patients' reports the most common symptoms those near of relapse were uninhibited, aggressive, angry or violent behavior, detachment from family and friends, loneliness, irritability, nervousness, agitation and tension, fear and anxiety, unusual or strange corporal sensations, inappropriate feelings, pessimism and desperation, unusual or strange visual or auditive sensations, lack of interest, apathy and boredom, sleep problems, depression, sadness, and confusion, desorientation. Implications were obtained for the prediction and prevention of relapse in schizophrenia.

**Pre-episode prodromic symptoms/vulnerability markers to the prediction and prevention of relapse in schizophrenia** (pp. 159-172)

Juan F. Godoy, José A. Muela, María B. Sánchez-Barrera, Juan R. L. Sánchez-Huete, Miguel Pérez, and Antonia Lorite

*University of Granada (Spain)*

The main purpose of the study was to know the preepisodic prodromic symptoms as a first step for the elaboration of a vulnerability relapse in schizophrenia markers battery (episodic markers) which could be useful for the prediction and prevention of schizophrenic relapse. 11 schizophrenic patients suffering from relapse and their relatives were subjected to preepisodic symptoms semistructured interview containing symptoms of all behavioral dimensions (behavioral, cognitive, affective-emotional, and psychosocial). Results revealed that several symptoms appear days, weeks or months before relapse. Patients and relatives reported different symptoms and time intervals between symptoms and relapse. Patients reported more symptoms and wide time intervals. According to the patients' reports the most common symptoms those near of relapse were uninhibited, aggressive, ungrateful or violent behavior, detachment from family and friends, loneliness, irritability, nervousness, agitation and tension, fear and anxiety, unusual or strange corporal sensations, inappropriate feelings, pessimism and desperation, unusual or strange visual or auditive sensations, lack of interest, apathy and boredom, sleep problems, depression, sadness, and confusion, desorientation. Implications were obtained for the prediction and prevention of relapse in schizophrenia.

**Preventive psychology: its validity and effectiveness in the context of behavioral psychology** (pp. 173-182)

Laura Hernández-Guzmán and Juan José Sánchez-Sosa  
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Preventive psychology has evolved based on two main sources: a) research on risk and protective factors, providing functional validation for recommended behavioral changes, and b) the evaluation of preventive interventions. Behavioral psychology usually resorts to social validation, which could be complemented by functional validation and sometimes even take preeminence over this last one. It is also suggested that behavioral methods, to promote behavior change on the basis of behavioral risk factor analysis, are more effective than informational strategies commonly used by preventive psychology.

**Cognitive-behavioral treatment of type A behavior pattern: a critical review** (pp. 183-194)

Phil Evans  
*University of Westminster (UK)*

The nature of the Type A construct and its current status as a risk factor for coronary heart disease is briefly reviewed. This is seen as relevant to the question of legitimacy of intervention. Results from the Recurrent Coronary Prevention Project and other intervention studies are outlined and discussed. It is concluded that Type A Behavior Pattern is still a coherent construct and is modifiable. Although there is a case for examining the role of components (such as hostility indices), there is also a case to be made for continuing to view the Type A construct more loosely and globally especially in regard to intervention. Pragmatic, clinical, and ethical perspectives argue for such a conclusion at least in the interim. Some exploration of briefer and less costly interventions is seen as appropriate. Areas of ignorance currently concern the preventative implications of intervention on initially illness-free participants, and the general lack of follow-up data on the effectiveness of Type A behavior change.

**Cognitive-behavioral treatment of acute posttraumatic stress disorder in victims of sexual aggressions: a pilot study** (pp. 195-210)

Paz de Corral, Enrique Echeburúa, Belén Sarasúa, and Irene Zubizarreta  
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The aim of this paper was to test a cognitive-behavioral therapeutic programme (cognitive restructuring and specific coping skills training) in the treatment of acute posttraumatic stress disorder in victims of sexual aggression. The sample consisted of 10 patients selected according to DSM-III-R criteria. A experimental design with repeated measures (pretreatment, posttreatment and 1, 3, 6 and 12-month follow-up) was used. Most treated patients improved on all measures immediately posttreatment and at follow-up. Implications of this study for clinical practice and future research in this field are commented upon.

**Clinical intervention in bruxism: current procedures for its effective management** (pp. 211-228)

Montserrat Durán and Miguel A. Simón  
*University of La Coruña (Spain)*

The term bruxism makes reference to a serie of nonfunctional motor oral behaviors which are manifested through a clenching and/or inadequate friction of the teeth, sometimes accompanied for grinding of the same. The present work picks up the main procedures that from the several focuses have been managed for the assessment and treatment of the bruxism, indicating as the characteristics of each one of them as the advantages and disadvantages derived of their utilization. On the other hand, we show that although the outcomes obtained with the behavioral techniques are encouraging, they cannot be considered totally valid while diverse methodological problems are not overcome.

**Problem-solving skills therapy for children with behavior disorders** (pp. 231-250)

Alan E. Kazdin  
*Yale University*

NO ABSTRACT

**Behavior therapy today: an interview with Joseph Wolpe** (pp. 251-256)

Vicente E. Caballo  
*University of Granada (Spain)*

NO ABSTRACT

**Psicología Conductual, 1995, Volume 3, Number 3**  
(Monographic issue on "Prevention of substance use")

**Why people engage in drug use and abuse? Proposal of an explicative model and implications for the outline of prevention programs** (pp. 271-282)

Tomás Jesús Carrasco Giménez and María Luna Adame

*University of Granada (Spain)*

Numerous theoretical models have been proposed to try to explain why certain people involve in drug use. The present article describes a new model that widens the proposal by Rothes and Janson (1988). This model includes curiosity as an independent risk variable and the exposition of models which employ drugs as a resource of coping. These elements would be added to the effect of stress as a risk factor. With respect to the protection factors, we have added nets of social support, the presence in behavioral repertoire of individual behaviors incompatible with drug use, and the exposition of models that do not use drugs as a strategy of coping.

**Prevention of tobacco use among children and adolescents** (pp. 283-314)

Steve Sussman

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This article first briefly reviews the literature on tobacco use consequences and etiology. Next, the chapter presents several principles which the program implementer can use to exert a preventive effect on tobacco use among youth. Choice of the content of the programming should consider what has composed successful programming in the past. Comprehensive social influence interventions have been most effective, although novel approaches which teach physical consequences information also should be considered. Also, the modality of delivery of prevention material need to be considered. Modality of program delivery can involve one or more of several channels, but characteristics of each channel need to be considered. For example, the mass media can provide information in the home but involve no direct interaction between the consumer and the implementer. Furthermore, characteristics of the target audience need to be considered. Programming may need to be adapted to a new target population to achieve maximum acceptability. Empirical techniques could be used to adapt a curriculum. Finally, diffusion of programming needs to be considered. A major stumbling block of prevention is to facilitate continued program implementation in naturally-occurring systems.

**Drug abuse prevention in the United States** (pp. 315-332)

Ronald J. LaMarine

*California State University (USA)*

Drug abuse has a long and colorful history in the United States. Paralleling the history of drug abuse there have been a variety of organized approaches to combatting this problem. The earliest prevention efforts manifested themselves in the temperance movements of the 18th and 19th centuries, which eventually evolved into legal prohibitions. The "educational" approach began as a series of cognitive programs heavily supplemented by fear arousal tactics and later by affective education. Most of these programs proved ineffective and in some cases actually counterproductive. The federal government has consistently chosen to support



interdiction efforts rather than demand reduction programs. The failure of the interdiction strategy eventually led to a slow increase in drug prevention expenditure targeting educational approaches. These primary prevention programs have generally adopted either a developmental, a risk factor, or a social influences approach. The research literature offers the strongest support for the social influences approach which focuses upon psychological and social variables related to the initiation of drug use.

**Life skills training and the prevention of adolescent drug abuse: theoretical issues and empirical findings** (pp. 333-356)

Gilbert J. Botvin

*Cornell University (USA)*

Tobacco, alcohol, and drug abuse are serious public health problems facing most countries in the world. Studies evaluating the effectiveness of approaches designed to prevent these problems have found that most approaches currently being used are ineffective. However, there is a small but growing body of research showing that prevention approaches which focus on the social and psychological factors promoting tobacco, alcohol, and illicit drug use can decrease the incidence and prevalence of these behaviors when compared with untreated controls. One such program, called Life Skills Training (LST), teaches adolescents skills for resisting social influences to use drugs and teaches general self-management skills and interpersonal skills. Studies testing the LST approach have found that it is able to produce initial reductions in tobacco, alcohol, and marijuana use of 50% or more. With booster sessions, the LST approach has also produced long-term reductions which last until the end of high school (grade 12). In addition to testing its short- and long-term effectiveness, research with the LST approach has included studies testing its effectiveness using different delivery methods, with and without booster sessions, using different program providers, and with different populations. These studies have ranged from small-scale pilot studies involving a few schools and a few hundred adolescents to large-scale, multi-site, randomized field trials involving as many as 56 schools and nearly 6,000 students. Additional research is underway to better understand the mechanism(s) through which this approach prevents drug use, to understand its effectiveness with different populations (particularly minority youth), and to determine its potential effectiveness with other related health problems.

**Psychosocial approaches to prevention: using epidemiology and etiology research to develop effective interventions** (pp. 357-378)

William B. Hansen

*Wake Forest University (USA)*

The goal of prevention is to deter the onset of behavior within entire populations. The key to success in program development lies in understanding the psychosocial influences and processes that facilitate or suppress the onset of behaviors. Drug prevention research has laid a foundation for program development through the completion of research that focuses on behavioral epidemiology and etiology. Findings from these areas define numerous elements that programs must address to be successful. These include (1) which behaviors are most in need of intervention, (2) ages during which interventions should be delivered, and (3) what mediating processes have potential to translate interventions into behavioral outcomes. Programs that strengthen protective mediators and weaken risk augmenting mediators that are age and culture appropriate are those that will have optimal effects on behaviors.

**Prevention alcohol, tobacco and other drugs use among youth: recommendations for future prevention programs** (pp. 379-394)

Chudley E. Werch

*University of North Florida (USA)*

What is lacking in the drug abuse prevention field to date is a synthesis of the recommendations for future prevention activity taken from the varied national and federal agencies, and recent drug prevention research literature. This paper reviewed the full range of recommendations regarding drug abuse prevention programs, and the degree to which the recommendations were consistent across the sources of recommendations. Recommendations most commonly cited within the research literature were, as one might expect, rather focused in terms of their emphasis on school and research issues. National and federal agency recommendations, on the other hand, tended to be broader in scope, more inclusive, and took a larger view of prevention extending beyond the school setting to include the community. This review found that 11 recommendations for improving drug prevention were consistently cited within both research reviews and national/federal agency reports. In addition, various recommendations were repeatedly cited within specific reviews of prevention research or national and federal documents. Based on the findings of this review, encompassing recommendations for future drug prevention efforts were provided, along with an illustration of an innovative prevention program which integrates many of the recommendations for future prevention programming.

**Bibliographic guide about substance use prevention** (pp. 395-398)

Tomás Jesús Carrasco Giménez and María Luna Adame

*University of Granada (Spain)*

NO ABSTRACT

**Reflections about clinical psychology in Spain and the accreditation of clinical psychologists** (pp. 401-418)

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*"Bertrand Russell" Psychology Center, Madrid (España)*

NO ABSTRACT

## **Psicología Conductual, 1996, Volume 4, Number 1**

### **Psicología Conductual: the fourth year** (pp. 5-7)

Vicente E. Caballo

*University of Granada (Spain)*

NO ABSTRACT

### **Coping strategies with depression: an analysis of their frequency and utility by using the «Coping inventory of depression» (CID)** (pp. 9-28)

Carmelo Vázquez<sup>1</sup> and Jeffrey Ring<sup>2</sup>

<sup>1</sup>*Complutense University of Madrid (Spain);* <sup>2</sup>*California School of Professional Psychology (USA)*

The Coping Inventory of Depression (CID, Ring & Vázquez, 1993) is a self-report questionnaire aimed to measure the coping strategies that people use to cope with depression. The CID provides information both on the Frequency and the Utility of the coping strategies. It also provides information concerning the types of depressive symptoms that subjects exhibit when depressed. A factor analysis showed that the CID structure is rather heterogeneous (13 factors explained 58% of the total variance). The internal consistency of the factors (Cronbach's alpha) ranged from 0.36 to 0.79. In regard to the comparison between the frequency of use and the perceived utility of each coping factor, our results showed some interesting discrepancies. Whereas for some strategies, their frequency scores are higher than their utility scores (e.g., Eating, Ignoring the situation, Solution seeking, or Intentional distraction) for some others, their frequency scores are lower than their utility scores (e.g., Recreational activities, Medicines/Experts, or Expression/Communication). This finding reveals the importance of assessing both the frequency and the perceived efficacy of the coping strategies, a topic often neglected in the literature. Finally, we discuss both the clinical and research implications of this new instrument.

### **Psychological assessment and treatment of hypochondriasis: review and critical analysis** (pp. 29-62)

M. Pilar Martínez Narvárez Cabeza de Vaca<sup>1</sup> and Cristina Botella Arbona<sup>2</sup>

<sup>1</sup>*University of Valencia (Spain);* <sup>2</sup>*Jaume I University (Spain)*

For a long time hypochondriasis has been one of the most misunderstood and disregarded clinical conditions. However, in the last few years there has been an increasing interest in this disorder. This interest has been evident in the attempts to clarify its diagnostic criteria, the elaboration of questionnaires to measure it and the development of therapeutic strategies to treat it. This article reviews some of the main contributions to psychological assessment and treatment of hypochondriasis. Regarding the first issue, the main assessment instruments of hypochondriasis are described; relating to the second one, the more useful therapeutic techniques (behavioral and cognitive-behavioral) for the treatment of this disorder are presented. Finally, some critical suggestions for future research about hypochondriasis are discussed

**Convergent and criterion-oriented validity of the type A scale of the Jenkins Activity Survey (JAS) in a sample of Canarian males** (pp. 63-78)

Antonio del Pino, M<sup>a</sup> Teresa Gaos, and Ruth Dorta

*University of La Laguna (Spain)*

In this paper we analyzed the convergent and criterion-oriented validity of the Type A Scale of the Jenkins Activity Survey (JAS), which has been modified as regards the assessment of the items. The convergent validity, referred to the Structured Interview and the JAS, makes it clear that the three factors of the Type A Scale comprise central aspects of Type A Behaviour Pattern and that the Type A Scale proves to be a good compendium of the factorial scales of the JAS. The results which refer to the criterion-oriented validity prove that the Type A Scale discriminates between healthy people and people suffering from all kinds of coronary disease, and that this discrimination is made more clearly when coronary heart disease shows as angina. The Type A Scale also discriminates between people suffering from heart disease, coronary and non-coronary. The paper concludes with the suggestion that the JAS be replaced by the Type A Scale, which further offers a better criterion-oriented validity.

**An epidemiological study concerning the prevalence of dental anxiety and fears among the adult population of grand metropolitan area of Costa Rica** (pp. 79-95)

Carlos Navarro Heyden<sup>1</sup> and Ronald Ramírez Henderson<sup>2</sup>

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As a contribution to the development of the Behavioral Dentistry research program in Costa Rica, it was considered important to establish the prevalence parameters of dental anxiety and fears among the male and female adult population of the country's zone with the highest population density. Research was also intended to determine the prevalence of related risk factors such as aversive learning experiences which are critical for the acquisition of the characteristic behavior components. A sample of 520 male and female adult subjects living in the "Gran Area Metropolitana" was surveyed. Dental anxiety and dental fears were measured by means of standardized self-report scales; A general data questionnaire was administered to obtain demographical and self-perceived-dental-anxiety-and-fears related data. Results show a considerably lifted prevalence pattern for dental anxiety (59%) and for dental fears (68%) among others. These findings contribute to stress again the need of the application of the behavioral psychology principles to the dental health field in this country.

**Adolescents' knowledge and beliefs about health** (pp. 97-108)

Rosa M. Rivas Torres and Pilar Fernández Fernández

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In the field of health education there exists a need to establish a teaching plan that contemplates the differences between individuals of different ages, insofar as cognitive characteristics and other development characteristics are concerned. For this reason, we analyzed the concepts and beliefs concerning the health of 100 adolescents, divided into two groups according to age. By means of this analysis it is possible to identify the level of information that these individuals possess about various aspects of health which can affect them. The procedures used were both an interview and a questionnaire, which permit us to observe the delimitation of the health concept and the considerations on what helps and what

harms. Taking into account all this, the extensive aim of the study is to elaborate education plans for health directed to raising positive personal decisions with regards to this very idea.

**Treatment of social phobia: a bibliometric analysis (1974-1994)** (pp. 111-121)

Karmele Salaberria<sup>1</sup>, Mercedes Borda<sup>2</sup>, Concepción Báez<sup>3</sup>, and Enrique Echeburúa<sup>1</sup>

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NO ABSTRACT

**Dialectical behavior therapy for the borderline personality disorder** (pp. 123-140)

Beatriz Aramburu Fernández

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NO ABSTRACT

## Psicología Conductual, 1996, Volume 4, Number 2

**Effects of exposure to heroin-related cues in detoxified persons: extinction of hyperalgesic conditioned responses?** (pp. 149-167)

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The goal of this study was to demonstrate on detoxified addicted persons to heroin (8 males and 8 females) that hyperalgesic conditioned responses (CRs), as responses of the conditioned abstinence syndrome could be extinguished through repeated exposure to the conditioned stimuli (CSs) which elicit them. Subjects were exposed during 45 days, once a day, to a sequence of four slides displaying CSs related to heroin. In the extinction phase every five days of exposure in presence of the electric shock administered after the CSs, responses of heart rate, electrodermic activity (conductance), desire for heroin, and subjective abstinence were evaluated. In the follow-up phase the same responses were evaluated in the same way as in the extinction phase, but now every 15 days during 45. Results showed that the value of the evaluated responses experimented a lineal decrement along the recorded day in the extinction phase ( $p < 0.01$ ) and that the values of responses obtained during recorded days in the follow-up phase were always significantly lower than most of those recorded in the extinction ( $p < 0.01$ )

**Selective mutism: an explanatory model** (pp. 169-192)

José Olivares Rodríguez, Francisco Xavier Méndez Carrillo, and Diego Macià Antón

*University of Murcia (Spain)*

Elective mutism is a behavioral problem, which normally start in the pre-school years. To some authors, as Ollendick and Matson (1986), the high frequency, the importance and the extent of these problems have been used to suggest and justify the necessity of a profound study of its genesis, diagnosis and treatment. In our previous research we have dealt with both

as the treatment of the problem and the relative questions to its diagnosis, its early detection and conceptualization. The present work has the aim to show a suggestion of a explanatory model of the genesis, evolution and resistance to treatment of elective mutism.

**Preparation for child hospitalization (I): coping with stress** (pp. 193-209)

F. Xavier Méndez, Juan M. Ortigosa, and Sira Pedroche  
*University of Murcia (Spain)*

This paper is the first part of a review about psychological preparation programmes for child hospitalization. Stressors of the hospitalization, their negative repercussions on children and their parents, and the kinds of preparation for child hospitalization are considered. Adaptations of behaviour modification techniques, which have been used so that children cope with this stressful experience are described: relaxation and breathing, imagery/distraction, self talk/self-instructional training, stress inoculation, rearrangement of the hospital environment, behaviour rehearsal, and positive reinforcement. Outcome studies that compare: different techniques and combinations of them, pharmacological preparation alone or pharmacological plus psychological preparation, programmes for children or programmes for children and/or their parents are analyzed. The utility of preoperative information as a basic component of preparation and results reached by the most significant research in this area are discussed. Future research is suggested.

**Preparation for children hospitalizationl (II): filmed modelling** (pp. 211-230)

Juan M. Ortigosa, F. Xavier Méndez, and María J. Quiles  
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This paper is the second part of a review about psychological preparation programmes for child hospitalization. In a previous review, we considered the behaviour modification techniques and the multicomponent programmes applied to children to cope with hospitalization. In the present review, we focus on filmed modelling, the most researched technique in reducing children's fears of hospitalization, surgery, and other stressful or painful medical procedures, as dental treatments, bone marrow aspirations, and lumbar punctures. We analyze the following variables: preoperative information, model characteristics, medical scenes and procedures, timing, parent issues, pre-experience, and standardization level. We describe other modelling variants. We discuss the results obtained by the programmes for child hospitalization based on filmed modelling. We suggest future research in this area.

**A comparison of response covariation viewed idiothetically and nomothetically** (pp. 231-250)

Arlinza E. Turner<sup>1</sup> and Steven C. Hayes<sup>2</sup>

<sup>1</sup>*Beth Israel Medical Center and Mount Sinai School of Medicine (USA);* <sup>2</sup>*University of Nevada, Reno (USA)*

Twenty males viewed erotic slides and photographs of females and males on four different occasions while two physiological and five subjective measures of sexual arousal were taken. The relations among these measures were evaluated idiothetically (within-subject across the four assessment sessions) and nomothetically (between-subject, both within and across the

four sessions). Data from the two analysis were compared along three dimensions -degree of statistical relation, pattern similarities, and sensitivity to a private- public experimental manipulation. Higher statistical correlations and more patterns were judged similar for data examined idiothetically as compared to nomothetic data. The two methods of analysis also lead to different about the effect of the private-public manipulation. With nomothetic data no difference was observed between the private and public subjects for either the male or female slides, while the differences between these two conditions was significant for male slides with idiothetic data. The present study reconfirms the need for individualized assessment, as well as the need for caution when applying nomothetic derived findings to individuals.

**Pathological gambling: a complex case** (pp. 253-262)

Juan Sevillá and Carmen Pastor

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NO ABSTRACT

**An interview with Arnold A. Lazarus** (pp. 263-273)

Manuel S. Fernández

NO ABSTRACT

**Psicología Conductual, 1996, Volume 4, Number 3**  
(Monographic issue on "Clinical neuropsychology")

**Cerebral asymmetry: right hemisphere and language** (pp. 285-305)

José Barroso and Antonieta Nieto

*University of La Laguna (Spain)*

The dominance of left hemisphere for language is a well-established fact. This superiority is not absolute. The possible contribution of the right hemisphere to verbal processing has been studied from different approaches. In this article we present a review of the literature, with special attention to a) the effects of right hemisphere damage on language, b) studies with commissurotomed patients and c) studies with neurologically normal subjects. Taken as a whole, the data support the idea that language processing is not an exclusive competence of left hemisphere. The integrity of the right hemisphere is necessary for lexico-semantic processing and for an adequate relation language-context. The definition of the actual contribution of the right hemisphere is a work that remains to be done

**Towards a psychobiology of obsessive-compulsive disorder** (pp. 307-321)

Marisa Arnedo, Lola Roldán, and José Manuel Morell

*University of Granada (Spain)*

Obsessive-compulsive disorder is an uncommon psychopathological condition, characterized by a set of disturbing symptoms that usually disrupts the ongoing behaviour. A growing body of evidence from genetic, brain imaging techniques and psychopharmacological studies links

this syndrome to frontal lobe and basal ganglia dysfunction and to the serotonin system. In this article we review the most recent studies exploring the biological, neuropsychological and clinical aspects of obsessive-compulsive disorder.

**Frontal lobes functioning in childhood** (pp. 323-336)

M. Angels Jurado and Katia Verger

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The present article is a review of the main studies focused on the frontal lobes functioning and the consequences derived from the lesion of this area in childhood. Human cerebral development involves the creation of connexions between the frontal lobe and the rest of the cortex, and the progressive myelination of fibres. These processes are related to the maturation of frontal functions as planning, flexibility and self-monitoring, and to the improvement in the performance of frontal functioning tasks, i.e. Wisconsin Card Sorting, Tower of Hanoi tests. In the neuropsychological literature, frontal lesions in childhood have been approached mainly as case studies. The main symptoms related to this type of lesions are socialization problems, lack of concern, impulsivity, intolerance to frustration, aggressivity, and social disturbances as detective behaviors. The functional distinction between orbital and dorsolateral systems is not clear because these symptoms are present together with cognitive disorders as attentional, planning, and generation deficits. Early lesions can lead to behavioral disorders delayed in time starting even years after the lesion. The frontal system seems to be essential to acquire socially adapted behavioral skills.

**Memory and basal ganglia: a review** (pp. 337-361)

Joan Deus<sup>1</sup>, Jesús Pujol<sup>2</sup>, and Raúl Espert<sup>3</sup>

<sup>1</sup>*Center of Associated Medical Specialties, Mataró (Spain);* <sup>2</sup>*Magnetic Resonance Center at Pedralbes, Barcelona (Spain);* <sup>3</sup>*University of Valencia & Hospital "Dr. Peset", Valencia (Spain)*

Memory is a relatively complicated cognitive process, so the neural system for memory is likely to be complex. In recent years, numerous studies of laboratory's animals with complex nervous systems, primates and rats, with memory deficits following brain damage, and humans with memory pathology, have improved our understanding of how the brain accomplishes learning and memory. The results of these studies has been an increasing awareness that memory does not constitute a unitary function and suggesting that there is unlikely to be a single mechanism underlying all forms of learning and memory. So, major themes of recent works include the locus of memory storage and learning, the taxonomy of memory, and the concepts of forgetting and consolidation. This article provides a theoretical and practical framework of those subcortical structures thought to be involved in various memory processes.

**Pre-symptomatic detection of the neuropsychological deficit in Huntington disease: controversies** (pp. 363-375)

Marién Gadeal, Raúl Espert, and Javier Chirivella

*University of Valencia & Hospital "Dr. Peset", Valencia (Spain)*

Huntington's disease (HD) is an autosomal dominant, neurodegenerative pathology that is characterized by involuntary, abnormal movement disorders (chorea) and a progressive



dementia associated with emotional disturbances. Although a global dementia does not appear until an advanced stage of the disease, there are controversies about the onset of cognitive deficits, and some evidence pointing to the possibility that these deficits can manifest themselves before motor problems. This article presents an updated review about the neuropsychological performance of patients of HD's offspring (known as people at risk), given that they have a 50% chance of having inherited the responsible HD gene. Research has tried to answer whether presymptomatic HD carriers differ from their genenegative counterparts in terms of neuropsychological impairment and therefore whether this cognitive decline appears as a continuous model (slowly and progressively before the diagnosis is given) or as a discontinuous one (manifesting itself after HD diagnosis). The main studies in this area are carefully considered and it is concluded that, based on the actual results, the question is not answered.

**Neuropsychological deficits associated to alcohol consumption. A multidisciplinary approach** (pp. 377-392)

Javier Chirivella, Raúl Espert, and Marién Gadea

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The Central Nervous System is very sensitive to the toxic effects of ethanol and chronic abuse can lead to disturbances of memory, language, executive functions and orientation. Nevertheless, general intelligence is usually preserved. Primary Alcoholic Dementia is a controversial term because there is no evidence about the relation cause-effect between alcohol consumption and these disturbances. These consequences could be explained pointing to alimentary deficits leading to nutritive-carencial diseases such as Wernicke-Korsakoff syndrome and others like Central Pontine Myelinolysis, Marchiafava-Bignami, Alcoholic Cerebellous Atrophy and Fetal Alcoholic Syndrome. In these syndromes it has been registered Important cortico-subcortical disturbances has been registered in these syndromes, apart from a special glucose metabolism and a decrease in cerebral blood flow associated with alcohol consumption. In our work, the effects of acute and chronic alcohol consumption from a multidisciplinary point of view (neuropsychological, neuropathological, neurophysiological and neuroimage recent data) is reviewed. rebral asociada al consumo de alcohol.

**Landau-Kleffner syndrome (acquired epileptic aphasia)** (pp. 393-400)

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This paper reviews the literature dealing with Landau-Kleffner syndrome or "acquired aphasia with convulsive disorder", an unusual aphasic syndrome occurring in childhood usually associated with seizures and EEG abnormalities and first described in 1957. In this review, clinical features (language disorders, characteristics of epileptic seizures, associated symptoms), differential diagnosis, etiology and treatment of this condition are outlined.

**Neuropsychological alterations in multiple sclerosis** (pp. 401-416)

Antonieta Nieto, José Barroso, Teresa Olivares, Tone Wollmann, and Miguel Ángel Hernández

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The presence of neuropsychological disorders in Multiple Sclerosis (MS) is known since last century. Despite of the large number of studies published about this issue, we are far from able to conclude which are the functions that are disturbed, the specific features of the deficits and their relationship with the cerebral damage that these patients show. In this article we present a theoretical review of the numerous investigations concerning the neuropsychological deficits in MS, trying to summarize the actual knowledge about the impairment and preservation of different cognitive functions. Findings from studies that correlate neuropsychological impairment with clinical variables of the disease (length of symptoms, disease course, neurologic symptoms and physical disability) and with the characteristics, location and development of the lesions detected by Magnetic Resonance Imaging (MRI) are also presented.

**Gerstmann's syndrome: nowadays view** (pp. 417-436)

Joan Deus<sup>1</sup>, Raúl Espert<sup>2</sup>, and José Francisco Navarro<sup>3</sup>

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In 1924 Josef Gerstmann described "finger agnosia", an apparently hitherto unrecognized behavioral deficit appearing as a consequence of cerebral disease. In this and subsequent papers, he called attention to the frequent association of finger agnosia with right-left disorientation, acalculia, and agraphia. His observations were soon confirmed by other investigators, and the tetrad of symptoms has come to be known as the Gerstmann's syndrome. For years neuropsychologists have considered this syndrome as diagnostic of disease in the dominant parietal lobe. However considerable attention has been devoted to the neuropsychological significance of the syndrome. Several authors have questioned its existence and have tried to cast doubt on its diagnostic value and theoretical importance. This paper provides the clinical-phenomenologic definition of the syndrome and its associated features related with its neuropathological significance and reviews the subject in the light of present day reports. On this basis, the neuropsychological significance of the syndrome is assessed and some persisting questions are considered.

**A review of primary progressive aphasia (Mesulam syndrome): (1982-1996)** (pp. 437-452)

Raúl Espert<sup>1</sup>, Joan Deus<sup>2</sup>, José Francisco Navarro<sup>3</sup>, Marién Gadea<sup>1</sup>, and Javier Chirivella<sup>1</sup>

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The clinical syndrome of primary progressive aphasia (PPA) is defined as a gradual onset and worsening of language dysfunction in patients without any major alteration of the other cognitive functions, behaviour and instrumental daily living activities. The main clinical trait of this syndrome is that spares the patient's autonomy for a long time, but finally turns into generalized dementia. Structural and functional brain imaging studies generally indicate cortical atrophy of the left temporal and/ or frontal lobe and hypoperfusion or hypometabolism localized in left hemisphere, respectively. In this article we present a review of 33 autopsy cases of PPA, published between 1982 and 1996. The outcome of this review is that the underlying neurohistopathology of this focal cortical degeneration is very heterogeneous, suggesting that this disorder represent either atypical forms of Pick disease,

Alzheimer type dementia, focal cortical spongiosis, Creutzfeldt-Jakob disease, dysphasic dementia, astrocytic gliosis, focal neuronal achromasia or frontal lobe dementia.

**A bibliometric study of “Neuropsychologia” (1990-1995)** (pp. 453-458)

José Francisco Navarro<sup>1</sup>, Raúl Espert<sup>2</sup>, Joan Deus<sup>3</sup>, and Javier Chirivella<sup>2</sup>

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Founded by H. Hecaen in 1963, “Neuropsychologia” is an international interdisciplinary journal focusing on the analysis of disorders of perception, memory, thought, and language resulting from injury or disease of the central nervous system. In this study, a bibliometric analysis of “Neuropsychologia” (1990-1995) is presented. The main findings were as follows: Papers. In the period examined a total of 599 articles distributed into 67 issues have been published. The average number of articles/issues was 9. Collaboration and productivity of authors. Total signatures of authors was 1909. The average number of authors/article was 3.20. From 51 most productive authors (with four or more articles between 1990 and 1995), although almost 60% have carried out their investigations in european laboratories, is the canadian B. Milner (with 16 papers), by far, the most productive author. Thematic categories. Among the 9 categories considered, a predominance of papers related to perceptual/recognition disorders (25.37%), mainly in patients with neglect, as well as experimental studies on lateralization, asymmetries and hemispheric specialization (22.87%), is observed. These thematic categories include almost half of the 599 articles examined (48.24%).

**Psicología Conductual, 1997, Volume 5, Number 1**

**Behavioral intervention procedures for treatment of fecal incontinence in elderly** (pp. 5-25)

Maria José Lara and Miguel A. Simón  
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Fecal incontinence is characterized by the loss of control over physiological mechanisms involved in fecal evacuation. This disorder is especially frequent in the elderly, affecting 16% of the population older than 65. Apart from the causes of the problem (anal surgery, drugs, systemic illness, etc.), three factors of risk are found in the elderly: a decrease in colonic motility, the effects of ageing on anorectum physiology and the influence of fecal impaction and chronic constipation on anorectal function. At the same time, behavioral factors related to pain avoidance linked to a difficult defecation have an influence on this disorder, too. In this article, besides considering some of the most relevant aspects of the disorder, we explain the different behavioral intervention procedures on fecal incontinence in the elderly, which are primarily based on the psychophysiological assessment techniques of the different components disturbed: anorectal manometry, electromyography and the test of rectal infusion of saline. The possibility of therapeutic use of the above mentioned techniques in biofeedback frame has generated different clinical studies which have obtained success rates over 77%, proving to be the most effective alternative to traditional medical rules.

**Towards a cognitive-behavioral reconceptualization of cognitive paradigms of learning: the case of self-attention** (pp. 27-54)

Francisco Bas Ramallo  
*Bertrand Russell Psychology Center, Madrid (Spain)*

After Cautela's classic works and the exponential development of the paradigms of Cognitive Psychology, it seems that the attempts to transfer the principles of learning found in behaviour analysis to the field of the hidden phenomena reached a dead end. Here, after a brief review of the role of self-attention in several areas, we present an experiment whereby the self-attention mechanism is understood as a process of reinforcement and selection of responses or cognitive emotional schemas. It is also proposed that certitude levels in ideas could have a similar reinforcing function when associated with other ideas that have different level of credibility. Both the previous review of the literature on self-attention and several experiments done by the author, support these hypotheses and give validity to the model. In this way, the cognitive and behavioral aspects could harmonize through shared explanatory paradigms that have an heuristic character. The paper ends by showing the role of these two concepts\* (self-attention and level of certitude) in the change of beliefs, in psychological therapy and in the maintenance of cognitive-emotional schemas.

**Structural analysis of the influential variables on the onset of eating behavior disturbances** (pp. 55-70)

Rosa M. Raich, Joan Torras Clarasó, and Marisol Mora Gira  
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This work tries to verify the relationship among self-esteem, weight, overall psychopathology, body image dissatisfaction and eating disorders variables, through a Lisrel analysis procedure. We have designed a general recursive model, where self-esteem, body mass index and overall psychopathology are predictors of body image dissatisfaction, and this one affects the eating disorders development. The sample was of 104 women, students of Psychology in the Universitat Autònoma de Barcelona. The median age is 22 years-old (IQR=3). To measure psychological adjustment we used The Rosenberg Self Esteem Scale and The Brief Symptom Inventory. To measure body image dissatisfaction we used The Body Shape Questionnaire, The Body Image Avoidance Questionnaire and The Body Dysmorphic Disorder Examination. And to measure eating disorders symptoms we used Trastornos del Comportamiento Alimentario questionnaire. Results show good adjustment of model to data. It has been shown that the three body image measures are equally good (reliability model) and that the three variables (self-esteem, body mass and overall psychopathology) have an influence on the perception of body image and indirectly on the eating disorders development. In conclusion, a low self-esteem, overweight, and a high level of psychopathology leads to a deteriorated body image and a bigger risk of eating disorder symptoms.

**Factor structure of Beck Depression Inventory (pp. 71-91)**

Ignacio Ibáñez, Wenceslao Peñate, and Manuel González

*University of La Laguna (Spain)*

The present study sets out to analyze the factorial structure of the Beck Depression Inventory (BDI). Our interest focuses on two problems: (i) instead of structures with a higher number of factors, a three factor structure was replicated, and (ii) a general depression factor seems to exist at second order level. It is employed for this so much confirmatory methodology as exploratory methodology. After the factoring of 393 undergraduate protocols a solution is obtained from six factors. This, together with both one-factor and three-factor models, is tested through confirmatory factor analysis. The three-factor solutions and that of six factors reach a reasonable adjustment, the latter being greater. Both types of solutions seem equally accountable by a general depression factor. Results are discussed according with the relationship to the nature of the sample and to theoretical considerations on depression.

**Psychometric characteristics of Positive and Negative Symptoms Andreasen's Scale of schizophrenia (pp. 93-108)**

Inocencio Vicente Cascón and Pablo García Medina

*University of La Laguna (Spain)*

We present some results of the psychometric properties of the positive (SAPS) and negative (SANS) symptoms in Andreasen's scales for schizophrenic patients. The whole sample of 64 chronic psychiatric patients was diagnosed with the DSM III-R criteria (A.P.A., 1987). We obtained three orthogonal factors that, when pooled, explain 59.17% of variance. The first of them includes the negative symptoms and extravagant behaviour (Variance= 32.36%); we have named it negative factor. The second factor is composed by items related to delirium and delusion (Variance= 15.16%); its name was positive factor. The third factor includes items of formal disorders of positive thought and one attentional item; its denomination was disorganized factor (Variance= 11.62%). With DSM III-R diagnostic criteria we obtain a good concurrent validity. Concordance inter-raters and test-retest reliability over 6 months was very high for both scales and factors. Cronbach's alpha obtained was also very high (greater than 0.95) for three factors separately.

**Type A behavior pattern and anxiety: an exploratory study** (pp. 109-131)

Manuel de la Fuente Arias and Jesús de la Fuente Arias

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The relationship between Type A behavior pattern (TABP) and stress has been widely studied from the standpoint of interaction between TABP and stressful situations. However, the analysis of the relationship between TABP and anxiety has not received much attention. At present, it is still a relevant topic for research as well a controversial in one the light of the results obtained. The interaction of the different components and the dimensions of the pattern still need to be clarified, specifically those of a negative and unhealthy dimension (impacience-hostility), with situational feature-states of anxiety, and the role of this interaction in the emission of anxiety responses. in this exploratory study and using a correlational methodology, the different components of TABP were related to situational states of anxiety (evaluation, interpersonal, phobic and daily anxieties) and to specific anxiety responses (cognitive, physiologic and motor). The results obtained emphasize the need to study these relationships from a interactive and specific way, both from the TABP point of view, as well as from the stimulant situations and anxiety responses.

**Impulsivity prevention and strategic behavior in children** (pp. 133-146)

Xavier Bornas, Mateu Servera, and Jordi Llabrés

*University of Balearic Islands (Spain)*

Differences among reflective and impulsive children are analyzed concerning two general aspects: school achievement and the problem-solving strategies used in a specific and frequently accomplished task in the school (puzzles). The study is carried out with preschool children (a group of age little treated in similar studies) with the objective of drawing the bases for an impulsivityrelated school problems' program prevention. The results concerning school achievement are similar to those obtained by other studies with older children, that is, impulsives show an inferior achievement than reflectives. Concerning the problem solving strategies, a greater percentage of impulsives use more rudimentary strategies, while a greater percentage of reflectives use more specialized strategies. These differences increase with the age and they reach statistical meaning in the group of 5 years old children. Results are discussed within a self-regulation theoretical framework.

**Menstruation and sleep: menstruation-related periodic hypersomnia** (pp. 149-153)

José Francisco Navarro, Salvador Moreno, and Sandra M. Noriega

*University of Malaga (Spain)*

NO ABSTRACT

**Effectiveness of the behavioral treatment of insomnia in children** (pp. 155-160)

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NO ABSTRACT

**Psicología Conductual, 1997, Volume 5, Number 2**  
**(Monographic issue on "Parent training")**

**Foreword** (pp. 173-176)

José Olivares Rodríguez and Fco X. Méndez Carrillo  
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SIN RESUMEN

**A review on the current status os Spanish literature concerning parent training** (pp. 177-190)

José Olivares and Luis J. García-López  
*University of Murcia (Spain)*

This work aims to revise the state of the art in parent training in Spain. For this purpose, documentary sources, both primary (scientific books and journals) and secondary (computerized bases) have been revised. Publications have been examined using content analysis, according to two categories: theoretical and empirical works. The former has been subclassified into papers on formulations of theoretical models and reviews. And the latter into seven categories: methodological orientation, assessment instruments, statistical techniques, training application, training modality, number of cotherapists and duration of followup. The Spanish literature is also compared with the English literature. Findings show the higher percentage of theoretical works than empirical works, and the disparity in the number of works on parent training in Spanish language compared to those published in English language. These facts have been interpreted according to the initial stage in which this type of intervention seems to be in Spain

**A bibliometric analysis of parent training in Spain** (pp. 191-198)

Luis J. García-López, José Olivares, and Ana I. Rosa  
*University of Murcia (Spain)*

The aim of this work was to carry out a bibliometric analysis of parent training in Spain. Our research was conducted over a total of twelve sources (nine articles and three book chapters) found from a search for bibliographical indices including ISOC, PsycLIT, Medline, Eric, CIRBIC, National Library Catalog, ISBN database and School of Psychology Library in Murcia. A study of publications was made using productivity analysis (collaboration and productivity of authors and research visibility) and subject analysis (distribution of publications). The results show the small number of scientific works on this topic and the high proportion of authors who have published only one work. Because of the reduced number of works found, the study of areas of collaboration among authors has not been carried out.

**Effects of a training program for parents with diabetic children with obstacles to comply with therapy** (pp. 199-218)

José Olivares, F. Xavier Méndez, Rosa M. Bermejo, and M. Carmen Ros  
*University of Murcia (Spain)*

Up to the present, there are not specific interventions that deal with the diabetic control of parents with children under eight. This can not be justified if one considers the manifold difficulties that the medical treatment of diabetes present with the youngest children. In order to overcome this lack of research, we describe a training program for parents with diabetic children end at decreasing the adherence barriers to medical regimen. Twenty eight subjects, parents with children under eight, were distributed in two groups (experimental vs. traditional treatment) and were compared as regards knowledge on behavior modification, number of barriers and blood glucose level. The evolution of illness-related behavior problems was likewise evaluated. The results show significant changes in the expected direction.

**The care of insulin-dependent diabetes mellitus: effects of a behavior modification program for parents** (pp. 219-235)

José Olivares, F. Xavier Méndez, M. Carmen Ros, and Rosa M. Bermejo  
*University of Murcia (Spain)*

One of the most important aims of behavioral interventions on diabetes is to promote the compliance with the medical regimen. The degree of compliance of most school children with diabetes is very low due to the fact that parents do not transfer the responsibility of the illness care to their children properly. Our research tested the effectiveness of a behavior modification program focused on parents whose pre-adolescent children suffer from insulin dependent diabetes mellitus. 36 parents with children between nine and twelve took part in the study. 18 parents were assigned to a conventional waiting list treatment, and the rest - experimental treatment group- was given a parent training program. Results showed significant improvement in the level of therapeutic knowledge, children's problematic conducts and the degree of co-responsibility, as well as a decrease in the blood glucose level. The changes achieved were maintained nine months later.

**The role of video in mother training: a comparative study** (pp. 237-254)

José Olivares, Ana Rosa, and Luis J. García-López  
*University of Murcia (Spain)*

The present research tests the short and long term effects of a training program designed for mothers assessed through two different procedures (audiovisual vs. therapeutical). To achieve this we used a sample of 60 mothers who were assigned to three experimental conditions randomly: a group trained by an expert, a group trained by a videotape and a group of control placebo. The results show that the experimental groups reached significant results compared with the control group, not only in the measures of the post-test but in the follow-up. The comparison between the treatment groups does not reach significant differences in both moments (post-test and follow-up), even though the tendency of the data suggest the superiority of the group trained by means of a videotape. Finally, the clinical and theoretical implications of these findings and the major areas of research interest are discussed.

**Effects on parents with handicapped children of a program aimed to increase knowledge and skilld for training** (pp. 255-276)

Antonio del Pino Pérez and M. Teresa Gaos Meizoso  
*University of La Laguna (Spain)*



This article shows the results of eleven years' work with 178 parents with handicapped children. Their ages ranged between 23 and 59, and the educational level ranged from those without instruction to university degrees. In the control group we had 159 parents whose children are not handicapped, with the same sociodemographic attributes. The factorial design is analyzed by analyses of variance. Before any training took place there were differences between both groups in educational attitudes, state anxiety and depression. After the first year of training an increase of knowledge of the principles of learning was produced, and a difference with the control group appeared, which initially did not exist. After the second year the knowledge of the strategies for intervention with the problems of handicapped children increased. A significant reduction of state anxiety in the mothers and a similar level of state anxiety and depression in the training and in the control group were indirect effects of the first year of training. Another indirect effect of the training was that both groups did not show differences in the recognition that the training of their children produces irritation and rejection. Finally, the importance of paying attention to the attitudinal and emotional aspects of working with parents.

**Studying the effects of a social skills training program for mothers and children (pp. 277-293)**

José Olivares, Marta Martínez, and María Lozano  
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The differential efficiency of the behavioral training in social skills under two experimental conditions were assessed in this study: (1) social skills training only with mothers; (2) social skills training with mothers and children. The sample comprised 33 mother-child couples. Twenty-two of them were assigned to the experimental groups and eleven of them to the control group. The children were in 1st, 2nd, and 3rd form of E.G.B. (primary education from 6 to 9 years old) and belonged to families with lower-middle socioeconomic level. The results obtained confirm the efficiency of social skills training with mothers. No differences with statistical significance were found between the two experimental groups, although they differed in some measures in comparison to the control group.

**Goodbay, Dr. Eysenk... (pp. 297-299)**

Vicente E. Caballo  
*University of Granada (Spain)*

NO ABSTRACT

**Psicología Conductual, 1997, Volume 5, Number 3**

**Analysis of behavioral self-control program for health promotion in adult population (pp. 313-344)**

Luis Flórez Alarcón  
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This paper analyzes the changes in lifestyle as a key factor in order to promote health and prevent illnesses, given the current rates of deaths and illnesses for which behavioral risk factors have a great bearing. This is a pre-post descriptive study which compares various indicators both biomedical (cholesterol, body weight, blood pressure, heart rate, triglycerids, uric acid and glucemia) and psychological (frequency and intensity of daily stressors, state anxiety, depression, coping and behavior patterns) which result from the application of a program based in the SCIENCE model of self-control (Mahoney and Mahoney, 1981). The study was carried out with 123 people covered by the health system of a Colombian State Company. Emphasis is laid on the fact that people who modified any behavior pattern were those that made a commitment to self control in order to program a particular change. The results obtained are compared with the results of other similar studies and some guidelines are suggested for future programs of health promotion.

**The assessment of smoking behaviour** (pp. 345-364)

Elisardo Becoña and Fernando L. Vázquez

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As in the treatment of other addictive behaviors, in the case of smoking assessment is an indispensable process before, during and at the end of the treatment, and in the follow-up. At present there are several measure instruments to carry this out such as self-reports, topographical measures of the smoking behavior, the Fagerström test for nicotine dependence, questionnaires of the motivation to smoke and self-efficacy scales. All this instruments allow us to evaluate complementary aspects (e.g. depression, anxiety, stress) and physiological measures (e.g. nicotine, cotinine, tyocianate, carbon monoxide). After analyzing the previous measures, an evaluation protocol is presented to carry out the treatment of smokers before, during and at the end of the treatment as well as in the follow-up.

**Emotional alterations and modulating variables affecting to caregivers of patients with Alzheimer's disease** (pp. 365-375)

José A. Laserna<sup>1</sup>, Ana Castillo<sup>2</sup>, Eva M<sup>a</sup> Peláez<sup>2</sup>, Luis F. Navío<sup>2</sup>, Carlos J. Torres<sup>2</sup>, Salomé Rueda<sup>2</sup>, Miguel N. Ramírez<sup>2</sup>, and Miguel Pérez<sup>2</sup>

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The aim of this study was to make research on the emotional impact of Alzheimer's disease on caregivers, focusing on anxiety and depression, and the modulating role of social support and self-efficacy on that caregiving process. The sample was composed of 26 subjects belonging to the group of caregiver of patients with Alzheimer's disease and 24 subjects belonging to the group of non-disabled elderly people who were matched for age, sex, years of education and relationship. The results showed that caregivers of patients with Alzheimer's disease presented higher levels of anxiety and depression and lower levels of social support and self-efficacy than caregivers of non-disabled older persons. These results were discussed within the framework of the models of the stress process.

**Cross-validation of Framingham Type A Scale and Bortner Short Rating Scale in a sample of Canarian males** (pp. 377-390)

Antonio del Pino Pérez, M<sup>a</sup> Teresa Gaos Meizoso, and Ruth Dorta González

*University of La Laguna (Spain)*

This study analyses in a sample of Canarian males the Framingham Type A Scale (FTAS) and the Short Rating Scale of Bortner (SRSB), the two short scales used more frequently for the assessment of the Type A Behavior Pattern. The factor structures in both cases appear stable. Concern for social acceptance and recognition at work is an exclusive of the SRSB factor. Competitiveness and Speed-Impatience are components of both scales. The two scales distinguish between healthy people and coronary patients, but the difference is clearer for the FTAS. However, a basic component of the TABP as such Anger-Hostility does not appear in either.

**The rol of family in eating disorders** (pp. 391-407)

Rosalía Vázquez Arévalo<sup>1</sup> and Rosa María Raich Escursell<sup>2</sup>

<sup>1</sup>*National University of Mexico (Mexico)*; <sup>2</sup>*Autonoma University of Barcelona (Spain)*

The family represents a highly specific social context within which attitudes and behaviors related to weight, appearance and eating are developed. Therefore, studies to understand the family's role in eating disorders are necessary. The aim of this paper was to study three dimensions of family life which are relevant for eating disorders: parental attitudes toward weight, family dynamics and eating patterns. Sixteen families participated -mother, father and daughter with eating disorder -, they were given three tests; one of family environment (FES) (Moos & Moos, 1986), another about attitudes toward body shape (CIMEC) (Toro, Salamero & Martínez, 1994) and a questionnaire of eating patterns. The results show that there is a similarity between mothers and daughters about family perceptions and eating patterns. The daughters were more vulnerable in front of social stereotypes than their parents and they differed significantly with their father in their eating patterns. The fathers seem to encourage organization and achievement.

**Treatment of myopia through operant training in visual acuity: changes in visual discrimination and refractive error** (pp. 409-432)

Silvia Gismera-Neuberger and José Santacreu

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Enhancement training treatment of visual acuity has shown itself to be effective over the last two decades: however, the data do not demonstrate an unchallenged efficacy in the reduction of the refractive level of the myopic eye. Treatments have been perfected taking an increasing account of variables inherent to the clinical situation: the characteristics of the sample and of the feedback type have been more precisely defined. A pre-post treatment blind assessment was made by the ophthalmologist and the optician. The treatment was performed on a homogeneous sample of 22 year olds suffering from myopia, with a maximum of 3.00 diopters. Group reading training was applied, with distance feedback. Analysis of the results revealed an increase in Visual Acuity which did not correspond with the reduction in the refractive error. An alternative analysis of subjects with a varying degree of success made it possible to decipher the contradiction in the data. A more exhaustive analysis is necessary, along with further research, to reveal why normal vision was recovered in only 35% of cases.

**Experimental analysis of behavior and health psychology** (pp. 435-443)

Rubén Ardila

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NO ABSTRACT

**Quitting smoking in older people: a case study** (pp. 445-465)

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NO ABSTRACT

**In memoriam: Joseph Wolpe (1915-1997)** (pp. 467-469)

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NO ABSTRACT

**Psicología Conductual, 1998, Volume 6, Number 1**  
**(Monographic issues on “Biological foundations of Psychopatology” [I])**

**Biological basis of schizophrenia: neurochemical and neuroanatomical aspects** (pp. 5-27)

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Research on schizophrenia has revealed a number of factors related to its etiology and its clinics: psychological, virological, metabolic, pathological, biochemical, genetic and environmental. Amongst the neurotransmitter systems disorders, dopamine and serotonin dysfunction are the most frequently mentioned in the literature; their interplay with other neurotransmitter substances, such as noradrenaline, GABA and glutamate, and also with some neuropeptides, should provide us a more integrated view of brain function. Neuroanatomical data have revealed ventricular enlargement and diminished frontal and temporal lobe volume in some patients. These findings are concentrated particularly in temporolimbic structures.

**Neuropsychology of schizophrenia** (pp. 29-48)

Raúl Espert<sup>1</sup>, José Francisco Navarro<sup>2</sup>, and Marien Gadea<sup>1</sup>

<sup>1</sup>*University of Valencia (Spain);* <sup>2</sup>*University of Malaga (Spain)*

Research of neuropsychological deficits found in schizophrenic patients has advanced considerably in the last two decades. However, the actual condition of neuropsychology does not allow us to obtain a consistent, valid and differential neuropsychological profile of this illness. The pattern detected most frequently in the context of a clinic judgement includes an inespecific mnesic deficit, attentional disturbances that can manifest themselves as a low ability to process the external stimuli or as an incapacity to identify and inhibit the irrelevant stimuli, apraxic disfunctions and impairment in executive or “prefrontal” functions, which include poor ability to make plans, social judgement altered, lack of insight and anhedonia. On the other hand, the Wisconsin Card Sorting Test (WCST) and the verbal fluency task with phonetic key (FAS), are probably the most useful neuropsychological tests with a high sensibility to detect the cognitive impairment present in schizophrenic patients.

**Psychopatology and sleep. I. Schizophrenia** (pp. 49-62)

José Francisco Navarro and Guadalupe Dávila

*University of Malaga (Spain)*

This paper reviews the studies about sleep and schizophrenia, grouped into three categories: polysomnographic abnormalities of slow wave sleep, REM sleep alterations and, finally, effects of sleep deprivation in schizophrenic patients. Although it has not been consistently described, one of the most usually findings observed is a reduction of slow wave sleep. The pathophysiological significance of these deficits in schizophrenia remains unclear. In relation to REM sleep, the most commonly result reported has been a shortening of REM latency. On the other hand, an interesting finding in this condition is the existence of a weaker REM rebound following REM sleep deprivation. However, many of the changes in polysomnographic parameters in schizophrenic patients seem to be dependent on clinical course of the disorder and may be also influenced by the pharmacological treatment received.

**Biological basis of panic disorder** (pp. 63-78)

Marien Gadea<sup>1</sup>, Raúl Espert<sup>1</sup>, and José Francisco Navarro<sup>2</sup>

<sup>1</sup>*University of Valencia (Spain)*; <sup>2</sup>*University of Malaga (Spain)*

Panic disorder is a psychiatric illness in which etiology and underlying neurobiological mechanisms remain unclear. In this article, available data which support the existence of an organic pathology responsible for this disorder are reviewed, including the specificity of certain pharmacological therapies, the possible genetic basis, neuroanatomy and neuroimaging data and chemical models of panic induction. Abnormalities in Locus Coeruleus (LC) and noradrenergic neurotransmission are consistent candidates to explain panic attacks, although other dysfunctions (in amygdala, hippocampus, GABA, CCK, 5-HT) can also play an important role. We conclude that it is necessary the development of models-functional neural networks capable of integrating the data obtained until this moment in a coherent manner. In addition, a recent model (Charney), which fulfill the features mentioned above and can serve as hypothesis for future research, is presented.

**Biological basis of obsessive-compulsive disorder** (pp. 79-101)

José Francisco Navarro and Araceli Puigcerver

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Obsessive-compulsive disorder (OCD) is a multidimensional and etiologically heterogeneous condition. In this paper, we review genetic, neuroanatomical/neuroimaging and neurochemical studies which clearly indicate the existence of a biological substrate for this pathology. Although results are not entirely consistent, the majority of genetic studies suggest that there is a familial determinant in OCD. On the other hand, recent structural and functional (CT, MRI, SPECT, PET, fMR) neuroimaging investigations have pointed to hyperactivity of prefrontal-striatal-thalamic circuitry in patients with OCD. Likewise, it is well established that drugs that produce a potent blockade of serotonin (5-HT) reuptake (SSRIs) have efficacy in the treatment of OCD, suggesting that serotonergic system could be implicated in this disorder. This "5-HT hypothesis" is also supported by numerous neurochemical/euroendocrine studies. Finally, several reports demonstrating a dysfunction of eye movements in TOC are described.

**Psychopathology and sleep. II. Anxiety disorders** (pp. 103-114)

José Francisco Navarro and Guadalupe Dávila

*University of Malaga (Spain)*

In the previous paper, the first one in our tetralogy on sleep and psychopathology we, review the current knowledge on sleep disorders in schizophrenia. In this work, we describe the most relevant data in relation to sleep abnormalities of the following anxiety disorders: panic disorder, generalized anxiety disorder, posttraumatic stress disorder, obsessive-compulsive disorder and social phobia. In panic disorder, polysomnographic studies have documented an alteration in sleep continuity with diminished amounts of total sleep and a reduction of slow wave sleep. REM sleep abnormalities have not been consistently described. In generalized anxiety disorder, problems initiating and maintaining sleep have been demonstrated. In posttraumatic stress disorder, numerous studies have showed reduced amounts of slow wave sleep and a reduced sleep efficiency. Data available in relation to REM sleep latency are

clearly divergent. Finally, although few studies have been carried out in patients with obsessive-compulsive disorder, a decreased total sleep and efficiency and a shortening of REM latency have been observed

**Biological basis of alcoholism** (pp. 115-135)

Ana Adan

*University of Barcelona (Spain)*

Alcoholism, which affects about 7% of the total population, is a sociosanitary problem with high economic costs and devastating human consequences. This work reviews the biological bases underlying and explaining the capacity that alcohol has to generate addiction and dependence. Thus, the main pharmacokinetic and pharmacodynamic characteristics of ethanol, together with its associated unspecific neuropharmacological effects and the impact on different neurotransmitter systems are presented. It is well established that chronic alcohol consumption generates various kinds of organ damage. However, epidemiological studies of morbimortality cannot ignore individual and sociocultural modulatory factors. Therefore, the main alterations on different systems, although with especial emphasis on anatomical and functional changes in the nervous system, are summarized. Finally, the last section includes the most outstanding results derived from genetic research, aimed to determine phenotypic and genotypic markers of risk for subsequent development of alcoholism. Even though all known vulnerability factors show specificity problems, future advances in this approach will be the key to improve prevention and treatment of such addiction.

**Psychobiology of tobacco dependence** (pp. 137-156)

Ana Adan

*University of Barcelona (Spain)*

The present work reviews the following aspects of smoking. First, the middle and long term pathological consequences which have been found to be related to tobacco, consumption. Second, the neuropharmacological effects of nicotine, psychoactive substance found in tobacco, which are involved in the development of tolerance and physical dependence, and the behavioral changes on vigilance, learning, memory and subjective perception. In addition, the short term modifications produced by smoking on biochemical and psychophysiological parameters which explain the development of physical dependence and pathological problems are summarized. Finally, the classical theories on the behaviours of tobacco consumption together with its related problems are presented, emphasizing the biobehavioral approach as the most powerful and complete explanation as to why an individual begins and continues to smoke, and does it on a certain manner.

**Pathological gambling: biological aspects** (pp. 157-164)

José Francisco Navarro and Carmen Pedraza

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Etiology of pathological gambling is presumably multidimensional, being a consequence of a complex interrelationship among social, behavioural, cognitive and biological determinants. In this paper, we review the main neurochemical, genetic and neuropsychological studies which indicate that biological variables may play a critical role in the development of

pathological gambling. Neurochemical investigations show the existence of a monoaminergic dysfunction (serotonin, noradrenaline and dopamine) in pathological gamblers. Likewise, a decreased platelet monoamine oxidase (MAO) activity has been reported in these patients. On the other hand, recent studies suggest that genetic variants at the DRD1, DRD2 and DRD4 genes appear to be involved in this disorder. Finally, attention problems similar to those observed in attention deficit hyperactivity disorder (ADHD) have been also described in neuropsychological assessments carried out with pathological gamblers

**Animal models in psychopathology and psychopharmacology: from the experimental analysis of behavior to neurogenetics** (pp. 165-191)

Rosa M<sup>a</sup> Escorihuela<sup>1</sup> and Alberto Fernández-Teruel<sup>2</sup>

<sup>1</sup>*Autonoma University of Barcelona (Spain);* <sup>2</sup>*University of Santiago de Compostela (Spain)*

The contributions of different scientific disciplines to the progress of the animal models, as well as the need of such models for the development of those areas, are considered in the first part of the present work. Criteria for validating animal models of human (normal and abnormal) behavior, such as predictive, face, construct and convergent validities, in addition to a new suggested criterion concerning the consistency/reliability in the use of the models and interpretation of the data, are discussed. In considering the progress of animal models, different examples regarding the development of certain analogues of anxiety, stress and learning are presented. Finally, the most used models for the main psychopathological categories are summarized in a table, and some psychogenetic, pharmacogenetic and neurogenetic models are commented.

**A bibliometric analysis of “Biological Psychiatry” (1991-1996)** (pp. 193-198)

José Francisco Navarro<sup>1</sup>, Raúl Espert<sup>2</sup>, and Guadalupe Dávila<sup>1</sup>

<sup>1</sup>*University of Malaga (Spain),* <sup>2</sup>*University of Valencia (Spain)*

In this study, a bibliometric analysis of the 'Biological Psychiatry' journal (1991-1996) was made. The main findings were as follows: Papers: In the period examined a total of 1640 articles distributed into 144 issues have been published. The average number of articles/issue was 11.39. *Collaboration and productivity of authors:* Total signatures of authors were 7495. The average number of authors/article was 4.57. From 75 most productive authors (with six or more articles published between 1991 and 1996), 62 have carried out their investigations in northamerican laboratories, being H.Y. Meltzer (with 24 papers), by far, the most productive author. Thematic categories: Among the 22 categories considered, a marked predominance of papers related to schizophrenics (26.41 %) and depressives (20.86%) disorders is observed. Both thematic categories include almost half of the 1640 articles examined (47.27%).

**Psicología Conductual, 1998, Volume 6, Number 2**  
**(Monographic issues on “Biological foundations of Psychopathology” [II])**

**Biological basis of mood disorders** (pp. 217-252)

Cristobal Gastó

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Recent progress in brain science has been remarkable, especially with regard to advances in the area of neuroscience of affective disorders and schizophrenia. Particularly in the past decade, there have been many important discoveries about three major areas in this field: neuroimage, neuroendocrine studies of dysregulation of some neuroreceptors (especially 5-HT) and signal transduction in the brain as well as the mechanisms of antidepressant drugs. The purpose of this paper is to review those advances in neuroscience in mood disorders which are theoretical relevant to the clinician who must assess and treat depressed patients.

**Psychopathology and sleep. III. Depression** (pp. 253-273)

José Francisco Navarro and Guadalupe Dávila

*University of Malaga (Spain)*

In the two previous papers on sleep and psychopathology we review the current knowledge on sleep disorders in schizophrenia and anxiety disorders. In this work, we examine the most relevant data in relation to sleep abnormalities in depression. The main abnormalities described in depressive patients include problems with initiation and maintenance of sleep (fragmented sleep, decreased sleep efficiency and reduced total time of sleep), loss of slow-wave sleep (SWS), and rapid-eye movement (REM) sleep changes (reduced REM latency and increased REM density). Likewise, REM sleep abnormalities may constitute an important marker for depression, allowing us sometimes to discriminate among different subtypes of depressive patients. A number of sleep abnormalities in depression have been explained by a model of muscarinic receptors supersensitivity. On the other hand, although results are controversial sleep deprivation has been shown to be useful in the treatment of depression. However, it usually precipitates only a transient antidepressant response. We conclude with a review of studies examining the effects of psychotherapy on sleep in depressive patients.

**Psychopathology and sleep. IV. Other disorders** (pp. 275-293)

Guadalupe Dávila and José Francisco Navarro

*University of Malaga (Spain)*

In the last part of our tetralogy on psychopathology and sleep we describe the main abnormalities or changes of sleep in eating disorders (anorexia and bulimia), in Alzheimer's disease, in several drug-use disorders (tobacco, alcohol, caffeine) and, finally, in various infantile disorders (attention-deficit hyperactivity disorder (ADHD), autism and Down's syndrome).

**Biological basis of Rett syndrome** (pp. 295-309)

José Francisco Navarro<sup>1</sup> and Raúl Espert<sup>2</sup>

<sup>1</sup>*University of Malaga (Spain);* <sup>2</sup>*University of Valencia (Spain)*

This paper reviews the main genetic, neurochemical, neuropathological and neurophysiological studies on Rett syndrome (IRS), a disorder of the early childhood characterized by a progressive loss of cognitive and motor skills as well as the development of stereotypic hand movements. Although the mode of transmission of IRS is unclear, it has been associated to two loci, one on the X chromosome and other autosomal, possibly on chromosome 11. Likewise, it has been suggested that mitochondrial DNA (DNAm) and

genes encoding neural growth factors and their receptors may be relevant to IRS. On the other hand, from a neurochemical point of view, although findings are not concordant, it has been described in RS the presence of abnormalities in dopamine function as well as a primary deficit in the functioning of cholinergic system. Neuropathological studies in patients with IRS have confirmed the existence of: (a) a generalized brain atrophy involving the cerebrum and cerebellum; (b) a decrease in neuronal cell size and an increased cell packing density; (c) a reduction in the number of basal forebrain cholinergic neurons, and (d) a reduction in the concentration of melanin-containing neurons in the substantia nigra. Finally, several neurophysiological studies have demonstrated irregularities of breathing during wakefulness in patients with RS, suggesting a cortical involvement in the brainstem respiratory control.

**Williams syndrome: psychobiological aspects** (pp. 311-323)

María Sotillo<sup>1</sup> and José Francisco Navarro<sup>2</sup>

<sup>1</sup>*Autonoma University of Madrid (Spain);* <sup>2</sup>*University of Malaga (Spain)*

Williams syndrome (WS) is a genetic disorder of childhood characterized by mental retardation, distinctive facial features, vascular abnormalities (e.g., supravalvular aortic stenosis) as well as other medical problems associated. In this paper, we describe briefly clinical characteristics and diagnosis of this pathology, emphasizing especially the unusual neuropsychological profile exhibited in WS. Likewise, the main vascular, urinary, renal and ocular abnormalities associated to WS are also described. Finally, we examine the etiological aspects of this disease. Although WS is genetic, phenotypus is undoubtedly epigenetic, being probably caused by submicroscopic deletions within chromosomal subunit 7q 1 1.23. Moreover, WSCR1 and, especially, LIM Kinasa 1 genes might be particularly relevant to explain cognitive deficits seen in WS. From a neuropathological point of view, several cerebral morphological and cytoarchitectonic anomalies have been also demonstrated.

**Biological correlates of attention deficit-hyperactivity disorder (ADHD)** (pp. 325-347)

José Francisco Navarro<sup>1</sup> and Raúl Espert<sup>2</sup>

<sup>1</sup>*University of Malaga (Spain);* <sup>2</sup>*University of Valencia (Spain)*

This paper reviews the literature available in relation to biological basis of attention deficit-hyperactivity disorder (ADHD). Twin, adoption, family-genetic and segregation analysis studies have emphasized the existence of an important genetic contribution to the etiology of ADHD. Overall, data are concordant with the notion of a polygenic inheritance. On the other hand, from a neurochemical point of view, several neurotransmitters have been involved in the genesis of this disorder. The fact that stimulant drugs act as dopaminergic and noradrenergic agonists has led to the "catecholamines hypothesis". However, no comprehensive model has been proposed which successfully describes the underlying pathophysiology of ADHD and the mechanisms by which psychostimulants ameliorate the symptomatology. Likewise, we examine several neuroendocrinological investigations which have demonstrated a dysfunction of thyroid system in the ADHD as well as the main studies using structural and functional neuroimaging techniques which have showed a clear fronto-striatal-cortical dysfunction in these patients. Finally, we describe some recent neuroimmunological studies which indicate that C4B levels may be an important marker for ADHD.

**Biological correlates of aggression and violence in humans** (pp. 349-361)

Mercedes Martín-López and José Francisco Navarro

*University of Malaga (Spain)*

In the first part of this review paper on biological basis of infantile autism we describe the main genetic, neuroimmunological and neurochemical investigations carried out in this pathology. Twin and segregation analysis studies indicate that genetic factors may play a relevant role in the etiology of autism. However, although genetic factors are clearly involved, environmental variables must be also important-. In fact, concordance rates for autism in monozygotic twins are not of 100%. Investigations related to autoimmunity hypothesis can be grouped into three broad categories. The first includes studies on the cellular elements of the immune system (T-cells and NK cells). The second group concerns studies on the humoral elements of the immune system. The third category focuses on maternal-fetal tolerance and immunoreactivity studies. Likewise, in this context a viral hypothesis has been proposed to explain some cases of infantile autism. Thus, autism has been etiologically linked to numerous prenatal infections, including rubella, cytomegalovirus, varicella zoster, herpes simplex and toxoplasmosis. On the other hand, although results are still inconclusive, a serotonergic dysfunction has been described in numerous patients with autism. Furthermore, a functional imbalance between monoamines has been suggested in this pathology. Endogenous opioids peptides have been also involved in the pathogenesis of autism. According with this hypothesis, the hyperfunction of the endogenous opioid system could explain the majority of the symptoms associated with autism. **KEY WORDS:** Autism, genetics, immune system, neurotransmitters, serotonin, opioids.

**Biological basis of infantile autism. I. Genetic, neuroimmunological and neurochemical aspects** (pp. 363-389)

José Francisco Navarro<sup>1</sup> and Raúl Espert<sup>2</sup>

<sup>1</sup>*University of Malaga (Spain);* <sup>2</sup>*University of Valencia (Spain)*

In the first part of this review paper on biological basis of infantile autism we describe the main genetic, neuroimmunological and neurochemical investigations carried out in this pathology. Twin and segregation analysis studies indicate that genetic factors may play a relevant role in the etiology of autism. However, although genetic factors are clearly involved, environmental variables must be also important-. In fact, concordance rates for autism in monozygotic twins are not of 100%. Investigations related to autoimmunity hypothesis can be grouped into three broad categories. The first includes studies on the cellular elements of the immune system (T-cells and NK cells). The second group concerns studies on the humoral elements of the immune system. The third category focuses on maternal-fetal tolerance and immunoreactivity studies. Likewise, in this context a viral hypothesis has been proposed to explain some cases of infantile autism. Thus, autism has been etiologically linked to numerous prenatal infections, including rubella, cytomegalovirus, varicella zoster, herpes simplex and toxoplasmosis. On the other hand, although results are still inconclusive, a serotonergic dysfunction has been described in numerous patients with autism. Furthermore, a functional imbalance between monoamines has been suggested in this pathology. Endogenous opioids peptides have been also involved in the pathogenesis of autism. According with this hypothesis, the hyperfunction of the endogenous opioid system could explain the majority of the symptoms associated with autism.

**Biological basis of infantile autism. II. Neuropathological, neurophysiological and neuropsychological aspects** (pp. 391-409)

Raúl Espert<sup>1</sup> and José Francisco Navarro<sup>2</sup>

<sup>1</sup>*University of Valencia (Spain);* <sup>2</sup>*University of Malaga (Spain)*

In the second part of this review paper on biological basis of infantile autism we describe the main neuropathological, neurophysiological and neuropsychological investigations carried out in this disease. Numerous neuropathological “ postmortem “ studies as well as neuroanatomical studies using neuroimaging techniques have demonstrated the existence of a broad variety of structural and functional abnormalities in autistic patients. Although results are not entirely consistent, the main changes in autism have been located in limbic system (medial temporal lobe), cerebellum and cerebral cortex. Likewise, it has been proposed that some cases of autism might be provoked by an injury at the time of closure of the neural tube. On the other hand, we examine the main neurophysiological studies in autistic subjects, emphasizing investigations with evoked potentials. In this context, several authors have suggested that in autism exists a disordered functioning in brainstem and thalamic systems which mediate arousal, attention and information-processing. The third part of this paper focuses on neuropsychological studies realized in autistic patients. It is a well-known fact that these subjects exhibit neuropsychological disorders in a wide range of domains, a fact that suggests that autism probably involves a dysfunction of multiple regions rather than of only one brain region. Most studies reveal large individual differences in certain neuropsychological domains. Whereas most autistic patients have frontal lobe impairments, great variability exists in the areas of language and memory. This review concludes with a brief description of several neurofunctional integrative models of autism (Bachevalier, 1994; Morton and Frith, 1995; Couchesne, Townsend and Chase, 1995, and Waterhouse, Fein and Modahl, 1996).

**Biological correlates of Gilles de la Tourette syndrome** (pp. 411-433)

Raúl Espert<sup>1</sup> and José Francisco Navarro<sup>2</sup>

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The Gilles de la Tourette syndrome (GTS) is a rare and clinically heterogeneous neuropsychiatric disorder seen worldwide and defined by waxing and waning simple and complex motor and phonic tics, with an onset in childhood (under the age of 21 years) and long-term, and sometimes life-long course. Tics may also be accompanied by a variety of comorbid associated behavioural disturbances, such as obsessive-compulsive disorder and attention deficit hyperactivity disorder. Evidence from several recent studies suggests that genetic factors are involved in GTS, but a clear linkage with specific genes has not been found. Dopaminergic disturbances have been involved in the pathogenesis of the disorder since the discovery of remarkable benefits of haloperidol and other dopaminergic antagonists in these patients. However, serotonergic, noradrenergic, cholinergic and opioid systems have been also implicated in the pathogenesis of GTS and they could be related with abnormalities in cortico-striatal-thalamic-cortico pathways. Likewise, functional neuroimaging studies have revealed metabolic abnormalities in the basal ganglia and frontotemporal areas.

**Neuropsychological abnormalities in sleep apnea syndrome** (pp. 435-444)

Francisca Vera and José Francisco Navarro

*University of Malaga (Spain)*

Sleep apnea syndrome (SAS) is characterized by recurrent hypoxia during sleep, excessive daytime sleepiness, snoring, abnormalities in sleep architecture and deficits in daytime cognitive abilities. Numerous studies suggest that persons with SAS display a cognitive impairment provoked by the intermittent hypoxia produced during apneic episode. Although results are inconclusive, treatment of SAS with continuous positive airway pressure (CPAP) appears to ameliorate significantly most of neuropsychological deficits in apneic patients. On the other hand, SAS in children may also cause a slowed neurological development, as well as impairments in cognitive and behavioural functioning, including decreased attention span, intermittent hyperactivity poor academic performance and developmental delay. However, the evidence is confined to a small number of studies.

### **Psicología Conductual, 1998, Volume 6, Number 3**

#### **Interventions to improve the quality of mothers-children interactions: behavioral analitic evaluation of the social impact, and external and internal validity (pp. 473-499)**

Jorge L. González Quijano, Eloisa Vargas Sandoval, Enriqueta Galván Millán, and Héctor E. Ayala Velásquez

*Autonoma National University of Mexico (Mexico)*

The present study was conducted through conveyance of three experiments. A total sample of 20 parent-child pairs participated in the study. In the first experiment, direct observation system of parent child-interaction was developed and calibrated. The use of this assessment system as well as the implementation of an intervention package to improve the quality of parent-child interactions was carried out in the second experiment. Additionally in this experiment, the internal and social validity of the effects of intervention was determined. In the third experiment, a replication of the treatment effects was conducted by applying the intervention package to another sample of parents and employing a number of different therapist with the purpose of determining its external validity. The results of the study indicate on one side, that a valid and sensitive assessment system of parent-child interaction was developed and that the intervention package promoted a significant change in the patterns of parent-child interaction and that these changes were judged to make those interactions more positive, educational, and friendly.

#### **Predictive variables of the tobacco use and abstinence within a program to stop smoking (pp. 501-518)**

Fernando L. Vázquez and Elisardo Becoña

*University of Santiago de Compostela (Spain)*

This study evaluates different variables as predictors of later abstinence or relapse in a sample of 160 subjects who participated in a multicomponent behavioral smoking cessation program. The multiple regression analyses showed that the variables which predicted continued cigarette consumption at the end of treatment ( $p < 0.05$ ) were the greater number of cigarettes pretreatment and the greater nicotine content of cigarettes smoked. At the 12 month follow-up, the variables predicting continued cigarette smoking ( $p < 0.05$ ) were the greater desire to stop smoking, the greater depressive symptomatology as evaluated by the Beck Depression

Inventory, the greater number of cigarettes at pretreatment, and the greater income. The logistic regression analyses indicated that a lower nicotine content per cigarette and a lower maximum number of cigarettes smoked in the last year were the variables which significantly predicted abstinence ( $p < 0.05$ ). At the 12 months follow-up, a lesser depressive symptomatology was the only predicting variable of abstinence ( $p < 0.05$ ). Depressive symptoms have an influence on efficacy at the 12 month follow-up, but not at the end of treatment. However, It does not seem necessary, at the moment, to introduce specific interventions targeted at the modification of negative mood.

**Development and analysis of a scale of suggestibility** (pp. 519-531)

Eduardo García-Cueto and Oscar Gordón

*University of Oviedo (Spain)*

Nowdays hypnosis is becoming a technology increasingly used in several areas of basic and applied psychology. However, it is not clear what is the psychological variable that causes the differences observed between subjects with respect to the ability to be hypnotized. The main goal of this paper is to construct a rigorous questionnaire in order to assess the susceptibility of people to hypnosis. A sample of 102 participants were used (57 men and 45 women). The ten items questionnaire built has a high internal consistency, measured by means of the Coefficient Alpha ( $\alpha = 0.97$ ). The factor analysis of the items showed that susceptibility to hypnosis, as measured by this questionnaire, has a unidimensional structure. Responses to the questionnaire items fit the two-parameter Item Response Theory logistic model. Using logistic regression analysis it was found that the questionnaire has a high validity to predict the easiness of subjects to be hypnotized, with a rate of correct subject classification above 90%. No gender differences in susceptibility to hypnosis were found.

**Visual unilateral neglect: (I) assessment** (pp. 533-554)

Angeles F. Estévez and Luis J. Fuentes

*University of Almería (Spain)*

Unilateral visual neglect is a neurological syndrome that is common after damage to the parietal lobe. In this article we describe some tests that have been frequently used to diagnose neglect in brain-damage patients. Firstly, we discuss some conventional tests to assess exploration skills of patients. Then we describe some functional tests thought to assess the daily patient behaviour. Finally, we present some tests initially designed to evaluate other pathologies, but that they have proved useful to diagnose neglect.

**A review of the retrospective studies about the origin of the specific phobias** (pp. 555-580)

Miquel Tortella-Feliu and Miquel Àngel Fullana Rivas

*University of Balearic Islands (Spain)*

This paper reviews the retrospective studies about the origin of specific phobias published in the last twenty years. The analysis is performed according to the categories of specific phobia put forward by the DSM-IV and on whether they have been carried out on clinical or analogue subjects. The classification according to the DSM-IV categories shows that there are differences regarding the ways of acquisition in the different kinds of phobic fear. Direct

conditioning experiences are the most important way of acquisition in all the types of specific phobia, except the ones of natural environment type when clinical samples are analyzed. It is more difficult to get to a conclusion in the case of studies with analogues. It also stands out the emergence of significant differences between the studies depending on the assessment methods which have been used.

**Behavioral counseling as a way of psychological help: six years of clinical activity at the Autonomia University of Madrid** (pp. 583-596)

M<sup>a</sup> Xesús Froján Parga<sup>1</sup>, Santos Orejudo Hernández, Isabel Carrasco Cabeza, and Teresa Hernández López

*Autonomia University of Madrid (Spain)*

NO ABSTRACT

**Fear of falling in older people: a case study** (pp. 597-615)

Ignacio Montorio Cerrato<sup>1</sup>, María Izal Fernández de Trocóniz, and Almudena López López

*Autonomia University of Madrid (Spain)*

NO ABSTRACT

**Extending psychological intervention to the family in child behavior therapy** (pp. 617-627)

Edwiges Ferreira de Mattos Silva<sup>1</sup> and Maria Luiza Marinho<sup>2</sup>

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NO ABSTRACT

## **Psicología Conductual, 1999, Volume 7, Number 1**

### **Visual unilateral neglect: (II) rehabilitation** (pp. 5-25)

Ángeles F. Estévez and Luis J. Fuentes  
*University of Almería (Spain)*

In this article we address an important issue related to the syndrome of neglect: its rehabilitation. We especially consider two different kinds of techniques: (1) Those that have been useful in the rehabilitation of some lateralized attentional components (e.g., bias in the automatic orientation of visual attention to the ipsilesional side); and (2) those addressed to the rehabilitation of non-lateralized components of attention (e.g., deficits in sustained attention). We also address the issue of maintaining the improvement reached in rehabilitation through time. Finally we propose some criteria which should be taken into consideration to design successful neglect rehabilitation programs.

### **Social skills in the professional graduation of the psychologist: analysis of an intervention program** (pp. 27-47)

Almir Del Prette, Zilda A. P. Del Prette, and María Cecilia Mendes Barreto  
*Federal University of São Carlos (Brazil)*

Human services professions» that involve interpersonal interactions require a repertoire of effective social skills to achieve success. This study presents a Professional Interpersonal Development Intervention Program [PRODIP] aimed to improve some interpersonal skills that are directly or indirectly related to the requirements of a psychologist. The PRODIP group and a control one (13 and 23 Psychology undergraduates) were evaluated at the beginning and at the end of the intervention period, arranged in two 20-hour blocks. The first block was theoretical/informative with lectures and student seminars. The second, practical, was accomplished in biweekly behavioral training sessions, each lasting an hour and half. These sessions were conducted in a structured group setting using cognitive and behavioral techniques. The results showed a statistically significant improvement in the social skills of the PRODIP group and no change in the social skills of the control group. Practical and research questions concerning the education of psychologists are raised and the potential applicability of social skills training to other contexts is discussed.

### **Children's beliefs about parental divorce** (pp. 49-73)

Marta Ramírez<sup>1</sup>, Juan Botella<sup>2</sup>, and José A. Carrobes<sup>2</sup>  
<sup>1</sup>*Family Tribunals (Madrid)*; <sup>2</sup>*Autonoma University of Madrid (Spain)*

This paper proposes the study of children's beliefs about parental divorce through an adaptation of Kurdek and Berg' scale —CBAPS—. Results emphasize that children show more problematic beliefs when parental divorce is litigious instead of by mediation. Moreover, in these cases, children blame the conflict on the no custodial parent rather than the custodial, although regular visitation decreases these problematic attributions. We also analyze the effect of the time passed since divorce over the children's beliefs and their personal and social adjustment. Additionally, an in-depth investigation to clarify stepparents' role in the child's understanding of divorce is needed.



**Influence of the computer assisted modelling speed on the drawing of writing related figures** (pp. 75-84)

Xavier Bornas, Mateu Servera, Jordi Llabrés, and Bel Matas  
*University of Balearic Islands (Spain)*

This study analyzes the influence of the modeling speed on the process of drawing/copying writing related figures. Thirty first grade students copied four simple figures. The drawing time was measured and the fastest children were assigned to a slow modeling group (SM, N= 15) while the slowest children were assigned to the fast modeling group (FM, N= 15). Each group received three computer assisted modeling sessions. During each session children looked at the model and tried to draw the same figure. Figures were similar to those used in the initial evaluation. The computer modeling time was set to 30 seconds for the SM group and 10 seconds for the FM group. Results showed significant changes in the drawing time.

**Treatment of headaches: a meta-analytic review of behavioral interventions in Spain** (pp. 85-105)

José Olivares Rodríguez, Ana I. Rosa Alcázar, Julio Sánchez Meca, and F. Xavier Méndez Carrillo  
*University of Murcia (Spain)*

In this study the results of a meta-analytic review of the effectiveness of behavioural interventions on headache carried out in Spain are presented. A total of 20 independent primary studies were identified that met with the selection criteria in the period 1980-1996. The standardised mean difference was the effect size index chosen to summarise the study outcomes, yielding an average of  $d = 0.938$ . The results revealed marginally significant differences among biofeedback, relaxation and cognitive techniques. The effectiveness of treatments was influenced by such subject factors as age, headache type, and headache duration. Other substantive and methodologic factors were also analysed, such as treatment intensity, treatment setting, control group type, design type, and design quality. Finally, the theoretical and clinical implications of the results are discussed.

**Effectiveness of a multicomponent program to quit smoking with and without nicotine chewing gum** (pp. 107-118)

Roberto Secades Villa, Ana Belén Díez Álvarez, and José Ramón Fernández Hermida  
*University of Oviedo (Spain)*

This study examines the long-term effectiveness of a multicomponent treatment for smoking cessation in comparison with the same program applying nicotine chewing gum. The 47 subjects, all of them administrative staff of the University of Oviedo, were randomly distributed into two experimental groups. The results show that there are not statistically significant differences between both groups at one year follow-up. 52.3% of those who were given nicotine chewing gum and 45.5% of those who were not given nicotine gum remained smoke-free 12 months afterwards. The participants in the program who keep smoking after the 12-month follow-up, smoke less cigarettes in relation to pretreatment. The abstinence rates and the effectiveness of both groups are discussed.

**Fear of flying: evaluation of an exposure treatment program** (pp. 119-135)

Juan I. Capafóns, Pedro Averó, Carmen D. Sosa, and Marisela López-Curbelo  
*University of La Laguna (Spain)*

We present the outcomes of a mixed gradual exposure treatment (imaginary in vivo) applied to fear of flying. Auxiliary coping strategies were applied too (brief relaxation and thought stopping). The program has been applied to 37 patients (treatment group) and 36 patients composed the waiting control group. An extreme non-phobic group formed by 46 people was evaluated too. The therapeutic success has been evaluated by means of self-report scales and by recording psychophysiological variables in an analogous situation. The results showed that positive and lasting effects are obtained by a most of phobic people, and also that 40.5% of treated individuals showed a similar behavior to that of the extreme nonphobic group.

**Psychological intervention in group for women in the menopause (I): the program** (pp. 139-153)

Encarnación Sueiro Domínguez<sup>1</sup>, M<sup>a</sup> Magdalena Carballeira Martínez<sup>2</sup>, Celsa Perdiz Álvarez<sup>1</sup>, Julia Amalia Rodríguez Suárez<sup>3</sup>, and Amparo González García<sup>4</sup>

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NO ABSTRACT

**Health promotion: psychological intervention in group for women in the menopause (II). A practical experience** (pp. 155-167)

Encarnación Sueiro Domínguez<sup>1</sup>, Celsa Perdiz Álvarez<sup>1</sup>, M<sup>a</sup> Magdalena Carballeira Martínez<sup>2</sup>, Julia Amalia Rodríguez Suárez<sup>3</sup>, Amparo González García<sup>4</sup>, and Pilar Gayoso Diz<sup>5</sup>

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NO ABSTRACT

**Psicología Conductual, 1999, Volume 7, Number 2**  
(Monographic issue on "Behavior modification in Spain")

**Introduction** (pp. 189-196)

José Olivares Rodríguez, Julio Sánchez Meca, and Ana Isabel Rosa Alcázar  
*University of Murcia (Spain)*

NO ABSTRACT

**Behavior modification in Spain: an outline of its historic development and current situation** (pp. 197-213)

José Olivares Rodríguez<sup>1</sup>, Vicente E. Caballo<sup>2</sup>, José Antonio Carroble<sup>3</sup>, and Fco. Xavier Méndez Carrillo<sup>1</sup>

<sup>1</sup>University of Murcia; <sup>2</sup>University of Granada; <sup>3</sup>Autonoma University of Madrid (Spain)

Main facts and events regarding the beginning, development, consolidation and expansion of behavior modification in Spain are reviewed in the present work. Those facts and events are grouped together following chronological criteria. The first stage include historical backgrounds, the second refers to development through three historical periods (1939-1969, 1970-1974, and 1975-1979), the third covers consolidation and expansion beginning in 1980 and continuing at present. Through these stages, generally isolated or random contributions within Psychology in general and within behavior modification in particular are analyzed. Humanistic physicians have contributed significantly to the development process of Psychology as a scientific field. Furthermore, the role of universities, behavioral associations, professional societies and publications (in the form of journals, books, and so on) in the construction of the behavioral movement is reviewed. Finally, a brief summary of the current state of the behavioral field in Spain is presented.

**Behavior therapy in the Spanish context: current situation and factors implied in its effectiveness** (pp. 215-252)

Ana I. Rosa Alcázar, José Olivares Rodríguez, and Julio Sánchez Meca  
*University of Murcia (Spain)*

The great expansion of behavioural techniques in the clinical and health fields has provoked the need of using quantitative integration procedures that enable professionals to assimilate the findings. The purpose of this work is to determine what the meta-analytic studies have been able to show about the efficacy of behaviour therapy on clinical and health problems. With this objective, 70 metaanalyses carried out in the Spanish and international settings are reviewed. The results show that, in general, behavioural interventions are effective and that the effectiveness magnitude is a function of such factors as technique type, the type of treated problem, patient characteristics, and methodological aspects of the empirical studies.

**Effectiveness of behavior therapy in clinical and health problems in Spain** (pp. 253-281)

Julio Sánchez Meca, José Olivares Rodríguez, and Ana I. Rosa Alcázar  
*University of Murcia (Spain)*

This paper presents the results of a meta-analytic review about the efficacy of behavioural interventions in the treatment of subjects with clinical and health problems. An exhaustive search of the available literature enabled us to identify 75 empirical papers carried out in Spain between 1980 and 1995, yielding a total of 137 independent studies. The effect size index chosen to summarize the results was the standardized mean difference, obtaining at the posttest an average of  $d = 1.136$ , although it diminished to a half in the follow-up ( $d = 0.856$ ). Different meta-analyses were carried out as a function of the outcome type and problem type suffered by the subjects. The potential moderator variables of the results were analysed, proposing a predictive model of the treatment effectiveness. Finally, the theoretical and clinical implications of the results are discussed.

**Effectiveness of behavioral interventions on anxiety problems in Spain** (pp. 283-300)

José Olivares Rodríguez, Julio Sánchez Meca, and Ana I. Rosa Alcázar  
*University of Murcia (Spain)*

This study presents the results of a meta-analytic review of the effectiveness of behavioural interventions on anxiety problems carried out in Spain. A total of 27 independent primary studies that meet the selection criteria were localized between 1980 and 1997. The effect size index chosen to summarize the study results was the standardized mean difference, achieving a mean value of  $d_{+} = 1.209$ . The results showed marginally significant differences in respect to the types of treated problem, posttraumatic stress and social phobia had the highest effect sizes. The treatment effectiveness was also influenced by subject and methodologic factors. Finally, some recommendations for future research in this field are made.

**Variables influencing the treatment of tobacco addiction: a study about abstinence rates in Spain** (pp. 301-321)

Julio Sánchez Meca, Fulgencio Marín Martínez, José Olivares Rodríguez, and Ana Isabel Rosa Alcázar

*University of Murcia (Spain)*

This paper presents the results of a meta-analytic study about the effectiveness of behavioural interventions on the treatment of the tobacco addiction. The studies had to include a treated and a control group and some dichotomic measure of the tobacco abstinence. An exhaustive search of the Spanish literature enabled us to identify a total of 13 studies, with a total sample of 613 smokers. Several effect size indexes were applied: the abstinence rates in treated and control groups, the difference between abstinence proportions, the *odds-ratio*, and the transformation of the natural logarithm of the odds-ratio into standardised mean difference. The results showed a clear effectiveness of behavioural interventions, although differences among intervention techniques were not found. Other moderator variables of the results are analysed and the clinical and theoretical implications are discussed.

**Psicología Conductual, 1999, Volume 7, Number 3**

**Personality and intelligence factors in slot-machine pathological gambler** (pp. 349-360)

Javier Fernández Montalvo<sup>1</sup>, Enrique Echeburúa<sup>2</sup>, and Concepción Báez<sup>3</sup>

<sup>1</sup>*Public University of Navarra*; <sup>2</sup>*University of País Vasco*; <sup>3</sup>*Mental Health Center of Rentería, País Vasco (Spain)*

This paper presents a detailed description of intelligence and personality characteristics of 69 slot-machine pathological gamblers. In the existing literature, there is no conclusive empirical evidence of a specific profile of the pathological gambler. The results showed a mid-level of intelligence. As regards personality, pathological gamblers were significantly more impulsive, and scored significantly higher in neuroticism, and lower in sensation seeking, than the average population. There were no differences in extroversion. On the other hand, the only significant correlation in the sample of patients was that between severity of pathological gambling and neuroticism as personality dimension. Implications of this study for clinical practice and future research in this field are commented.

**A neurocognitive approach to the study of attention deficits in schizophrenia** (pp. 361-376)

Encarna Santiago<sup>1</sup> and Luis J. Fuentes<sup>2</sup>

<sup>1</sup>*General Hospital Torrecárdenas in Almería;* <sup>2</sup>*University of Almería (Spain)*

Schizophrenia has been associated with deficits in several cognitive processes but mainly with attention deficits. From a neurocognitive approach, attention has been conceptualized as a set of neural networks involved in the control of information processing. Two such networks have been described in visual attention: (1) the posterior attentional network, involved in visual orientation of attention, localized in posterior areas of the brain; and (2) the anterior attentional network, involved in executive functions mainly in attention to high level processing, such as semantic processing, localized in anterior areas of the brain. The neurocognitive studies of schizophrenia revised here suggest that the main attentional deficits associated with schizophrenia involve inhibitory processing of the anterior attentional network that takes place in the left hemisphere.

**Modeling of judgments arising from blind subjects: a preliminary study** (pp. 377-391)

E. Inmaculada de la Fuente<sup>1</sup>, Juan García<sup>2</sup>, José Antonio Belmonte<sup>3</sup>, and Humberto M. Trujillo<sup>1</sup>

<sup>1</sup>*University of Granada;* <sup>2</sup>*University of Almería;* <sup>3</sup>*Spanish Blinds National Organization (ONCE) (Spain)*

In this paper the adjustment of two judicial decision models is studied. With these models we expect to predict the judgements made by two groups, 8 seer subjects and 8 blind subjects, in a similar task to that performed by a jury. An experimental series is carried out, wherein we manipulate the form in which information of the judicial process is presented. The differences between predictions of the models and the judgments given by the two experimental groups are analyzed.

**Preliminary adaptation of the Stunkard-Messick Eating Questionnaire (Three Factor Eating Questionnaire, TFEQ) in a Spanish college sample** (pp. 393-416)

David Sánchez-Carracedo<sup>1</sup>, Rosa María Raich i Escursell<sup>1</sup>, Mercé Figueras Piqueras<sup>2</sup>, Joan Torras Clarasó<sup>1</sup>, and Marisol Mora Giral<sup>1</sup>

<sup>1</sup>*Autonoma University of Barcelona;* <sup>2</sup>*ADES Psychological Center (Spain)*

The Stunkard-Messick Eating Questionnaire (*Three-Factor Eating Questionnaire, TFEQ*) of Stunkard & Messick (1985) is one of the most common measures for dietary restraint. In the present work, data about a preliminary adaptation and validation with a Spanish college sample are presented (N= 335). Our results do not replicate the three factor structure of the original English form. The factorial analysis carried out with the Spanish sample suggested two factors, which explain 30% of the total variance. These factors are named «Restraint» and «Desinhibition». Our data do not give support to the third factor, «Hunger» in the original form. This question is conceptually and psychometrically discussed. Finally, data about reliability, concurrent and discriminant validity favorable to the psychometric goodness of our form are provided. The necessity of validation of instrument adaptation in various contexts or countries is stressed.

**Disorders of eating behavior: undifferentiated forms and pathological eating behaviors in Mexican women** (pp. 417-429)

Claudia Unikel Santoncini<sup>1</sup> and Gilda Gómez Peresmitré<sup>2</sup>

<sup>1</sup>*Mexican Institute of Psychiatry*; <sup>2</sup>*Autonoma National University of Mexico (Mexico)*

The main purpose of the present paper was to obtain evidence of the existence of a quantitative continuum in terms of the presence of eating disorders symptoms in several samples of women. The exploratory study was held with 6 non-aleatory samples, considering age (adolescents and adults), and vocation (ballet vs. non ballet), and its comparison with a group of patients with eating disorders. These groups covered a range from lower risk (public and private school students, and professionals non ballerinas) to greater risk (ballet students, professional ballet dancers and patients clinically diagnosed). Results showed the presence of such continuum, in the sense previously determined, confirming the risk situation ballet students and professionals have for the development of eating disorders.

**A stress model for the prediction of variables of psychological adjustment in battered women** (pp. 431-458)

Patricia Villavicencio Carrillo and Julia Sebastián Herranz

*Autonoma University of Madrid (Spain)*

Recent findings in research on battered women provide evidence for association between domestic violence and psychological symptomatology for traumatic responses. This study presents a stress model for analyzing and examining the relationship between battering, personal factors, contextual factors, coping and psychosocial adjustment, as measured by the SCL-90-R (Derogatis, 1977) and by a Self-esteem Questionnaire. The SCL-90-R has 9 subscales and can offer a General Severity Index and a Post-Traumatic Stress Disorder Scale. Respondents were 80 women who had sought assistance from 9 shelters throughout Spain. Using multiple regression analysis in the battered women sample, the strongest predictors of most of the psychosocial adjustment variables selected in this study were (in order of variance explained): length of time spent in shelter, avoidant coping strategies and having experienced abuse during childhood/adolescence. Sexual battering and childhood sexual abuse predicted Psychoticism (SCL-90-R) among other variables listed above.

**Familiar relationships in adolescents: results in students and substance users** (pp. 461-470)

M<sup>a</sup> del Carmen Mariño, Catalina González-Forteza, and M<sup>a</sup> Elena Medina-Mora

*Mexican Institute of Psychiatry (Mexico)*

NO ABSTRACT

**Effectiveness of the thought stopping technique in different pathological disorders** (pp. 471-499)

José Francisco Lozano Oyola, Eva M<sup>a</sup> Rubio Zarzuela, and M<sup>a</sup> Ángeles Pérez San Gregorio

*University of Sevilla (Spain)*

NO ABSTRACT

**Affective parents: support for their adolescent children's self-esteem** (pp. 501-507)

Catalina González Forteza, Alberto Jiménez Tapia, Enrique Pérez Campuzano, Luciana Ramos Lira, Miguel Ángel Caballero Gutiérrez, and Maria Teresa Saltijeral Méndez  
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NO ABSTRACT

## **Psicología Conductual, 2000, Volume 8, Number 1**

### **Anxiety sensitivity and its relationship to fear of flying** (pp. 5-25)

Miquel Àngel Fullana Rivas and Miquel Tortella-Feliu

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In this paper we analyze the relationship between anxiety sensitivity (AS) and fear of flying. AS is one of the key elements of Reiss' expectancy model and it is seen as an important risk factor for anxiety disorders. So far, specific phobias are the only anxiety disorder in which no clear evidence of a high AS has been found, as compared to non-anxious people. The role of anxiety sensitivity was examined for the fear of flying in a non clinical sample of 523 subjects who were assessed with the Anxiety Sensitivity Index (ASI). An elevated AS was found among the subjects with fear of flying and a higher intensity of the fear of flying was associated with a higher AS. Most of the items of the ASI were useful in discriminating fearful from non fearful subjects. AS was related to variables of both severity of the fear and danger expectancies. No differences in AS were found when the fearful subjects were classified according to the principal component of their fear. Descriptive and psychometric data on the Catalan version of the ASI are reported.

### **Risk factors related with peer group influence in drug use by adolescents** (pp. 19-32)

José Luis Graña Gómez and Marina J. Muñoz-Rivas

*Complutense University of Madrid (Spain)*

The aim of the present study was to analyze how the relationship that adolescents keep with their peer group (e.g., kind of activities performed in group, drug use by friends, and nature of their relationship) influence drug use. A sample of 1570 adolescents of both sexes (54.4% men and 45.6% women) belonging to the Autonomous Community of Madrid was used. The results showed that several substances studied were empirically grouped into three factors called «legal drugs», «medical drugs» and «illegal drugs». At the same time several stepwise regression analyses were conducted, considering the three factors as dependent variables, and once more it was confirmed that the best predictor to explain the consumption of the different drugs was the fact of having friends that consumed tobacco, alcohol and marijuana.

### **Empirical measure of narcissism: a synthesis of research on its relationship with personality theory and traits** (pp. 33-56)

José María García Garduño

*Iberoamerican University (Mexico)*

In spite of empirical research on narcissism, especially since its inclusion as disorder in the DSM-III, scant attention has been devoted to summarizing the growing bulk of research. The purpose of this paper was to analyze the current literature on the development of instruments to measure narcissism and the findings on the relationship between narcissism, and traits and theories of personality. This paper reviews those topics on which most research has been conducted: the developing of instruments to measure narcissism; narcissism and its relationship to personality traits and theories; grandiosity and narcissism; and healthy versus



pathological expression of narcissism. The paper suggests that the most influential theoretical contributions to development of instruments and research as well are those by Kohut, Kernberg, and Miller.

**Stress, mental health and immunological changes in university students** (pp. 57-71)

Leticia Guarino, Ismael Gavidia, Mariemma Antor, and Henry Caballero  
*Simón Bolívar University (Venezuela)*

The purpose of this research was to assess the relationship among stress, mental health and immunological changes in college students. The sample was composed by 20 first year's students from Simon Bolivar University, Venezuela, (12 males, 8 females, mean age= 17.20), who were evaluated at the beginning of the term and during the examination period (7 weeks later). Self-reporting questionnaires were used for psychosocial measures, and immunophenotyping was made to obtain their immunological parameters. Comparing the scores, it was found that stress intensity, social dysfunction, somatization and percentage of HLA-DR+ cells, increased considerably during the examination period. At the same time, a significant decrease in percentage and total number of lymphocytes, T lymphocytes, NK cells, CD8+ cells and on the number of CD4+ cells was found. Significant correlations were also found between psychosocial variables and immune parameters during the period of higher academic demand. These results suggest some immunological changes in association with higher stress and mental health impairment.

**Reliability and factor structure of the Brief Symptom Inventory (BSI) in adults** (pp. 73-83)

Nuria Aragón Ramírez, M<sup>a</sup> Carmen Bragado Álvarez, and Inés Carrasco Galán  
*Complutense University of Madrid (Spain)*

Psychometric properties of the *Brief Symptoms Inventory*, (B.S.I., Derogatis & Melisaratos, 1983) were studied in a sample of 743 adults, whose children demanded psychological treatment. The investigation analyzes the natural dimension of the inventory and the internal consistency of the whole scale as well as the nine subscales which compose the analyzed instrument. The results of the main component's first and second order factor analyses (varimax rotation) show that the B.S.I. measure a one-dimensional construct of general psychological distress with an excellent reliability ( $\alpha=0.990$ ). The Cronbach alpha coefficients of the subscales are good: they ranged from a low on the phobic anxiety dimension ( $\alpha= 0.876$ ) to a high on the somatization ( $\alpha= 0.960$ ).

**Assessment of type A behavior pattern in children: a longitudinal study** (pp. 85-95)

Rocío Tron Álvarez and Leonardo Reynoso-Erazo  
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Type A behavior pattern (TABP) is a behavioral constellation that includes hostility, aggressiveness, competitiveness, time urgency and impatience. These behaviors are elicited when a subject is confronted with a challenge situation. These subjects are coronary-risk population. Currently, the American Heart Association considers this behavior pattern a risk factor, the same as hypercholesterolemia or hypertension. TABP may be detected early in childhood. We applied five times a questionnaire to a 39 elementary school children sample.

As the age increases, the scores increased. These studies are the onset of longitudinal research with Mexican population; the goal will be to establish the pathogenesis of coronary heart disease and ways of prevention.

**Current questions about low back pain prevention** (pp. 99-115)

Antonia Gómez Conesa and Francisco Xavier Méndez Carrillo  
*University of Murcia (Spain)*

NO ABSTRACT

**Psychopathological model and treatment of an obsessive-compulsive case disorder** (pp. 117-146)

José Luis Graña Gómez and Daniel Navarro Bayón  
*Complutense University of Madrid (Spain)*

NO ABSTRACT

**Suicide and use of spare time in Mexican adolescents** (pp. 147-152)

Catalina González-Forteza, María del Carmen Mariño, Liliana Mondragón, and María Elena Medina-Mora  
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NO ABSTRACT

**Psicología Conductual, 2000, Volume 8, Number 2**

**Treatment of anxiety disorders in the beginning of the 21st century** (pp. 173-215)

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<sup>1</sup>*University of Granada;* <sup>2</sup>*University of Malaga (Spain)*

Anxiety disorders are a broad category of psychological disorders well represented in the Diagnostic and Statistical Manual of Mental Disorders (4th edition) (APA, 1994) and with a high prevalence among the general population. Cognitivebehavioral interventions have been highly effective procedures to treat anxiety disorders, comprising an effective battery of specific techniques. This article is concerned with the latest research on the treatment of the different anxiety disorders, such as specific phobia, social phobia, panic disorder, obsessive-compulsive disorder, post-traumatic stress disorder and generalized anxiety disorder. A general overview on the current cognitive-behavioral and pharmacological treatments of these disorders is presented and some future directions for the improvement of the effectiveness of these kinds of treatment are given.

**Behavioral patterns of adolescents at risk for schizophrenia spectrum disorders** (pp. 217-229)

Beatriz Caparrós<sup>1</sup>, Neus Barrantes-Vidal<sup>2</sup>, and Jordi E. Obiols<sup>2</sup>

<sup>1</sup>*University of Girona*; <sup>2</sup>*Autonoma University of Barcelona (Spain)*

The main aim of this study is to assess whether there are differences in schizotypal traits and behavioural patterns in normal adolescents at risk for schizophrenia spectrum disorders in comparison to normal controls. Attentional deficit (measured by means of the CPT-IP test) has been our criterion to identify at-risk subjects. Subjects composing the sample of the study (N= 202) come from an original sample of 1.498 normal junior students (mean age 13.2). Results show that there are differences in the behavioral variables studied between at-risk subjects and controls. At-risk subjects displayed more anxious and depressive traits, social problems and attentional problems. Within attentional deficit subjects, sex differences have been also found. There were no differences in schizotypal traits between both groups.

**Personality and sociodemographic factors in women's depression** (pp. 231-247)

M<sup>a</sup> Pilar Matud, Marisela López Curbelo, Juan Manuel Bethencourt, and Pedro Avero

*University of La Laguna (Spain)*

The present study examined social, personal and demographic characteristics distinguishing women with vs. without depressive symptoms. Our sample was 1.068 women (mean age=33.5; SD=11.4 and range 18-65) living in the Canary Island. Bivariate and multivariate analysis using a variety of predictor variables including self-esteem, job satisfaction, stressful life events, Type A behavior, tolerance of ambiguity, emotion-control strategies, coping styles, social support, age, educational level, laboral status, and number of children. Discriminant function correctly classified 74.7% of the women with depressive symptoms as being characterised by lower self-esteem and social support, an emotional coping style in stressful situations, impulsivity, and with a higher hostility and competitiveness, greater intolerance to change, and are persons who are more likely to mentally rehearse failures than women without depressive symptoms.

**Psychological risk and protection factors for drug use by adolescents** (pp. 249-269)

José Luis Graña Gómez<sup>1</sup> and Marina Muñoz-Rivas<sup>2</sup>

<sup>1</sup>*Complutense University of Madrid*; <sup>2</sup>*CES San Pablo-CEU, Madrid (Spain)*

The main objective of this study was to analyze the influence and the differential weight of certain psychological variables (selfconcept and depression, other characteristics of personality and of antisocial behavior and ethical-moral values) in drug use by adolescents. A sample of 1.570 adolescents of both sexes was used (54.4% men and 45.6% women) belonging to the Autonomous Community of Madrid. The results showed that several substances of use studied were empirically grouped into three factors called: «legal drugs», «illegal drugs» and «medical drugs». In turn, several stepwise regression analysis were carried out with each one of the three factors and it was pointed out that the main psychological risk factors to explain the use of legal drugs were self-esteem, presence of antisocial behaviors and disinhibition; on the contrary the most important protection factors were the presence of positive selfconcept, a high level of sincerity and religious practice. Risk and protection factors for illegal and medical drugs were also analyzed. These data are taken into account when designing a prevention program for drug use.

**Diurnal variation of psychophysiological parameters: sex influence** (pp. 271-282)

Ana Adan and Miquel Sánchez-Turet  
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The present work evaluates sexual differences in diurnal variation of psychophysiological parameters (body temperature, heart rate and arterial blood pressure). This is an issue seldom addressed in previous studies and even less taking into account other biological rhythms that can bias the results obtained. Forty-two normotensive university students were selected, 22 men and 20 women, between 18 and 26 years old. Recordings were obtained every hour from 8:00 to 21:00 h in resting conditions and sitting position. Diurnal variation of body temperature in women showed a time advance in their maximum and a lower range, thus reflecting a minor endogenous circadian control than men probably due to its coexistence with circamensual rhythmicity. In the after-lunch recording (15:00 h) a decompensation occurred between the arterial blood pressure parameters, the systolic increased and the diastolic decreased, being higher in men. Anomalous measures during post-lunch period in young and healthy subjects indicate that this must be considered as a vascular accident risk period in elderly patients and patients with cardiovascular pathologies, especially among men.

**Influence of education and gender on FAS, Animal Naming and Fruit Naming** (pp. 283-295)

Nieves J. Valencia<sup>1</sup>, José A. Laserna<sup>1</sup>, Miguel Pérez-García<sup>2</sup>, Carmen Orozco<sup>2</sup>, Marisol Miñán<sup>2</sup>, Cristina Garrido<sup>2</sup>, Isabel Peralta<sup>2</sup>, and Gustavo Morente<sup>2</sup>  
<sup>1</sup>*University of Jaen*; <sup>2</sup>*University of Granada (Spain)*

The main objective of this paper is to study the influence of education and gender on a phonological verbal fluency test called FAS and a semantic verbal fluency task using two categories which were Animals and Fruits. Also, this study was conducted on an age range between 20 and 30 years old because (1) there were no data, to our knowledge, about the performance of these subjects on these tasks in Spanish speaking subjects, and (2) it is in this age range when Traumatic Brain Injury happens more frequently. Seventy five volunteers participated belonging to 8th, 12th and 15th year of education groups. The results showed that the 15th year of education group performed better than the 12th year education group, and the later performed better than the 8th year education group. There was no effect of gender. These results were discussed in relation to its clinic utility and other English speaking samples.

**Assessment of the effectiveness of a group parents training program in a clinic-school** (pp. 299-318)

Maria Luiza Marinho<sup>1</sup> and Edwiges Ferreira de Mattos Silveiras<sup>2</sup>  
<sup>1</sup>*State University of Londrina*; <sup>2</sup>*University of São Paulo (Brazil)*

NO ABSTRACT

**Factorial validity of Alcohol Expectancy Questionnaire (AEQ) in university students** (pp. 319-328)

Jazmín Mora-Ríos, Guillermina Natera, Jorge Villatoro, and Rosario Villalvazo  
*Mexican Institute of Psychiatry (Mexico)*

NO ABSTRACT

**Psychopathological model and treatment of a post-traumatic stress disorder case** (pp. 329-355)

José Luis Graña Gómez and Daniel Navarro Bayón  
*Complutense University of Madrid (Spain)*

NO ABSTRACT

**Health beliefs associated with participation in a mammography screening program** (pp. 357-373)

M<sup>a</sup> José Galdón Garrido<sup>1</sup>, Estrella Durá Ferrandis<sup>1</sup>, Yolanda Andreu Vaillo<sup>1</sup>, and José Tuells Hernández<sup>2</sup>

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NO ABSTRACT

**Analysis of daily stress of staff at a pediatric clinic** (pp. 375-388)

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NO ABSTRACT

**Psicología Conductual, 2000, Volume 8, Number 3**  
(Monographic issue on “Assessment and treatment of depression”)

**Introduction** (pp. 413-416)

Elisardo Becoña and Fernando L. Vázquez  
*University of Santiago de Compostela (Spain)*

NO ABSTRACT

**Depression: Diagnosis, theoretical models, and treatment at the end of 20th century** (pp. 417-449)

Fernando L. Vázquez<sup>1</sup>, Ricardo F. Muñoz<sup>2</sup>, and Elisardo Becoña<sup>1</sup>

<sup>1</sup>*University of Santiago de Compostela (Spain)*; <sup>2</sup>*University of California at San Francisco (USA)*

The most disturbing finding to emerge from depression research since the 70's is the fact that depression rates have been increasing dramatically in industrialized cultures during the twentieth century. Fortunately, in the last four decades significant progress has occurred in diagnostic practices, psychological and biological theories, and particularly, in the development of effective treatments. New discoveries and the development of potent treatments for depression have been made. Specific antidepressant medications, as well as targeted psychological interventions, have been added to the list of effective treatments.

**Spanish-language computer-assisted depression screening** (pp. 451-467)

Gerardo M. González

*State University of California at San Marcos (USA)*

The literature suggests that clinical depression is a major public health problem. Spanish-speakers in the United States are at significant risk for depression and in need of culturally-responsive mental health services. Conventional self-report depression assessment methods display limited predictive power. Fortunately, computer-assisted assessment methods offer alternatives to overcome the psychometric and cultural limitations of self-report measures. Most importantly, computerized speech recognition promises to enhance the early and accurate detection of depressed mood and symptoms. The author developed, tested and evaluated several bilingual computerized speech recognition (voice-interactive) depression screening programs that verbally interviewed English and Spanish speakers using the Center for Epidemiological Studies - Depression scale (CES-D). The studies provided evidence that the bilingual voice-interactive speech recognition applications were generally feasible to administer, reliable, valid, and equivalent (means and variabilities) to standard interview (face-to-face and paper-and-pencil) methods. The English and Spanish-speaking samples positively rated the automated interviews. The findings suggested that the applications were culturally and linguistically viable tools for screening depression. The potential of the analysis of speech behavior and voice characteristics for accurately detecting depression among Spanish-speakers is discussed.

**Psychosocial treatments for adolescent depression** (pp. 469-485)

Peter M. Lewinsohn<sup>1</sup> and Gregory N. Clarke<sup>2</sup>

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Major Depressive Disorders affect between 2% and 5% of adolescents at any one point in time. Depression in adolescence is associated with serious psychosocial deficits and has negative effects on functioning during young adulthood. Starting with the pioneering work of Lenore Butler and her colleagues, many psychosocial interventions have been developed and studied, with generally positive results. On the basis of a meta-analysis of the existing cognitive-behavioral therapy (CBT) studies we estimate an overall effect size of 1.27 and that 63% of patients show clinically significant improvement at the end of treatment. It seems reasonable to conclude that CBT has been demonstrated to be an effective treatment for depressed adolescents. In this article we describe these interventions, most of which are meant to address the problems shown by depressed adolescents. The purpose of our article is to bring this literature to the attention of clinicians in a manner which quickly and clearly summarizes the key features of the interventions to make it easy for clinicians to take advantage of this wealth of information and to avail themselves of the existing resources. We conclude by suggesting future directions and several additional areas of application for adolescent depression treatments.

**Effectiveness of psychological treatment for child and adolescent depression: a qualitative and quantitative review of two decades of research** (pp. 487-510)

Xavier Méndez, Pedro J. Moreno, Julio Sánchez Meca, José Olivares, and José P. Espada

*University of Murcia (Spain)*

Evidence of the effectiveness of psychological treatment for child and adolescent depression is reviewed. The qualitative review consists of case studies, open clinical trials and control group studies, evaluated in accordance with the criteria established by the American Psychological Association to determine the empirical support of psychological treatment (Task Force on Promotion and Dissemination of Psychological Procedures, 1995). The quantitative review consists of a meta-analysis of 20 studies carried out throughout the period 1980-1999, on a sample of 704 children and adolescents (between the ages of 9-19). Ninety per cent of the studies make use of a cognitive-behavioral technique or program as the active treatment. The effectiveness of the psychological treatment for child and adolescent depression is high in the post-test ( $d= 0.84$ ) and moderate in the follow-up ( $d= 0.78$ ). These results confirm the ones obtained by Reinecke, Ryan and DuBois (1998) with a smaller, more heterogeneous sample.

**Diagnosis, assessment and treatment of chronic depression** (pp. 511-523)

Kirstin C. Moerk and Daniel N. Klein

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There has been increasing recognition that depression often presents in chronic forms. Recent studies indicate that chronic depression differ from acute or episodic depressions in important ways, and are associated with significant functional impairment. We review the differential diagnosis of chronic depression in DSM-IV, and the literature on pharmacological and psychosocial treatments. Recent work suggest that combining medication and psychotherapy may provide the optimal treatment strategy for chronic depressions.

**Relapse/recurrence of major depression** (pp. 525-545)

W. Edward Craighead, Alisha B. Hart, and Joshua W. Madsen

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Throughout the world, major depression (MDD) is a prevalent and serious health problem. Relapse/recurrence of MDD occurs in well over 50% of those individuals who suffer from the disorder, so it is a chronic health problem. We reviewed and summarized the research findings for demographic, clinical, and other pathological conditions associated with relapse/recurrence of MDD. We concluded by offering some suggestions of how these variables interact to increase the risk of relapse/recurrence of the disorder.

**Problem-solving therapy for depression: theory, research, and application** (pp. 547-559)

Patricia A. Areán

*University of California at San Francisco (USA)*

The purpose of this paper is to review theory, research, and applications of Problem-Solving Therapy for depression (PST), a form of cognitive-behavioral therapy that is based on Social Learning Theory. PST is capable of broad application, and is a relatively systematic and brief form of therapy. This paper will present a synthesis of theoretical arguments for problem-solving therapy as an intervention for depression, describe two versions of PST for depression and report research supporting its utility in the treatment of depression.

**What kind of treatment is most effective to treat depression: psychological, medical, or a combination of both?** (pp. 561-591)

Fernando L. Vázquez<sup>1</sup>, Ricardo F. Muñoz<sup>2</sup>, and Elisardo Becoña<sup>1</sup>

<sup>1</sup>*University of Santiago de Compostela (Spain);* <sup>2</sup>*University of California at San Francisco (USA)*

Depression is a disorder in which the most basic human drives and desires are altered, in many cases to such a degree that life itself is threatened. The individual is always sad, hunger is extinguished or excessive, sleep is severely disrupted, sexual appetite disappears, the desire to live can be replaced by the urge to die, and so on. Although many of the secrets of depressive disorder have yielded scientific inquiries, and there is little controversy about them, some of the most basic issues in depression remain unexplained. One of them is which are the more effective treatments for depression: biological or psychological ones? The answer to this question is complex, but with the enormous amount of research conducted since the 1960's the field is moving closer to an integrated understanding of treatment. In this review, we conclude that both kinds of treatments are effective either alone or in combination, although both interventions have limitations.



## **Psicología Conductual, 2001, Volume 9, Number 1**

### **Current issues on social support and their relationships with health: a review (pp. 5-38)**

Laura Gómez Bobassi, Miguel Pérez, and Jaime Vila

*University of Granada (Spain)*

This thorough review of the controversial issue of social support begins with a brief history of its development as a concept. Through the discussion of different definitions of social support, this article traces the conceptual evolution and increasing complexity of the subject across time. The study goes on to classify different ideas about social support, talking into account both structure and function, including the possibility of social support as a metaconstruct. Different approaches stemming from varying conceptualizations and theoretical perspectives, as well as some relevant examples, have been discussed. All these aspects are addressed as a part of an attempts to explain the mechanisms through which social support affects individuals, accounting for both its negative and positive effects. Lastly, the relationship between social support and physical and psychological health is also explored, detailing once again both positive and negative consequences. Possible cause and effect mechanisms through which social factors can influence illnesses are examined. Specifically, how the use of support can be a tool in behavioral modification and/or habit maintenance (both good and bad), therefore influencing the individual's health.

### **Effectiveness of psychological treatments for social phobia: a meta-analytic study (pp. 39-59)**

F. Javier Méndez Carrillo, Julio Sánchez Meca, and Pedro J. Moreno Gil

*University of Murcia (Spain)*

In this paper the results of a meta-analytic review about the effectiveness of psychological treatments for social phobia are presented. The literature search enabled to identify a total of 48 studies that met the selection criteria. The average effect size (as weighed by the inverse of the variance) was  $d+= 0.724$  in the posttest and  $d+= 0.902$  in the follow-up. These results permit us to affirm, in global terms, that these treatments of social phobia are clearly effective. Nevertheless, the homogeneity test did not reach statistical significance, by which we can assume that the effectiveness of exposure techniques, cognitive restructuring techniques, and social skills training can be considered homogeneous. This fact questions the psychological principles that underlie the effectiveness of these treatments. An explanation based on feared social stimuli exposure is proposed.

### **Clinical characteristics of flying phobia (pp. 61-79)**

Miquel Tortella-Feliu, Miquel Àngel Fullana, and Xavier Bornas

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The goal of the present study was to analyze the clinical features of 67 subjects who sought treatment for their fear of flying. Individuals were interviewed for diagnosis by means of a structured clinical interview; other features related to fear of flying were ascertained by self-report questionnaires. Eighty-five percent of the subjects received an additional diagnosis of specific phobia and 15 % an additional diagnosis of panic disorder with or without agoraphobia. Among the subjects with a diagnosis of specific phobia situational subtype,

eight (12 %) informed of a past history of panic disorder with or without agoraphobia or of agoraphobia without previous panic disorder. No differences were found in etiology nor severity of the disorder when subjects were compared according to their diagnoses. There were some slight differences among the groups regarding the main components of the fear. Fear of crashing was the most frequent fear, followed by not having control over the situation and to be in an enclosed space. Regarding etiology, most individuals could not recall any factor associated with the onset of their fear and the ones who did recalled some direct traumatic experience. The relationships among these factors and the clinical expressions of the fear and its implications for treatment and classification are discussed.

**The EORTC Breast Cancer Quality Questionnaire (QLQ-BR23): a psychometric study with Spanish patients** (pp. 81-97)

Juan Ignacio Arraras, Martín Tejedor, José Juan Illaramendi, Ruth Vera, Elena Pruja, Marta Marcos, Fernando Arias, and Juan José Valerdi  
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The EORTC Quality of Life Study Group has developed a questionnaire for evaluating the quality of life of breast cancer patients, QLQ-BR23. This paper presents a psychometric study of a Spanish sample. 177 breast cancer patients who initiated their treatment have participated in the study. The QLQ-BR-23 questionnaire has been administered three times, before and during the treatment process, and in the follow-up period. Biographic and clinical data have also been recorded. A psychometric study of the reliability and validity of the questionnaire has been performed. Three scales have a Cronbach's Alpha coefficient higher than 0.7 and two a lower one (0.53 and 0.62). Validity has been studied through one-way analysis of variance, in which several scales and item distinguish clearly between patients who differ in the clinical variables recorded, and also through repeated ANOVA measures, that reflect adequately the changes in the quality of life scores over time. These results indicate that the QLQ-BR-23 is a reliable and valid questionnaire when applied to a Spanish sample.

**Use of sociocognitive models in secondary prevention of breast cancer** (pp. 99-130)

Estrella Durá Ferrandis, Yolanda Andreu Vaillo, and M<sup>a</sup> José Galdón Garrido  
*University of Valencia (Spain)*

Early detection of breast cancer by mammographic screening continues to be the most effective means of lowering the mortality of this disease. However, it must be noted that the success of any screening program ultimately depends on attaining a high level of adherence to this process. A study of the psychological factors affecting adherence to screening recommendations is therefore a crucial research objective with a view to suggestions of intervention that will contribute to the aims of such a scheme. A review has been made of studies that evaluated the psychosocial factors involved in the use of breast screening, examining the conceptual frameworks of research in this field as well as the main empirical results. Studies focusing on breast self-examination have also been reviewed, since this technique is still recommended as a complementary method to breast screening in spite of the controversy concerning its clinical efficacy. Finally the implications of these research studies are examined in relation to designing interventions aimed at promoting regular use of breast screening.

**Muscular relaxation and arterial hypertension: a controlled study with medicated and unmedicated patients** (pp. 131-140)

Isaac Amigo Vázquez, Ángela Fernández Rodríguez, and Ana González Menéndez  
*University of Oviedo (Spain)*

Forty hypertensive patients, twenty medicated and twenty unmedicated, were randomly distributed into four different groups, two experimental and two control groups: G1 (Unmedicated relaxation), G2 (Unmedicated control), G3 (Medicated relaxation) and G4 (Medicated control). The subjects included in the experimental groups were exposed to a muscle relaxation program which lasted eight weeks. The control groups were exposed to a weekly control of the blood pressure (BP) and heart rate (HR). Outcome measures included BP and HR in the clinic, measures of cardiovascular responsiveness (to mental arithmetic stress tests). The experimental groups G1 and G3 were superior to the control groups G2 and G4 in reducing BP in the clinic during post-treatment and follow-up. No significant differences were found between experimental groups. The differences between the experimental unmedicated group G1 and the control unmedicated group G3 was significant in reducing HR. In the same way, subjects belonging to the relaxation groups G1 and G3 showed a greater reduction in systolic and diastolic BP cardiovascular reactivity in relation to the control groups G2 and G4. The differences between the experimental unmedicated group G1 and the control unmedicated group G2 were significant in reducing HR during the mental stress. The results are relevant for the non-pharmacological treatment of essential hypertension.

**Simple agoraphobia and complex agoraphobia: study of three cases** (pp. 143-167)

Arturo Bados, Marta Burgaya, Esther Labrador, and Cristina Pujol  
*University of Barcelona (Spain)*

NO ABSTRACT

**Obsession or phobia? A case of bulimia nervosa** (pp. 169-186)

José Antonio Ruiz Hernández  
*University of Murcia (Spain)*

NO ABSTRACT

**Preliminar analysis of the questionnaire on Child Behavior – Teacher form (TRF)** (pp. 187-194)

Cecilia Montiel Nava, María E. Amaya, Karina Bracho, María A. Bravo, and Dionaira González  
*Rafael Urdaneta University, Maracaibo (Venezuela)*

NO ABSTRACT

**Anxiety during climacterium and its relationships with somatic symptoms** (pp. 195-201)

Francisco Morales Carmona, Evangelina Aldana Calva, and Jorge Carreño Meléndez  
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NO ABSTRACT

**Psicología Conductual, 2001, Volume 9, Number 2**

**Intervention with adolescents: impact of a psychological program to assertiveness and coping cognitive strategies of social situations (pp. 221-246)**

Maite Garaigordobil Landazabal  
*University of País Vasco (Spain)*

The aim of the present research was to design a groupal program of intervention for adolescents and assess its effects on behavioral and cognitive variables of social interaction. This study used a pretest-intervention-posttest design with control groups. The sample consisted of 174 subjects aged 12 to 14. There were 125 experimental subjects and 49 control subjects. Before and after the program, five instruments were administered to measure: assertiveness, cognitive strategies of social interaction, and social behaviors such as prosocial behaviors, leadership, selfcontrol, anxiety-shyness. The intervention program applied to the experimental subjects consisted of a two-hour intervention session per week throughout one academic year. All of the 60 activities stimulate communication, friendly cooperative interactions, expression and understanding of emotions, identification of perceptions and prejudices as well as solving of human conflicts. Results of MANCOVAs and ANCOVAs suggest that there was a very positive effect ( $p < 0.05$ ) of the program. There was an increase of self-assertiveness, assertive social behaviors, leadership behaviors, cognitive assertive strategies of social interaction and a decrease of anxiety-shyness behaviors. The data suggest that the experience of the intervention was particularly positive for those adolescents who, beforehand, had had a low social development.

**A new multicomponent treatment for adolescents with social phobia: results of a pilot study (pp. 247-254)**

José Olivares Rodríguez and Luis Joaquín García López  
*University of Murcia (Spain)*

The aim of this work was to evaluate a pilot study regarding a new multicomponent cognitive-behavioral treatment program for adolescents with generalized social phobia. Sample was composed of 11 subjects who met generalized social phobia criteria of DSM-IV and presented also other axis I and II disorders. Assessment was done before and after treatment. Results show the short-term effectiveness of this type of treatment according to overall social anxiety measures as well as those assessing cognitive and behavioral symptoms specific of this disorder.

**Psychometric properties of the Questionnaire for Eating Disorder Diagnoses (Q-EDD) (pp. 255-266)**

Teresa Rivas, Rosa Bersabé, and Serafina Castro  
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A new instrument, the Questionnaire for Eating Disorder Diagnoses (Q-EDD; Mintz, O'Halloran, Mulholland & Schneider, 1997), is being adapted for use in Spain and other hispanic countries. The 50-question Q-EDD operationalizes eating disorder criteria of the DSM-IV. Diagnoses are generated by a scoring manual that consists of flowchart decision rules. Subjects with an eating disorder are classified in these categories: anorexia nervosa,

bulimia nervosa and eating disorders not specified otherwise. Subjects without an eating disorder are classified as symptomatic or asymptomatic. Some psychometric properties of the Q-EDD are analyzed in two studies with students and clinical samples. Interscorer agreement was satisfactory ( $\kappa = 0.80 - 0.92$ ). Several measures show convergence/divergence in EAT-26 and BITE scores with respect to diagnostic groups of Q-EDD.

**Low self-esteem, restricting eating behaviour and psychopathological variables in anorexia and bulimia nervosa** (pp. 267-278)

Mónica Viñuales-Mas, Fernando Fernández-Aranda, Susana Jiménez-Murcia, Vicente Turón-Gil, and Julio Vallejo-Ruiloba

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The purpose of the present study was to assess the relationship between low self-esteem, restricting eating habits and other clinical and psychopathological variables in patients with anorexia (AN) and bulimia nervosa (BN) when compared with control students (CG). 50 eating disorder patients (24 AN and 26 BN), according to DSM-IV criteria, who sought treatment at the University Hospital of Bellvitge in Barcelona (Spain) and 38 university students (CG), restricters (RE, N= 18) and non restricters (NRE, N= 20) participated in the current study. All Subjects were female and ranged in age between 16-37 years old. Assessment measures included the: Eating Disorders Inventory (EDI), Eating Attitudes Test (EAT-40), Beck Depression Inventory (BDI), Rosenberg's Self-esteem Scale (RSES), and Restraint Scale (RS). Our results suggest that AN, BN and RE appeared to be well differentiated from NRE in restricting eating habits, drive for thinness and body dissatisfaction ( $p < 0.0001$ ); nevertheless, a core symptom of patients with eating disorder (AN and BN) was low self-esteem ( $p < 0.0001$ ), negative eating attitudes and psycho-pathology ( $p < 0.0001$ ). Furthermore, there was a positive correlation between restricting eating habits and low self-esteem ( $r = 0.52, p < 0.0001$ ). In conclusion, negative attitudes and psychopathology towards eating and low self-esteem appeared to be characteristics of patients with eating disorders, and not only diet behaviour and body dissatisfaction, also common factors in general population.

**Critical review about pharmacological treatment of "anorexia and bulimia nervosas"** (pp. 279-298)

Tomás Jesús Carrasco Giménez<sup>1</sup> and María Luna Adame<sup>2</sup>

<sup>1</sup>*University of Granada;* <sup>2</sup>*Center of Psychology «Altair», Granada (Spain)*

Most of the people who has been applied the diagnostic labels of «anorexia nervosa» or «bulimia nervosa» receive pharmacological treatment. In this paper we review from a critical point of view the available research on the effectiveness of the different drugs prescribed for the treatment of the said «disorders» (appetite stimulants, antipsychotics, prokinetics and antidepressants), to conclude that the cognitive-behavioral therapy, not the intervention with medicines, is the most appropriate treatment for these behavioral problems.

**Modulators of adherence to treatment in patients with HIV infection** (pp. 299-322)

Rafael Ballester, Ana Campos, Santiago García, and Idoia Reinoso

*Jaume I University of Castellon (Spain)*

This paper analyzes the modulating influence of some variables in the adherence to treatment in a group composed by 69 HIV infected patients attending Preventive Medicine Service at the General Hospital of Castellon (Spain). Adherence to treatment is defined by patient report about three aspects: change of risk behaviors since diagnosis was established, adherence to pharmacological treatment and attendance to medical appointments. Results show that variables related to previous history of sharing syringes for drug use, poor causal attribution of infection to risk behaviours, excessive optimism about seriousness of disease, lack of confidence in treatment, forgetfulness, use of maladaptative coping strategies and perception of poor information in physicians are statistically related to non-adherence to treatment. Other variables such as depression, perceived social support and relationship with physicians also seem to be important. However, none of the variables analyzed proved to have predictive value for adherence to treatment as obtained with logistic regression analysis.

**Anxiety and perceived control in HIV infection and AIDS** (pp. 323-336)

Eduardo Augusto Remor<sup>1</sup>, José Antonio Carrobles<sup>1</sup>, Pilar Arranz<sup>2</sup>, Ana Martínez<sup>2</sup>, and Sara Ulla<sup>3</sup>

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Perception of Control (PC) is an essential part of the psychological well being, having been explored in many works in the specialised literature. It seems to be that the PC can modulate the effects of the stressful events and the daily stress of life, too. The aim of our study was to explore the relationship between perceived control and anxiety using a sample of 100 HIV/AIDS patients of the University Hospital La Paz of Madrid. Three different measures were used in the evaluation of these variables: Perceived control over health, Perceived control over stressful events and a measure of Anxiety. Several biomedical variables were also included in our study: CD4 cell rate, viral load, length of infection and CDC stage. The results, statistically significant, suggest that anxiety changes through different stages of the infection, and that perceived control over stressful events can predict the anxiety levels.

**Attentional deficits in Alzheimer's disease: a cognitive neuroscience approach** (pp. 337-359)

Dolores Álvarez, Luis J. Fuentes, and Ángeles F. Estévez  
*University of Almería (Spain)*

Even though the majority of researchers agree that memory deterioration is a fundamental feature of the Alzheimer disease, recent research has revealed that attention deficits seem to be crucial for understanding cognitive dysfunction in these patients. In the present article, we use a neuro-cognitive approach of visual attention that conceives of attention as a set of networks that performs very specific computations. These networks are thought to be located in different areas of the brain. The anterior network is located in several portions of the frontal lobe and seems to be involved in executive functioning. The posterior network is located in posterior areas of the cortex and other midbrain areas, and seems to be involved when attention is shifted from one location to another when searching for relevant information. Although Alzheimer patients usually fail in cognitive tasks that depend on executive attention, some of the operations involved in the orientation of visual attention seem to be preserved. Thus, this neuro-cognitive approach has revealed as a useful framework to study the attentional deficits that are associated with Alzheimer's disease.

**A typology of aggressive behavior in youths and adolescents** (pp. 361-371)

José Luis Graña Gómez, José Manuel Andreu Rodríguez, and M<sup>a</sup> Elena Peña Fernández  
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The main aim of this study was the evaluation of the construct validity of a typology of aggressive behavior using structural equation modelling. The sample consisted of a wide range of youngsters and adolescents from different educational centers in Madrid (250 males and 250 women, mean age= 19.53 years) who completed self report measures. Results provided greater empirical support for a tridimensional typology of aggression: physical aggression, social aggression, and contextual aggression. The relevance of these results with respect to the development of preventive programs for aggressive behavior is discussed.

**A study about the validity of the Social Problem-Solving Inventory-R (SPSI-R)** (pp. 373-387)

María Dolores Calero, María José Luna Serrano, Pablo Vera-Villarroell, and María Carmen González Trujillo  
*University of Granada (Spain)*

The ability to solve interpersonal problems is one of the topics that has received more attention in the last few years among clinical psychologists. An increasing amount of research papers shows the relationship between this ability and different psychological problems. The validity assessment of the SPSI-R (Social problem-solving inventory-revised) by D'Zurilla, Nezu and Maydeu-Olivares (1997) may prove useful in this context since this tool was designed to assess such abilities. This inventory, designed according to the model developed by these authors for solving social problems, has proved its validity in other populations. The aim of the present study has been the translation of the inventory into Spanish and its assessment as regards construct validity and concurrent validity. The sample consisted of 184 students of the University of Granada and the aforementioned SPSI-R was used as well as the CPI (California Psychological Inventory) of H. G. Gough (1986).

**Influence of the corporal aesthetic model and social skills deficit: a risk for health in Mexican adolescents** (pp. 391-403)

María Refugio Ríos Saldaña and Maricela Osorio Guzmán  
*Autonoma National University of Mexico (Mexico)*

NO ABSTRACT

**An instrument to assess the performance of the therapist during the clinical interview** (pp. 405-415)

Maura A. N. Góngora  
*State University of Londrina (Brazil)*

NO ABSTRACT

**Study of a case of panic-agoraphobia detected by means of preventive action** (pp. 417-430)

Ana María Rodríguez Fernández, Arturo Canga Alonso, and Rafael Prieto de la Fuente  
*University of Oviedo (Spain)*

NO ABSTRACT

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(Monographic issue on “Personality disorders”)

**Editorial** (pp. 453)

Vicente E. Caballo  
*University of Granada (Spain)*

NO ABSTRACT

**An introduction to personality disorders in the 21st century** (pp. 455-469)

Vicente E. Caballo  
*University of Granada (Spain)*

This article includes a brief description of the different personality disorders following the classification of the DSM-IV-TR (APA, 2000) taking into account some disorders that have been included in Appendix B of this classification system or that were deleted from it but had been included in the DSM-III-R (APA, 1987). After defining personality and pointing out the basic aspects of that which could constitute a personality disorder, these pathologies are described paying attention to their clinical characteristics, their prevalence, gender differences, and some possible hypotheses on their etiology. Finally, some brief reflections are presented by way of conclusion.

**Personality disorders: a chaos theory approach** (pp. 471-488)

Xavier Bornas and Gloria García de la Banda  
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Chaos theory can offer a new conceptual and methodological framework for the study Personality Disorders. This new approach considers human beings as dynamic systems, mathematically speaking, in constant evolution-reorganization, with periods of stability and instability and in continuous interaction with the environment. The behavior of these systems will be unpredictable but determined by certain laws that can be expressed by nonlinear equations. Likewise, this approach considers personality disorders as phases in the evolution of systems in which they behave in characteristic patterns. This innovative perspective allows the study of the dimensions and processes over time and the understanding and explanation of behavior at different stages. Dynamic system key concepts can be applied to the ways in which personality disorders are considered, evaluated and treated. Fundamental issues related to these three aspects are revised.



**Resentment in personality disorders** (pp. 489-512)

Ernesto Quiroga Romero

*University of Almería (Spain)*

Nowadays resentment is important in Health Psychology within the concept of AHA Syndrome, Anger-Hostility-Aggression, originally proposed by Spielberger, as risk factor in some organic disorders, especially cardiovascular ones. In Clinical Psychology this is not the case, especially in Cognitive-Behavioral Psychology, where aggressiveness due to hate, or resentment, is seldom seen as a main characteristic of psychopathological disorders. Aggressiveness due to hate, or resentment, is formed by unresolved indignity and its later defensive dynamic. The resentful person lives in a world of falsehood in order not to feel indignity, or to express his or her hate through covert aggressions to himself or herself, or to others. This aggressiveness due to hate can become an interpersonal style that transforms the person's life into one of the diverse Millon's personality disorders, which positively consider resentment as one of their main characteristics.

**Comorbidity between personality disorders and eating disorders** (pp. 513-525)

Enrique Echeburúa and Izaskun Marañón

*University of País Vasco (Spain)*

The aim of this paper was to review the current knowledge about comorbidity between personality disorders and eating disorders. Personality disorders implicate a poor prognosis in anorexia and bulimia nervosa. Cluster C personality disorders, particularly obsessive, avoidant and dependent personality disorders, are the most relevant in anorexia. However, in bulimia, an impulsive temperament and borderline personality seem to be the most significant psychopathological features. Finally, implications for further research in this field are commented upon.

**Personality disorders and pathological gambling: a critical review** (pp. 527-539)

Javier Fernández Montalvo<sup>1</sup> and Enrique Echeburúa<sup>2</sup>

<sup>1</sup>*Public University of Navarra;* <sup>2</sup>*University of País Vasco (Spain)*

The aim of this paper was to review the state of the art in personality traits and personality disorders in pathological gambling. As regards personality traits, the results of specific profiles of pathological gamblers (in terms of neuroticism, extroversion, psychoticism, sensation seeking, etc.) are not conclusive. The personality trait that obtains most support by empirical evidence is impulsivity. Pathological gamblers are more impulsive than the average population. In addition, there are few studies on personality disorders. There is a tendency for a higher proportion of gamblers to be found within the cluster B category (antisocial and borderline, mainly). Finally, implications of this kind of studies for future research and clinical practice are commented upon.

**Relationships among personality disorders and adherence to therapeutic instructions together with relapses in substance use patients** (pp. 541-549)

Adolfo J. Cangas and Juan José Olivencia

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Comorbidity is a central aspect in current psychopathology. In the field of the drug addictions, different studies have shown a high prevalence of personality disorders in this population. The goal of the present investigation was centered on analyzing the relation between different personality disorders and the relapses during the therapy. Also, the degree of fulfillment of different therapeutic instructions of these patients was studied. The results obtained indicate the presence of high rates of relapses in subjects with serious personality disorders as well as less fulfillment of therapeutic instructions. The diagnostic and therapeutic implications of these results are discussed.

**Assessment of personality disorders through a new self-report instrument: the CEPER** (pp. 551-564)

Vicente E. Caballo and Javier Valenzuela

*University of Granada (Spain)*

Personality disorders are highly complex problems that are attracting increased attention. The information available about them is relatively scarce and their diagnosis many times difficult to carry out. Nowadays we have different instruments for their assessment, such as interviews and self-report questionnaires. A new questionnaire is put forward here for the assessment of styles of personality based on the disorders of personality proposed by the DSM-IV in the official classification and in its appendix. Some psychometric properties of the Exploratory Questionnaire of Personality (CEPER) are presented, including the Cronbach' alpha, the reliability of the two halves and the convergent validity taking as criterion the Millon Clinical Multiaxial Inventory (MCMI-II). Data on differences between men and women in the different styles of personality of the present questionnaire are also included.

**Psychopharmacological treatment of personality disorders** (pp. 565-577)

José Francisco Navarro and María Cavas

*University of Malaga (Spain)*

Recent psychobiological studies indicate that pharmacotherapy could be useful for the treatment of personality disorders. In this paper, the results of clinical pharmacological studies are reviewed according to DSM-IV axis-II categorization, which classified the personality disorders into three clusters: A (paranoid, schizoid and schizotypal), B (antisocial, borderline, histrionic and narcissistic) and C (dependent, avoidant and obsessive-compulsive). Although few controlled studies have been conducted in cluster A personality disorder, low doses of antipsychotic drugs might be useful in these patients. Most studies have been carried out in cluster B, and especially in borderline personality disorder. Partial positive results have been obtained using neuroleptics, antidepressants, benzodiazepines (alprazolam) and antimanic drugs. Finally, in cluster C, some isolated studies suggest a favourable clinical effect of antidepressants (especially SSRIs and venlafaxine) and benzodiazepines.

**Cognitive-behavioral treatments for personality disorders** (pp. 579-605)

Vicente E. Caballo

*University of Granada (Spain)*

The treatments available for personality disorders are varied, but, in general, they are not very effective. Current studies offer some guidelines for the treatment of personality disorders that are described here together with some of the cognitive-behavioral procedures used for the modification of these problems. While some disorders are difficult to modify (e.g., schizoid, antisocial or narcissistic personality disorders), others have structured programs of treatment that make us more optimistic about the effectiveness of interventions (e.g., borderline, avoidant or dependent personality disorders). We conclude by pointing out the need for more research on more effective procedures and techniques of intervention for the modification of personality disorders.

**Personality disorders and responsivity to psychological treatment in a severe case of obsessive compulsive disorder (pp. 609-627)**

Pedro J. Moreno Gil, Xavier Méndez Carrillo, and M<sup>a</sup> Encarnación López Navarro  
*University of Murcia (Spain)*

In this paper a case of severe obsessive-compulsive disorder is presented. The patient had alcohol abuse, narcissistic personality disorder and paranoid personality disorder as comorbid conditions. Assessment included Yale-Brown Obsessive-Compulsive scale, Millon Clinical Multiaxial Inventory (second edition), and International Personality Disorders Examination. The psychological treatment was based on cognitive-behavioral and strategic family therapy. The treatment lasted four years and was tailor-made administered. Due to the lack of the patient's collaboration, the alcohol abstinence and the obsessive-compulsive symptoms were initially treated by means of paradoxical interventions and other strategic family techniques. After obtaining the patient's collaboration, exposure with response prevention was employed to address the obsessive-compulsive symptoms. These Axis I symptoms were reduced in a clinically significant degree. Paranoid and narcissistic symptoms were treated on the basis of cognitive therapy (Beck and Freeman, 1995) but the clinical change was small. Relations between narcissistic personality disorder, paranoid personality disorder, obsessivecompulsive disorder and their influence in the response to psychological treatment are discussed.

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**Ten years of the Journal *Psicología Conductual* (pp. 5-6)**

Vicente E. Caballo

*University of Granada (Spain)*

NO ABSTRACT

**Biological, behavioral, and personality variables as predictors of health: a follow-up study (pp. 7-29)**

Ana María Rodríguez Fernández, Serafín Lemos Giradles, and Arturo Canga Alonso

*University of Oviedo (Spain)*

The purpose of this study was to assess the predictive value of behavioral, personality, and physiological variables; particularly, personality types proposed by Grossarth-Maticek and Eysenck, (1990) as risk factors of physical illness, by means of a quasi-experimental follow-up design of cohorts with repeated measures of health status. A total of 209 participants entered the study (104 males and 105 females), divided into two sub-samples randomly recruited from university census of alumni, with a mean age of 29 (SD=7.5), and from current university personnel, with a mean age of 38 (SD= 7.3). Repeated measures were obtained at six and three follow-up years, respectively. Results indicated a limited predictive validity of personality variables, and a stronger role of attitudes towards health in the prediction of healthy behaviors or life style and in the subsequent health status. More specifically, the results of this study indicate that Grossarth-Maticek and Eysenck's personality types are not good predictors of health-related attitudes and behaviors.

**Use of EORTC QLQ-C30 questionnaire to assess quality of life at chronic pulmonary obstructive disease (COPD) (pp. 31-46)**

Antonio Galán Rodríguez, M<sup>a</sup> Ángeles Pérez San Gregorio, and Alfonso Blanco Picabia

*University of Sevilla (Spain)*

The psychosocial aspects of the Chronic Obstructive Pulmonary Disease (COPD) have been studied from a Quality of Life perspective, but few useful instruments have been developed in this field. This paper presents an assesment of the questionnaire EORTC QLQ-C30. Two groups of patients (32 COPD subjects in a stable phase and 32 COPD subjects in an acute phase of the disease) completed the questionnaire. EORTC QLQ-C30 provided different answer profiles for different medical conditions, it also showed good reliability indices and it had an acceptable predictive capacity for affective disorders (anxiety and depression in the Hospital Anxiety and Depression Scale). The study concludes that this questionnaire may be used as a basis for elaborating a specific instrument for this population. Furthermore, the data obtained supply evidence of the severe vital impairment that COPD may involve.

**Individual differences and influence of stress on asthma symptomatology (pp. 47-61)**

Ana P. Martínez-Donate<sup>1</sup>, Víctor J. Rubio<sup>2</sup>, Sara Ulla<sup>3</sup>, José L. Ramos<sup>1</sup>, Natividad Crespo<sup>1</sup>, and José M. Hernández<sup>1</sup>

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The relationship between stress and bronchial asthma has been the subject matter of many studies. A review of empirical results suggests that stress might affect patients suffering from asthma. However, this relation seems to be idiosyncratic, rather than a generalised phenomenon. The present paper studies individual differences in asthma reactivity to stress and the psychological and clinical variables related to such reactivity. 90 adult asthmatics were recruited from an outpatient allergy health service. Clinical and psychological variables, such as severity and type of asthma, coping style and social support were assessed. Additionally, subjects filled out daily self-records with data concerning pulmonary function, number of asthmatic attacks, intensity of asthmatic symptoms, and degree of stress during a period of four weeks. Results showed that patients' vulnerability to the effect of daily stress varies along a continuum. Approximately 45% of the sample showed a significant and negative relationship between daily stress and asthma. Moreover, the frequency with which emotions trigger off asthma attacks in each subject, the type of asthma, and the coping skills of the subjects are significantly related to the direction and the intensity of the relationship found between stress and asthma. Therefore, these variables seem to be central in determining which asthmatics could benefit from participating in interventions directed to reduce stress as a complement to traditional treatments.

**A psychometric study of chronic tinnitus. Spanish revised version of the Tinnitus Questionnaire** (pp. 63-75)

Franz Zenker Castro and José Juan Barajas de Prat  
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Chronic tinnitus is a subjective perception of a continuous noise in the ears or in the head. This happens in lack of an external noise to justify this perception. It is an irritating and annoying sensation that often becomes a handicap for those who suffer from it. Chronic tinnitus affects 6% of the population and it can be associated with a loss in hearing capacity. Certain psychological factors and coping strategies have shown to be more strongly related to chronic tinnitus than audiological factors. Various questionnaires have been developed in order to quantify these dimensions. In this study a Spanish adaptation has been made of the TQ in order to obtain an useful and effective instrument to evaluate Spanish speaking patients.

**Cognitive behavioral treatment of tinnitus: psychological aspects** (pp. 77-92)

Gerhard Andersson and Liria Ortiz  
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An overview of tinnitus (ringing or buzzing in the ears) and its psychological effects is presented in this paper. The application of cognitive behavioral therapy (CBT) with tinnitus patients is reviewed. Several studies have confirmed an association between psychological factors, such as anxiety and depression, and severe tinnitus. Moreover, preliminary reports suggest that tinnitus patients sometimes suffer from mental illness, in particular major depression. Assessment strategies used in CBT for tinnitus involve structured interviews, daily diary ratings and validated self-report questionnaires. The treatment includes applied relaxation, imagery and distraction techniques, advice regarding environmental sounds, management of sleep, and cognitive restructuring of thoughts and beliefs associated with tinnitus. The treatment ends with relapse prevention to prepare for fluctuations in distress caused by tinnitus. The effect of psychological treatment according to CBT principles is also

reviewed. It is concluded that CBT shows promising results as a treatment of tinnitus-related distress.

**Body dysmorphic disorder assessment in general population and in aesthetics medicine patients with the BDDE-Q** (pp. 93-106)

Rosa María Raich Escursell and Joan Torras Clarasó  
*Autonoma University of Barcelona (Spain)*

This article presents an assessment instrument to measure body image and body image disorder symptoms, the self-report version of the *Body Dysmorphic Disorder Examination (BDDE-Q)* by Reiter and Rosen (2000). The goal of this research was to validate this questionnaire in a Spanish sample. Different psychometric properties such as factorial analysis, test-retest reliability, and t-test comparison of means of different variables were obtained. Finally, the dissatisfaction level in general and with every body part in men and women were also analyzed.

**Relationship between anxiety sensitivity and fear in children** (pp. 107-120)

Bonifacio Sandín, Paloma Chorot, Rosa M. Valiente, and Miguel A. Santed  
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This study examines the anxiety sensitivity construct by investigating predictive and incremental validity of the CASI in a sample of normal children aged 9 to 11 ( $N= 151$ ). Participants completed the Spanish versions of the Childhood Anxiety Sensitivity Index (CASI; Silverman, Fleisig, Rabian & Peterson, 1991), the Fear Survey Schedule for Children-Revised (FSSC-R; Ollendick, 1983), the State-Trait Anxiety Inventory for Children (STAIC, Spielberger, 1970), and a measure of anxiety frequency. Overall, results showed that: (1) anxiety sensitivity and trait anxiety correlate moderately and appear to be separate constructs, (2) anxiety sensitivity is strongly related to fear, and (3) anxiety sensitivity predicts variance of fear above and beyond that predicted by trait anxiety. Findings support the hypothesis that childhood anxiety sensitivity may be viewed as an unique construct of vulnerability to fear. Results are discussed in terms of the usefulness of anxiety sensitivity in children and the Spanish validation of the CASI.

**Affective and motivational basic dimensions in the interpersonal space** (pp. 121-146)

Hipólito Marrero, Elena Gámez, Orlando Espino, Inmaculada León, Dolores Castillo, and Francisca Morales-Lugo  
*University of La Laguna (Spain)*

The aim of this research was to explore the existence of certain affective and motivational dimensions of the interpersonal space. The initial hypothesis was the notion that people evaluate the effects of interpersonal behavior in terms of bonding and position. A questionnaire was produced containing daily life situations and subjects were asked to think of themselves in such situations. Each episode described an interaction where the protagonist displayed an initiative leading to an expectation about a positive response by the other participant. However, others' responses were negative, and then subjects were asked to evaluate their emotional discomfort in a 1 to 5 scale. As expected, factorial analyses identified three dimensions. The interpersonal bonding and position dimensions (Birtchell, 1993;

Marrero, Gámez, Castillo & Espino, 1995), and a third dimension related to situations where others hinder our goals. These dimensions were correlated with several personality traits and found to be loosely related to neuroticism and anxiety. Moreover, the bonding discomfort was greater in women. These results are discussed in light of interpersonal research.

**Results at long-term among three psychological treatments for adolescents with generalized social phobia (I): statistical significance** (pp. 147-164)

José Olivares<sup>1</sup>, Luis-Joaquín García-López<sup>1</sup>, Deborah C. Beidel<sup>2</sup>, Samuel M. Turner<sup>2</sup>, Anne M. Albano<sup>3</sup>, and María-Dolores Hidalgo<sup>1</sup>

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The purpose of this study is to examine the effects of several psychological treatments for social phobia during adolescence. The sample consisted of 59 adolescents who met the criteria for DSM-IV (American Psychiatric Association, 1994) generalized social phobia. Subjects were assigned to one of three experimental treatments (N= 44) or a control condition (N= 15), and treatment was provided in school settings. Assessments were conducted at pretest, posttest and after a 1-year follow-up. Between-group and within-group analyses were conducted. Overall, short-term and long-term results show that the active treatments were superior to the control for treating adolescents with generalized social phobia. Specifically, experimental treatments resulted in a significant improvement of self-esteem and social skills as well as a reduction of the symptoms of social anxiety and interference with family, social, and academic life. Issues that may contribute to future research are also discussed.

**Health professional-patient interaction assessment: preliminary validation of a questionnaire for parents of children with insulin-dependent diabetes mellitus** (pp. 167-178)

Marina Beléndez Vázquez<sup>1</sup>, M<sup>a</sup> Dolores Hidalgo Montesinos<sup>2</sup>, Rosa M<sup>a</sup> Bermejo Alegría<sup>2</sup>, M<sup>a</sup> Carmen Ros López<sup>2</sup>, Francisco Javier Méndez Carrillo<sup>2</sup>, and María Teresa Anarte Ortiz<sup>3</sup>

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This paper presents the results of a preliminary study about the internal consistency, factorial, and item analysis of the «Health Professional-Parents of Diabetic Children Interaction Questionnaire» (H.P.P.D.C.I.Q), an instrument to assess the perceived interaction between parents of diabetic children and health professionals. 153 parents (88 mothers and 65 fathers) of children with insulin-dependent diabetes mellitus (IDDM) completed the questionnaire. The final 30-item-version was found to have a high internal consistency (Cronbach's alpha=0,95) and itemtest correlations. Analysis revealed one primary factor which accounts for 40,99% of the variance. The study concludes that this instrument is a promising measure of interaction between health professionals and parents of children with IDDM and calls for further studies to endorse its psychometric properties.

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**The personality type C construct: a contribution to its definition based on empirical** (pp. 229-249)

Alicia E. López, Carmen Ramírez, Rosa Esteve, and María Teresa Anarte  
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This paper reports on a series of three studies. The aim of the first one was to investigate the main dimensions of the Type C construct. A questionnaire developed in a previous study was administered to a general population sample (N= 618). Factor analysis yielded five factors: Emotional Control, Rationality, Emotional Repression, Need of Harmony, and Understanding, but structural equation analysis revealed that only Emotional Control, Emotional Repression, and Understanding are dimensions of the Type C construct. The second study was intended to replicate the first. Data supported the results obtained previously. In the third study, a group of patients with cancer (N= 100) and a control group (N= 98) were compared on the basis of the said five factors. Results showed that cancer patients scored higher than control group in all of them, but differences were statistically significant only regarding Emotional Control, Rationality, and Need of Harmony. These findings are discussed in the light of previous research and theory in this field.

**Level of threat and distress regarding ambiguous situations with respect to the level of intolerance to uncertainty, worry and obsessionability** (pp. 251-267)

Manuel González, Anna Rovella, Wenceslao Peñate, Ignacio Ibáñez, and Francisco Díaz  
*University of La Laguna (Spain)*

The theoretical model proposed by Dugas, Freeston and Ladouceur (1994, 1997, 1998) to explain the generalized anxiety disorder (GAD) considers intolerance to uncertainty (IU) as the manifestation of a dysfunctional basic scheme that regulates information processing and contributes to the development of worry processes. In this study, 159 college students were assessed by means of questionnaires and scales in Worry, IU, anxiety/state, and obsessive thought variables. In addition, they were evaluated according to the level of both perceived threat and distress evoked by a group of positive and negative ambiguity situations. In general, the results obtained show a significant relationships among the level of threat and distress and the said variables, but only the worry variable shows significant relationships with the perception of negative ambiguity situations, while the IU variable shows significant relationships with some of them. These findings are discussed within the framework of the cognitive model, specifically in light of the critical role of both the IU and Worry processes.

**Cognition and depression: ¿cause or effect?** (pp. 269-285)

Amparo Herrera and Antonio Maldonado  
*University of Granada (Spain)*

The main objective of this research was the study of the attributional style and the negative cognitive triad as predictors of subsequent depression and future academic failure, as functions of a prior academic failure. At the same time, we studied whether these cognitions were determined by previous failure and depression levels. A prospective design with two measures of depression and cognitions was used. The results showed significant relationships between both measures of depression, and between depression and cognitions. With regard to



the predictive value, findings indicate that subsequent depression was mainly predicted by the previous level of depression. When its influence was controlled, the contribution of the cognitive variables was not significant in order to explain the variance of the subsequent depression. However, the individuals' beliefs about self, their world and their future, as well as the way they explain failure appear to be determined by their concurrent or previous emotional state. Finally, the relationships between academic grades, and cognitive and depressive variables appear to be very low, although there was a transient effect of academic failure on immediate emotional state. The importance of these findings may be related to the possibility of improving the techniques aimed to treat this disorder and to prevent relapse of future depression.

**Family psychoeducation programs in schizophrenia** (pp. 287-304)

Óscar Vallina Fernández<sup>1</sup> and Serafín Lemos Giraldez<sup>2</sup>

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Fifteen family psychoeducation programs for schizophrenia, comprising exclusively education packages, were compared according to their contents, characteristics and administration procedures, and their effects on family members (cognitive, behavioural, subjective and organisational changes), and on the clinical status of patients. The purpose was to observe particular effects of this element in family intervention procedures. On the whole, results confirmed that psychoeducation, as a sole family therapy program for schizophrenia, is insufficient to improve the development of the disorder; however, it proves to be adequate to obtain information about the illness, to modify attitudes, and to achieve a therapeutic alliance, but it must be supplemented with some other coping and daily problem solving strategies.

**Utility of the interventions for homeless people with mental and/or substance use disorders** (pp. 305-327)

Manuel Muñoz and Sonia Panadero

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Homeless people with mental health problems are a particularly vulnerable population whose integration into the community results very difficult. This article reviews relevant studies about the effectiveness of different kinds of intervention on homeless people with mental health problems and/or alcohol and drug abuse. Although the comparison of the reviewed studies is not straightforward, case management and assertive community treatment emerge as particularly effective interventions to improve the housing conditions of people with mental health problems. The benefits of these strategies are questionable in other areas such as mental health or substance misuse.

**Spanish adaptation of the Relapse Precipitant Inventory (RPI) with alcohol dependence patients** (pp. 329-342)

María Alonso Suárez and Raquel García González

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A sample of 201 alcohol dependants under treatment at the Mental Health Service of Retiro, Madrid was subjected to the Relapse Precipitant Inventory (RPI, Litman *et al.*, 1983) in order to test the reliability and validity of this instrument. Previous studies have demonstrated that

the RPI can discriminate significantly between alcohol relapsers and survivors. This instrument has been used in relapseprevention treatment as a therapeutic tool. This 25 items questionnaire evaluates the situations which are dangerous for the individual's abstinence. Factorial analysis showed four emergent factors accounting for 53.7 of the variance which are similar to the factors found in previous studies, namely, (i) unpleasant mood states; (ii) reduced cognitive vigilance; (iii) interpersonal, leisure situations, and pleasant emotions; and (iv) situations previously related to alcohol. Other psychometric characteristics of the inventory are discussed.

**Validation of change detection by the Daily Stress Inventory** (pp. 343-354)

María Isabel Peralta, Francisca López, Juan Francisco Godoy, Débora Godoy, María Blasa Sánchez, and Miguel Pérez  
*University of Granada (Spain)*

Stress is an important research topic which is closely related to health. As a result, stress inventories have been developed to study this relationship but few of them have been translated into Spanish. The main objective of this study was the translation and adaptation of the Daily Stress Inventory (Brantley *et al.*, 1987) and the study of the change detection validation of the Spanish version. The IEC was administrated to students before and after the exam period together with an anxiety, depression, and hostility inventories. The results showed that IEC could detect daily stress changes and had a significant statistical correlation with the anxiety measure but not with depression and hostility

**The influence of aesthetics models and body dissatisfaction in dance students with eating disorder** (pp. 355-369)

Rosalía Vázquez Arévalo, M<sup>a</sup> Trinidad Ocampo Téllez-Girón, Xochitl López Aguilar, Juan Manuel Mancilla Díaz, and Georgina Leticia Álvarez Rayón  
*UNAM at Iztacala (Mexico)*

The purpose of this study was to obtain information from Dance students about eating disorders associated to cultural influences and body dissatisfaction considering anthropometrics parameters. The sample consisted of 68 female Dance students aged 10-18 that were administered the Body Shape Questionnaire and the Influence of the Aesthetic Body Shape Model Questionnaire. Body Mass Index, Waist/Hip ratio and Body Perception Index were determined. Results showed that the most frequent disorder was anorexia nervosa (13 cases), and the most relevant cultural factors were advertisement influence and social environment. Findings indicate a high preoccupation with body shape and body weight. All the students tended to underestimate back and hips and to overestimate their waist. The Body Mass Index was a good screening instrument to detect eating psychopathologies.

**Results at long-term among three psychological treatments for adolescents with generalized social phobia (II): clinical significance and effect size** (pp. 371-385)

Luis-Joaquín García-López<sup>1</sup>, José Olivares<sup>1</sup>, Samuel M. Turner<sup>2</sup>, Deborah C. Beidel<sup>2</sup>, Anne M. Albano<sup>3</sup>, and Julio Sánchez-Meca<sup>1</sup>  
<sup>1</sup>*University of Murcia (Spain)*; <sup>2</sup>*University of Maryland (USA)*; <sup>3</sup>*NYU School of Medicine (USA)*

The purpose of this study is to examine the clinical significance and effect size of three multi-component treatments for social phobia in adolescent population. Fifty-nine adolescents who met the DSM-IV (APA, 1994) criteria for generalized social phobia were assigned to three experimental treatments (N= 44) or a control condition (N= 15). Assessments were conducted at pretest, posttest and after a 12-month follow-up. Assessment measures included a broad range of scales to evaluate maladaptation, social skills, public speech, and self-esteem as well as cognitive and avoidance symptoms of social anxiety. Short-term and long-term results do support the effectiveness of the treatments in contrast with the control condition according to high and very high effect sizes obtained. Furthermore, the outcomes based on clinical significance also show significant changes in contrast to control condition.

**Violent relationships in engagement: an exploratory study** (pp. 389-408)

Patricia Trujano Ruiz and Eloísa Mata Velázquez

*UNAM at Iztacala (Mexico)*

The goal of this study was to explore the kind of attitudes and behaviors considered as violent in an engagement relationship in a group of women living in Mexico City, as well as the frequency and modalities in which they take place. The sample consisted of 100 single women, 50 from 15 to 18 years of age, and 50 from 18 to 22. The questionnaire VIDOyP (*Violencia Doméstica: Frecuencia y Percepción*; Mendoza & Trujano, 1998) was the instrument used to obtain data. We found low frequency levels and high perception levels in both samples, but there was more frequency and perception in younger women. The psychological, social and sexual modalities of violence took place with higher frequency, while the physical, ojectal and sexual were better perceived. The correlation between frequency and perception was very low in the younger sample, indicating that, at least in this group, the discrimination was not enough to avoid violent attitudes and behaviors. We concluded that it is necessary to work in detection, prevention and eradication of violent behavior in early stages, recognizing multiple cultural factors involved (like myths and gender roles) in domestic violence.

**Application of social effectiveness therapy (SET-A) to the treatment of an adolescent with generalized social phobia** (pp. 409-419)

José Olivares and Luis J. García López

*University of Murcia (Spain)*

The purpose of this single case study was to obtain and discuss data related to the effects of a behavior therapy on an adolescent with generalized social phobia. The treatment was originally designed for administration in group. It consisted of 29 sessions: one group session (educative phase), 12 group sessions dedicated to social skills training, and 16 individual sessions in which the subject received in-vivo exposure. Assessments were made before and after treatment and after a 1-year follow-up. Results show a strong decrease in social anxiety measures at post-test and the long-lasting effects of the treatment.

**Psicología Conductual, 2002, Volume 10, Number 3**  
(Monographic issue on “Psychological treatments for internalizing disorders in children and adolescents”)

**Introduction** (pp. 445-450)

Xavier Méndez, José Olivares, and Julio Sánchez-Meca  
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NO ABSTRACT

**Psychological treatment in childhood and adolescence: a meta-analysis review of its effectiveness** (pp. 451-479)

Julio Sánchez-Meca, Xavier Méndez, José Olivares, José P. Espada, Cándido J. Inglés, and Ana I. Rosa  
*University of Murcia (Spain)*

Within the framework of research into the effectiveness of psychological treatment, meta-analysis has become a complementary procedure to the traditional reviews that help to interpret large amounts of data. The interest aroused by this methodology has led to studies focused on different areas of behavior and health sciences. In this article, the standard phases of a metaanalytical review are discussed. Meta-analysis principles of the overall effectiveness of psychological treatment in childhood are reviewed. Results show that treatment effectiveness reaches an overall effect size above the mean and comparable to that obtained by meta-analysis in treatment with adults. The effectiveness of behavior therapy for specific problems such as depression or enuresis is analyzed and an average effectiveness is gained in the majority of psychological disorders. The effectiveness of behavior treatments in other areas such as teenage delinquency, chronic illnesses, child operations, family therapy and prevention programs are also considered.

**Highly effective well-established psychological treatments: behaviour therapy for specific phobias** (pp. 481-502)

Mireia Orgilés, Ana I. Rosa, Isabel Santacruz, Xavier Méndez, José Olivares, and Julio Sánchez-Meca  
*University of Murcia (Spain)*

A meta-analysis was performed on the effectiveness of psychological treatment for specific phobias in childhood and adolescence. Fourteen scientific reports appeared between 1960 and 2002, fulfilling the selection criteria, were identified leading to 42 independent studies. Six hundred and sixty-two children between the ages of 3 and 17 years, with a mean age of 8 years and an average disorder duration of 3.6 years, took part. The psychological treatment for the specific phobias was highly effective ( $d+= 0.97$ ), with further improvement in the follow-up ( $d+= 1.21$ ). The effective procedures coincided with those most frequently used: modeling ( $d+= 1.99$ ), mainly used in sub-clinical samples with animal phobias; exposure ( $d+= 1.21$ ), used more with clinical samples and a wide range of phobias (animals, environmental, dental, etc.), and combined programs ( $d+= 1.47$ ), applied to both types of samples that showed, above all, phobia to darkness. Response to treatment was better in the youngest children, in

girls, in animal phobias, in cases without related problems and in phobias of recent appearance. The clinical implication of these findings are discussed.

**Generalized anxiety, separation anxiety and school phobia: the predominance of cognitive-behavioural therapy** (pp. 503-521)

Isabel Santacruz, Mireia Orgilés, Ana I. Rosa, Julio Sánchez-Meca, Xavier Méndez, and José Olivares

*University of Murcia (Spain)*

The results of a meta-analysis of the effectiveness of the treatment for generalized anxiety, separation anxiety and school phobia/refusal in children and adolescents are presented. Ten scientific reports appeared between 1980 and 2002, which fulfilled the selection criteria, were identified leading to 25 independent studies. Seven hundred and forty three children and adolescents, between the ages of 5 and 17 years, with a mean age of 11 and a gender proportion of 3 girls to 2 boys, took part. The 10-week treatment reached an overall medium-high effectiveness in the pos-test ( $d+= 0.78$ ) and a high effectiveness in an average ten-month follow-up ( $d+= 1.06$ ). With the exception of one study, the cognitive-behavioral therapy was applied, either on its own or together with family intervention or imipramine, and proved to be highly effective ( $d+= 0.87$ ). The components of the program proved to be highly effective, especially contingency management ( $d+= 1.53$ ), relaxation ( $d+= 1.29$ ), exposure ( $d+= 1.27$ ), and self-instruction ( $d+= 1.07$ ). The clinical implications of these findings are discussed.

**Shyness and social phobia in children and adolescents: an emerging field** (pp. 523-542)

José Olivares, Ana I. Rosa, José A. Piqueras, Julio Sánchez-Meca, Xavier Méndez, and Luis J. García-López

*University of Murcia (Spain)*

In this paper the results of a meta-analysis of the effectiveness of psychological treatment for relationship problems in children and adolescents are presented. A total of 15 articles, which fulfilled the selection criteria, were identified leading to 24 independent studies. They were used to work out the standardized mean difference between the treated group mean minus the control group mean. The mean effect size at the pos-test ( $d+= 0.59$ ) and follow-up ( $d+= 0.64$ ) showed the effectiveness of the treatment for decreasing and eliminating shyness and social phobia, as well as the symptoms of maladjustment, improving self-esteem and social skills. All in all, significant differences were found among the different treatment components, and the combination of exposure, social skills and cognitive techniques proved to be the best method. Other outstanding variables were the duration, frequency and intensity of the treatment, age and gender of the samples, mortality and experimental quality. Finally, the results are discussed and several suggestions are made to help in future research into these behavioral problems.

**The effectiveness of social skills training with adolescents: from less to more** (pp. 543-561)

Ana I. Rosa, Cándido J. Inglés, José Olivares, José P. Espada, Julio Sánchez-Meca, and Xavier Méndez

*University of Murcia (Spain)*

This article offers the results of a meta-analytic review of the effectiveness of social skills training in an analog adolescent population. Seventeen papers published between 1980 and 2001, which met the selection criteria, were identified leading to a total of 22 independent studies. The effect size index used was the standardized mean difference in the post-test between the treated and control groups. The results showed an average overall effectiveness for these interventions ( $d+= 0.62$ ), which increased during the follow-up ( $d+= 1.25$ ). The mean effect sizes were analyzed according to the type of outcome measure and the type of recording instrument used. The influence of different moderator variables (of treatment, subject, context, and methodological and extrinsic ones) on the results is also examined. Finally, the theoretical and clinical implications of the results are discussed.

**The psychological treatment of childhood and adolescent depression: evidence or promise?** (pp. 563-580)

Xavier Méndez, Ana I. Rosa, Marisa Montoya, José Pedro Espada, José Olivares, and Julio Sánchez-Meca

*University of Murcia (Spain)*

The results of a meta-analysis of the effectiveness of psychological treatment for childhood and adolescent depression are presented. Fifteen controlled trials carried out between 1980 and 2002, which fulfilled the selection criteria, were found and led to 24 independent studies. Eight hundred and sixty three participants, between the ages of 7 and 19 years, and predominantly female adolescents, were recruited. The most widely used treatment was cognitivebehavioral therapy (80%), the only one applied for childhood depression, whereas interpersonal therapy and systemic family therapy were also used for adolescent depression. On the whole, the effectiveness of the psychological treatment reached a moderate level ( $d+= 0.53$ ). The response to treatment was similar both in childhood and adolescent depression, but the school samples showed more improvement. It was observed that therapeutic improvement was maintained and an effect size of .50 was obtained in an average seven-month follow-up. The treatment also produced a slight improvement in self-esteem ( $d+= 0.37$ ). The implications of these findings are discussed.

**Success or failure of drug abuse prevention in the school environment? A meta-analysis of the programs in Spain** (pp. 581-602)

José P. Espada<sup>1</sup>, Xavier Méndez<sup>1</sup>, Gilbert J. Botvin<sup>2</sup>, Kenneth W. Griffin<sup>2</sup>, Mireia Orgilés<sup>1</sup>, and Ana I. Rosa<sup>1</sup>

<sup>1</sup>*University of Murcia (Spain);* <sup>2</sup>*University of Cornell, Nueva York (USA)*

The present study describes the results of a meta-analysis of the effectiveness of drug abuse prevention programs within the school setting in Spain. Twelve research reports appeared between 1985 and 2002, which fulfilled the selection criteria, were identified leading to 21 independent studies. The overall effect size revealed that prevention programs against drug abuse at school are effective, though their effectiveness is small ( $d+= 0.20$ ). However, effectiveness increases until it reaches a moderate level ( $d+= 0.65$ ) at medium-term follow-up (range: 6 – 18 months). The programs proved to be more effective with alcohol, than with tobacco or other drugs. The programs were more successful in reducing drug use and improving knowledge than in changing attitudes towards drugs. The most effective component of the programs was providing information about substances. These findings and some suggestions for future research are discussed.

## **Psicología Conductual, 2003, Volume 11, Number 1**

### **A proposal of classification of pathological gamblers (pp. 5-23)**

María Prieto Ursúa

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The present study has a double objective: to show the results obtained in an empirical comparison of the most relevant theories offered to explain pathological gambling, and, second, to make a proposal of classification of pathological gamblers that provides guidance both for theoretical research and work in the fields of prevention and treatment. To achieve these goals, a revision of the different classifications of pathological gamblers proposed is developed, and the results of the present study carried out with a sample of 127 pathological gamblers (mean age: 41.67; sex: 78.7% men; mean duration of the problem: 5 years) are presented. The results indicate the usefulness of making a distinction among those pathological gamblers who seek physiological activation, those who use the gambling as an escape behaviour, and those whose main motivation to gamble is the financial gain. The study discusses the relevance of this sort of empirical research on basic or theoretical issues in the field of pathological gambling

### **Intergenerational transmission of domestic violence (pp. 25-40)**

M<sup>a</sup> Pilar Matud, Rosario J. Marrero, Mónica Carballeira, Marlene Pérez, M<sup>a</sup> Luisa Correa, Beatriz Aguilera, and Teresa Sánchez.

*University of La Laguna (Spain)*

The present study examines the relationship between witnessing or being a victim of domestic violence as a child and becoming part of a violent marital relationship as an adult. The sample was composed of 187 abused women (mean age= 36; SD= 10 and range 17-67) living in the Canary Islands. The study results suggest a moderate relationship between growing up in an abusive family and becoming involved in a violent marital relationship. Males and females are impacted differently by their experiences with violence in childhood. Men who experienced both abuse as a child and witnessed parental violence perpetrate more severe marital violence than those males who only witnessed domestic violence or those without a history of domestic violence. Women who witnessed domestic violence and those who were both witness and victim of childhood violence tended to have more depressive and somatic symptoms than females without a history of domestic violence.

### **A multiperspective of emotional and behavioral correlates of sociometric groups (pp. 41-60)**

Manuel Jiménez Hernández

*University of Malaga (Spain)*

This study examines the differences among popular, rejected, neglected, controversial and average sociometric groups, from a multiple perspective in a Spanish sample. Fifth and sixth-grade primary-school students (N= 443) were administered positive and negative sociometric nominations, peer behavioral assessment items, a self-concept, locus of control, social anxiety and avoidance questionnaires. Teachers completed the CBCL-TRF and a Behavioral

Observation Scale. Sex and socioeconomic status were also considered. Results indicated that the groups exhibit distinct profiles. Popular children are characterized by positive and prosocial behavior and rejected children by negative and aggressive-disruptive behavior. Neglected children showed the fewest differences from the average and popular groups in some positive characteristics and from rejected children in some negative characteristics. The behavior of controversial children was a combination of the positive qualities of popular children and negatives qualities of rejected children, when the informants were peers, but differences were scarce when the informants were teachers. Teachers and peers saw girls more positively than boys.

**Development and psychometric analysis of a positive mental health questionnaire** (pp. 61-78)

M<sup>a</sup> Teresa Lluch Canut

*University of Barcelona (Spain)*

The aims of this study are: a) to devise a questionnaire to evaluate positive mental health following the conceptual model proposed by Jahoda (1958), and b) to analyse the instrument's psychometric properties in order to assess the hypothesized conceptual model. The sample comprised 387 students from the Nursing School at the University of Barcelona. The general results point to a model of positive mental health that differs from Jahoda's. The psychometric analyses of the questionnaire were favorable: the homogeneity index of the items was above 0.25; the alpha coefficient of the global scale was 0.91 and the test-retest reliability coefficient 0.85; the correlation between the Positive Mental Health Questionnaire and Goldberg's General Health Questionnaire (Goldberg, 1972) was -0.41; the six factors extracted from the exploratory factor analysis explained 46.8% of total variance. However, further research is necessary before the psychometric results of the questionnaire can be generalized and the new model of positive mental health confirmed.

**Exploratory factor analysis of the Ways of Coping Questionnaire (WCQ)** (pp. 79-94)

Encarnación Olmedo and Ignacio Ibáñez

*University of La Laguna (Spain)*

The WCQ is one of most frequent instruments in the coping assessment field, but its factor validity has not been established as yet. The present study tries to replicate the eight-factor solution proposed by the authors and to evaluate its validity in relation to a measure of burnout. The parallel analysis of 222 protocols advise for retaining six factors, while this study intended to replicate the eight factors. A comparison between both structures (this study's and that advocated by the WCQ) reveals some differences. The reliability of the factorial solutions has to be high. The external validity in relation with burnout is very low. Finally, the content and construct validity of the scale are questionable and consequently advise against the use of WCQ.

**The emotional impact of infertility on the stages of the assisted reproduction** (pp. 95-113)

Liliana Seger Jacob

*University of São Paulo (Brazil)*



The main objective of this investigation was to investigate the stress and the anxiety of the couples when they are subjected to the technology of assisted reproduction. It was decided to study assisted reproduction rather than infertility in general with the purpose of evaluating the emotional factors due to the use of available technologies. This work evaluated stress and anxiety in couples submitted to assisted reproduction, with an infertility period that ranged from 1 to 17 years, the moment just before the oocyte retrieval and/or semen sample. For anxiety evaluation the State Trait Anxiety Inventory (STAI) was applied, and stress was evaluated using the Scope-Stress Inventory. The Identification Form included information such as age, gender, nationality, profession, occupation, religion, school level, monthly income, marital status, married time and issues such as infertility period, existence of natural or adoptive children, professionals involved in infertility treatment, existence of previous attempts and the moments of major emotional stress during the previous attempts and during the present one. In all cases, one of the moments of major emotional stress was waiting for the confirmation of pregnancy. Women showed a significantly higher anxiety degree than men regarding trait-anxiety and similar degree in state-anxiety.

**Functional analysis-based treatment of disruptive behavior in preschool children** (pp. 115-133)

Manuel Calvillo Mazarro<sup>1</sup> and Antonio Fernández Parra<sup>2</sup>

<sup>1</sup>*CEPSI Psychology Center at Bailen (Spain);* <sup>2</sup>*University of Granada (Spain)*

The purpose of our study is to prove that methodologies based on experimental functional analysis can be successfully adapted to the preschool classroom through a three-phase process of functional assessment, and be useful in designing effective treatments. In the first phase the disruptive classroom behavior of four preschool children was assessed using a functional assessment conducted through interviews and observations. Second, based on the information collected, hypotheses were formulated regarding the function of the problem behaviors. During the third phase a brief experimental functional analysis was used to verify our hypotheses. A treatment was then designed based on the factors involved in the problem behaviors. The treatment consisted in an adaptation of a classic DRO procedure applied functionally and resulted in a significant reduction of the problem behaviors which was sustained across the follow-up period. Our findings show that strategies combining an experimental functional analysis with a previous indirect observational functional assessment can contribute to the design of effective treatments at preschool level.

**Forgotten questions in behavior therapy: therapist's skills** (pp. 135-161)

Maria Luiza Marinho<sup>1</sup>, Vicente E. Caballo<sup>2</sup>, and Jocelaine M. Silveira<sup>1</sup>

<sup>1</sup>*State University of Londrina (Brazil);* <sup>2</sup>*University of Granada (Spain)*

In behavior therapy, it was only when researchers found that therapist's variables partly explained the outcome of treatments that these variables became a topic of interest for empirical studies. However, in spite of these findings, the courses regarding the formation of behavior therapists still pay more attention to the acquisition of information, disregarding the training in relevant skills for professional competence. At this moment many behavioral treatment programs have been tested and evaluated regarding their effectiveness, but the forgotten question of therapists skills and how to train them remains unresolved in the clinical field. In order to fill this gap, the goal of the present work is to describe some relevant skills for the practice of behavior therapy with adults and children, particularly those related to the

promotion of an appropriate therapeutic rapport. Some skills related to the therapeutic alliance with adults and children are presented. In addition, some significant skills for the assessment and treatment of child disorders are also described. It is expected that this work help behavior therapists working with adults and/or children to learn about some of the necessary skills to be developed in order to implement an effective therapeutic behavioral practice.

**Angry college student drivers: characteristics and a test of state-trait theory** (pp. 163-176)

Jerry L. Deffenbacher  
*Colorado State University (USA)*

This study mapped the characteristics of angry college student drivers and provided a test of state-trait anger theory applied to anger while driving. Compared to low anger drivers, high anger drivers reported: (1) more frequent and intense anger in daily driving and more intense anger in response to commonly occurring (e.g., normal traffic and stuck in rush hour traffic) and their personally most provocative situations; (2) more aggressive and less constructive forms of expressing their anger while driving; (3) more state anger, more verbal and physical aggressive tendencies, and less positive coping following visualization of a frustrating event (i.e., another driver stealing the parking space for which the person has been waiting); (4) more aggressive and risky behavior in driving diaries and three-month surveys; (5) more of three crash-related outcomes (i.e., moving violations, losses of concentration while driving, and close calls); and (6) greater general anger, outward negative expression and suppression of anger and less controlled anger expression. Results showed that angry drivers were angrier and more aggressive and risky drivers and supported predictions derived from the state-trait model of anger.

**A computerized program for increasing attention in the elderly** (pp. 179-186)

José I. Navarro Guzmán, Concepción Alcalde Cuevas, Esperanza Marchena Consejero, and Manuel Aguilar Villagrán  
*University of Cadiz (Spain)*

Attention processes seem cognitive resources particularly sensitive to aging impairment. A better attention would reduce this damage, which is one of the main sources of elderly low self-esteem. On the other hand, new technology allows easier access to cognitive self-training programs that aged people would follow at home settings. This paper presents computer software applied for training in cognitive processes using a computer assisted instruction (CAI) approach. Participants were 30 men and women, aged 57 to 80, from the province of Cadiz. They received ten 40-minute sessions using “How to improve your mental skills” software. The target of this software is to give training in attention, concentration and relaxation processes, using visual discrimination and manual precision tasks. Performances on three computer tasks were recorded for each session. Learning achievement by tasks, and comparisons between sessions were calculated. Significant improvement differences in performance across sessions were found.

**Evaluation of psychosocial factors in a group of coronary and non-coronary patients**  
(pp. 187-200)

Alberto Ferrer Botero, Eliana Andrea Montoya Herrera, Claudia Yaneth Osorio Tamayo, Sandra Regina Posada Roldán, and Domingo Iván Caraballo Gracia  
*University of Antioquia (Colombia)*

This paper reports on a descriptive, comparative, and cross-sectional investigation which aims to verify the existence of statistically significant differences in the behavior of the psychosocial variables including stress, social support, anger construct, anxiety and depression in a group of coronary and non-coronary patients. It was carried out with 35 subjects with a coronary condition and 37 subjects without this condition, of both sexes, between 40 and 60 years of age. The following tests were used to collect the information: Life Events Questionnaire (CSU; Cuestionario de Sucesos Vitales), Daily Stress Inventory (CED44; Cuestionario de Estrés Diario), Short Interpersonal Reactions Inventory (SIRI), Revised Coping Strategies Scale (EEC-R; Escala de estrategias de coping-revisada), Perceived Social Support Scale (PSSC), State-Trait Anger Expression Inventory (STAXI), State-trait Anxiety Inventory (STAI), and Beck Depression Inventory (BDI). There were no significant differences in the psychosocial variables between the groups. This could be explained by the fact that the coronary patients participate in a rehabilitation program, which generates in them a consciousness about their condition and its implications in their family, sex, social and work life.

**The necessity of a correct translation from English to Spanish in the environment of the Clinical and Health Psychology (Review of the book “Critical dictionary on doubts English-Spanish in Medicine”)** (pp. 201-204)

Vicente E. Caballo  
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NO ABSTRACT

**Psicología Conductual, 2003, Volume 11, Number 2**

**Psychological treatment of obsessive-compulsive disorder in Europe: a meta-analytic study** (pp. 213-237)

Julio Sánchez Meca, Antonia Gómez Conesa, and F. Xavier Méndez Carrillo  
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This article discusses the results of a meta-analysis of the effectiveness of psychological treatment, by itself or in combination with drugs, of the obsessive-compulsive disorder. Twenty-three European articles meeting the selection criteria were included, offering a total of 43 independent studies. Standardized mean difference was calculated between the pretest and posttest means. The global mean effect size,  $d_+ = 1.443$ , showed a clear efficacy for reducing obsessions and compulsions as well as symptoms of depression, anxiety, and social adjustment, although the latter was reduced to a lesser extent. The most effective treatments consisted of combining exposition and response prevention techniques or cognitive restructuring with antidepressants ( $d_+ = 2.044$  and  $d_+ = 2.953$ , respectively), such as clomipramine or fluvoxamine. A predictive model of the efficacy is proposed as a function of

the different treatments and the methodological quality of studies. Finally, the practical, clinical, and research implications of the results are discussed.

**Analysis of clinical differences between bulimia nervosa and sub-threshold bulimia** (pp. 239-259)

Carmen Berrocal, Teresa Rivas, Rosa Bersabé, and Serafina Castro  
*University of Malaga (Spain)*

The present study examines the validity of severity diagnostic criteria for bulimia nervosa. The sample included 87 subjects. The participants were classified into 1 of 3 groups according to the Mental Disorders-IV criteria: bulimia nervosa (N= 20), sub-threshold bulimia (N= 37), and non-eating disorder (N= 30). The groups were compared regarding perceived pressure to be thin, concerns about body shape, dietary restraint, several measures of eating and weight-related habits and attitudes, depressive symptoms, anxiety, self-esteem, social difficulties, obsessiveness, and impulsivity. Bulimics and sub-clinical bulimics differed from controls in most constructs. Few differences were found between sub-threshold and full-syndrome, raising questions about the diagnostic validity of the frequency threshold. Further evaluation of the severity criterion specified for bulimia nervosa is needed.

**Evaluation of Psychology students regarding the ethics of some therapist practices** (pp. 261-281)

Carmen del Río Sánchez, Mercedes Borda Más, and Inmaculada Torres Pérez  
*University of Sevilla (Spain)*

Before beginning the *Practicum* (professional training), 191 Psychology students (158 female and 33 male) completed the Spanish version of Pope, Tabachnick and Keith-Spiegel (1987) questionnaire. This includes 83 specific therapist behaviors covering a wide range of topic areas. Participants were instructed to rate the extent to which they consider each behavior ethical, and were given the same likert-scale used by original study: “*Unquestionably no*”, “*Ethical under rare circumstances*”, “*Don’t know/not sure*”, “*Under any circumstances*” and “*Unquestionably yes*”. In this study, the beliefs of professionals (previous study: Pope *et al.*, 1987) and Psychology student (current study) regarding the ethicality of therapist behaviors were compared. For about two-thirds of the 83 behaviors studied, our results differed significantly from the previous study, in a higher number, the answers of our participants more in agreement with the ethical principles. Nevertheless, in the current study, there were 23 behaviors that posed difficult judgments in terms of whether they were ethical (more than 20% responded “*Don’t know/not sure*”) compared with 12 of original study. Implications of these results are discussed.

**The assessment of daily functioning in chronic pain patients** (pp. 283-291)

Carmen Ramírez Maestre and Yolanda Valdivia Velasco  
*University of Malaga (Spain)*

Nowadays, pain is still one of the most urgent problems, and is an important factor for the need of medical assistance. Daily activity can be considered an index of the state of health, quality of life, and wellbeing of patients that suffer with chronic pain. In this study an instrument is shown which allows the assessment of daily functioning and impairment in this

kind of patients (IFI: Impairment and Functioning Inventory). Subjects for this study were 135 patients with chronic benign and oncology pain associated with different pathologies (arthritis, back pain, neuralgia, fibromialgia, cancer). The final instrument has 19 items grouped into four scales: in and outdoor activities, independent functioning, and social and leisure activities. An exploratory factorial analysis with Varimax Rotation revealed that items were grouped into the four factors mentioned and obtained an adequate reliability index.

**Study of coping strategies across the different phases of bone marrow transplantation process** (pp. 293-306)

Carlos H.C. del Valle, M<sup>a</sup> del Mar González-Tablas, M<sup>a</sup> Angeles Díez, Begoña Vilda, and Ginés Llorca

*University of Salamanca (Spain)*

The coping strategies used by 61 oncohematology patients who had undergone an Autologous Bone Marrow Transplant (BMT) were evaluated at four points of time considering the degree of controllability. The sample included 12 were men and 49 women, between 20 and 64 years of age. We used the Coping Estimation (COPE) and we had to adapt the instructions to every moment. The results indicate that there is an interaction between moments and strategies ( $F_{(39,20)} = 8.156$ ;  $p < 0.001$ ), and this has led us to identify the changes in the use of the latter according to the said moments. While the emotional strategies are frequently used through the whole transplant process, especially during the hospitalization period, other strategies such as the behavioral and cognitive ones vary along the process.

**Evaluation of the quality of life in adult patients with different chronic diseases** (pp. 307-318)

Georgina E. Bazán Riverón, Maricela Osorio Guzmán, Patricia Paredes Rivera, and M<sup>a</sup> Refugio Ríos Saldaña

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This article was mainly aimed to compare the quality of life of a group of patients according to the point of time when their diagnosis was provided: either recent (less than a month), or later (six to twelve months), and was conducted with four patient groups with chronic diseases such as hypertension, diabetes, asthma and migraine. Eighty patients from the Mexican Health Service [Instituto Mexicano del Seguro Social (IMSS)] participated in the study. Life quality was evaluated through the application of an instrument elaborated specifically for the Mexican population which includes 86 items distributed in the following categories: sexual, familiar and interpersonal, personal care and appearance, working areas, emotive-affective, self concept, academic and socioeconomic level. The most significant variables were: point of time when the diagnosis was provided, academic level and years of service in an employment. Results show certain differences when comparing time of diagnosis, academic level (school years) and occupation (measured in years of service). On the other hand, the symptoms of each ailment have an impact in the self-control and self-concept of the patients, phenomena closely linked to their life quality.

**Management of behavior problems associated with dementia** (pp. 319-332)

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Dementia is a type of disorder with an increased frequency nowadays due to the extension of life expectancy. As a result, homes for elderly people have increased dramatically in the last years as also has the number of families with an old adult with dementia living with them. Given this situation, both nursing homes and families need behavioral strategies to manage problem behaviors of older adults with dementia. The present work describes some of the common disruptive behaviors of older adults with dementia as well as some behavioral procedures which can help to caregivers of nursing homes and families to manage such behaviors. However, this review focuses on the behavioral analysis of every old person in order to learn the function which explains the disruptive behavior. Finally, the importance of wellbeing of caregivers in order to give a appropriate care to the patient is emphasized.

**The role of functional analysis of behavior in the process of treatment selection: a case report** (pp. 335-350)

Gloria Carrillo<sup>1</sup>, Maria Luiza Marinho<sup>2</sup>, and Vicente E. Caballo<sup>3</sup>

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This article was mainly aimed to compare the quality of life of a group of patients according to the point of time when their diagnosis was provided: either recent (less than a month), or later (six to twelve months), and was conducted with four patient groups with chronic diseases such as hypertension, diabetes, asthma and migraine. Eighty patients from the Mexican Health Service [Instituto Mexicano del Seguro Social (IMSS)] participated in the study. Life quality was evaluated through the application of an instrument elaborated specifically for the Mexican population which includes 86 items distributed in the following categories: sexual, familiar and interpersonal, personal care and appearance, working areas, emotive-affective, self concept, academic and socioeconomic level. The most significant variables were: point of time when the diagnosis was provided, academic level and years of service in an employment. Results show certain differences when comparing time of diagnosis, academic level (school years) and occupation (measured in years of service). On the other hand, the symptoms of each ailment have an impact in the self-control and self-concept of the patients, phenomena closely linked to their life quality.

**Treatment of body image disturbances in eating disorders by means of virtual reality: a case report** (pp. 351-369)

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The purpose of the present study was to analyze in detail the results of the standard cognitive-behavioral treatment (CBT) followed by a Virtual Reality (VR) application for Body Image disturbances (BI) in a patient with anorexia nervosa. The participant fulfilled several instruments evaluating BI, eating psychopathology and secondary psychopathology. The treatment for BI disturbances consisted in the successive application of two components (CBT plus VR). After the completion of each component the participant fulfilled again the assessment questionnaires and she did it again one year after the end of the treatment. After the completion of the two treatment components, the patient improved, not only her BI, but also there was a significant improvement regarding eating psychopathology and secondary psychopathology. The outcomes achieved with the treatment were maintained and even

enhanced at one-year follow-up. Restoration of weight and eating behavior does not guarantee a total recovery of the eating disorder where BI disturbance is present. On the contrary, this disturbance needs to be treated specifically. Besides, results indicated that the VR component not only enhanced the effectiveness of the CBT component, but also the patient's progressive improvement started when the VR component was introduced.

**Treatment of childhood feeding disorders through parents training: a case report (pp. 371-387)**

José Antonio Lora Muñoz, Dolores Montserrat Guerreiro Argüez, and Inmaculada Moreno García

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This article describes the treatment carried out with a six-year-old child who showed a childhood feeding disorder. Intervention has been based in a parents training program supported at home with a token economy. Parents have received specific training to favor the acquisition of abilities that modify the problematic behaviors and consolidate the effects of the intervention with the child. With regard to the parents, results revealed that they had acquired and integrated the learned abilities. This indicates an increased recognition of the understanding to face new problematic situations. With regard to the child, a complete assimilation was observed, according to the established criteria about the new habits, namely, eating alone, grafting food without pounding and an increase in the amount and variety of the grafted food. As a conclusion we could remark the efficiency of the environmental control used by parents in the treatment, and the importance of the token economy in the whole process.

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**Foreword (pp. I-III)**

José Olivares Rodríguez<sup>1</sup> and Vicente E. Caballo<sup>2</sup>

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**A review of epidemiological studies on social phobia in children, adolescents, and adults (pp. 405-427)**

José Olivares Rodríguez<sup>1</sup>, Vicente E. Caballo<sup>2</sup>, Luis Joaquín García-López<sup>3</sup>, Ana Isabel Rosa Alcázar,<sup>1</sup> and Cristina López-Gollonet<sup>2</sup>

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This article reviews the advances in epidemiology regarding social phobia. For this purpose, we will provide a summary of the data about the prevalence of social phobia according to DSM criteria (DSM-III, 1980; DSM-III-R, 1987; DSM-IV, 1994). Sociodemographic factors such as age of onset, gender distribution, marital, education and socioeconomic status will also be considered. Given social phobia is frequently associated with comorbid disorders, data

will be presented on the comorbidity rates of social phobia and other anxiety disorders, mood disorders, alcohol/substance abuse as well as eating disorders. Finally, suggestions for future research on epidemiologic studies of social phobia will also be made

**Defining clinical subtypes in social phobias** (pp. 429-458)

Soledad Quero<sup>1</sup>, Rosa María Baños<sup>2</sup>, Cristina Botella<sup>1</sup>, and Myriam Gallardo<sup>1</sup>

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The heterogeneity that characterizes Social Phobia (SP) has produced a heated debate in recent years which has led different authors to recommend the inclusion of different subtypes within this diagnostic category. In consequence, a first aim of this work was precisely to analyze how the subtypes proposed by Turner (Turner, Beidel & Townsley, 1992) and Heimberg (Heimberg & Holt, 1989) differentiated a sample diagnosed with SP in relevant psychopathological and clinical variables. Secondly, we set out to examine the utility of the situations listed in the ADIS-R (DiNardo *et al.*, 1985) as heuristics in realizing SP typologies. Overall, the results of this study pointed out that, regardless of the classification taken into consideration, the participants who feared a broader range of social situations showed a higher degree of psychopathology. Finally, three possible SP subtypes were derived from the cluster analysis of the situations listed in the ADIS-R: Fear of Public Speaking, Restricted SP and Generalized SP.

**“How I know others think badly of me”: information-processing biases in social phobia** (pp. 459-481)

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A fear of negative evaluation from others is considered a core feature in the onset and development of social phobia, and social anxiety more generally. To date, cognitive models of social anxiety propose that several information processing biases are responsible for excessive fear and distress experienced by people in social situations which can then result in increased avoidance of social encounters. The following paper provides an integrative summary of theoretical and empirical evidence of information processing biases of attention, interpretation, ruminative processing before and after social performance, as well as memory bias in social phobia. Even with an already existing abundance of literature, the area of cognitive biases in social phobia warrants greater research attention given the inconsistencies and intricate complexities for some components of information processing, and their function in real world social situations.

**A tentative proposal about the origin, development and maintenance of social phobia** (pp. 483-515)

José Olivares Rodríguez<sup>1</sup> and Vicente E. Caballo<sup>2</sup>

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The main aim of this paper is to make an explanatory proposal regarding social phobia incorporating a process including a vulnerability phase, another regarding its genesis, and a third referred to the relevant variables participating in the maintenance of the disorder. The model postulates the existence of an association among a negative social context and a group



of particular variables of the individual that facilitate the genesis of the disorder either in a direct or an insidious way. In the negative social context three main groups of variables are distinguished: family, school, and other contexts. Among the characteristic variables of the individual we identify evolutionary and not evolutionary aspects, escape responses, personality variables and learning deficits. The association is supposed to be established from the processes of classic and instrumental conditioning, modeling and instruction. The model attributes a key role to the uncertainty perceived by the subject and to the escape and avoidant responses considering the onset, development and maintenance of the disorder. Finally, some implications of the model are presented regarding the subtypes included in the DSM-IV-TR (APA, 2000) as well as treatment.

**Social anxiety and phobia in anorexia nervosa: a case-control study** (pp. 517-525)

Fernando Fernández, Susana Jiménez, Anna Badía, Nuria Jaurrieta, Raquel Solano, and Julio Vallejo

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Social anxiety and isolation are often observed among anorexic patients. However, their relationship with this pathology has rarely been investigated. Forty patients suffering from anorexia nervosa (DSM-IV) were compared with thirty-two student controls in social anxiety and phobia (*Social Avoidance and Distress Scale*), depression (*Beck Depression Inventory*) and eating symptomatology (*Eating Attitudes Test* and *Eating Disorder Inventory*). Furthermore, anorexic patients were divided post-hoc into high socially anxious (HSA) and low socially anxious (LSA). Psychological traits of both subgroups were also compared. Anorexic patients showed significantly more social phobia and anxiety than control subjects (53% vs. 9% of the cases). In addition, HSA and LSA subgroups within anorexic patients were best differentiated by Ineffectiveness, Interpersonal Distrust, Interoceptive Awareness and Drive for thinness subscales on the *Eating Disorders Inventory* (EDI) ( $p < 0.001$ ), and by depression ( $p < 0.001$ ). Moreover, social anxiety and phobia correlated positively with depression ( $r = 0.62$ ,  $p < 0.001$ ). Our results suggest that patients with Anorexia nervosa, and especially those with HSA, present not only a higher severity in the disorder, but also lower self-esteem and greater depressive symptomatology.

**Personality disorders and personality traits in a social phobic sample: predictors for the quality of the therapeutic relationship** (pp. 527-537)

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Personality traits and disorder features of patients were examined as predictors for the quality of the therapeutic relationship in a sample of social phobic patients receiving a behavioural treatment. The Barrett Lennard Relationship Inventory was used to measure both patient's (N= 73) and therapist's perception (N= 68) of the quality of the therapeutic relationship at the third treatment session. Paranoid and obsessive compulsive features showed negative correlations with the patient's perception. The sumscore of all personality disorder criteria fulfilled was able to predict 14% of variance of the quality of the therapeutic relationship as perceived by the patient. Paranoid features showed a negative correlation with the therapist's perception of the therapeutic relationship. Hostility was able to predict 21% of the variance in the quality of the therapeutic relationship as perceived by the therapist. The findings are discussed in the light of treatment efficacy issues for social phobia

**A review of the instruments for the assessment of social phobia: some empirical data** (pp. 538-562)

Vicente E. Caballo<sup>1</sup>, José Olivares Rodríguez<sup>2</sup>, Cristina López-Gollonet<sup>o</sup>, M<sup>a</sup> Jesús Irurtia<sup>3</sup>, and Ana Isabel Rosa Alcázar<sup>2</sup>

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Social phobia (or social anxiety disorder) is a salient problem nowadays in western society. Its effective treatment and, even better, its prevention should be major goals for clinical psychology. Nevertheless, identifying individuals with social phobia/anxiety as well as evaluating the effectiveness of its prevention and treatment requires valid and reliable assessment instruments. In this article, different methods of assessment of social phobia/anxiety are presented. We have studied the correlations among the most used scales in the assessment of social phobia (SPAI, SAS, SIAS, LSAS) and other relevant variables (e.g., social skills, avoidant personality disorder (APD), neuroticism, extraversion). High correlations were found among all the measures of social phobia and also with those assessing social skills, APD and neuroticism, which gives an idea of the closeness of these constructs. Surprisingly, only a few low \_although significant\_ relationships were found with extraversion. This matter calls for a more detailed investigation

**Cognitive behavioral treatment for social anxiety disorder: theory and practice** (pp. 563-581)

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As theoretical formulations of social anxiety disorder have advanced, cognitive behavioral therapy (CBT) has risen to the forefront of the empirical literature. In this article, we briefly describe our cognitive behavioral model of social anxiety disorder, specific components of CBT, as well as evidence for their efficacy and factors that influence treatment outcome. Further, we provide a case illustration using Heimberg *et al.'s* (Heimberg & Becker, 2002; Hope, Heimberg, Juster, & Turk, 2000) cognitive behavioral approach to the treatment of social anxiety disorder

**Treating adults with social phobia: the development, implementation, and treatment outcome of Social Effectiveness Therapy (SET)** (pp. 583-598)

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Social phobia is a disorder characterized by extreme social inhibition. Individuals with social phobia may experience anxiety in a wide range of social and performance situations. However, social phobia is a modern day treatment success story for the mental health professions. Since the disorder was entered into the diagnostic nomenclature in 1980, a considerable literature demonstrating the efficacy of both behavioral and pharmacological treatments has emerged. In the case of cognitive behavioral treatments, the evidence is particularly strong. Our treatment program, Social Effectiveness Therapy (SET), includes a combination of exposure and traditional social skills training. SET has significant promise for the treatment of social phobia, particularly those with the generalized subtype. SET has been

demonstrated to result in significant improvement in social skill as well as significant decreases in social distress. Future investigations will address its efficacy, as well as its effectiveness, in comparison to other forms of psychological and pharmacological interventions.

**Treatment of social phobia in children and adolescents: a meta-analytic review** (pp. 599-622)

José Olivares Rodríguez<sup>1</sup>, Ana Isabel Rosa Alcázar<sup>1</sup>, Vicente E.Caballo<sup>2</sup>, Luis Joaquín García-López<sup>1</sup>, Mireia Orgilés Amorós<sup>1</sup>, and Cristina López-Gollonet<sup>2</sup>

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The results of a meta-analytic study on the effectiveness of psychological and pharmacological interventions with children and adolescents under social phobia are presented. Thirteen scientific reports were identified and led to 26 independent studies, 20 treatment groups and 6 control groups. Four hundred and thirty children with an average age of 14 and predominantly girls took part (66.6%). The treatment was highly effective ( $d_+ = 1,52$ ) with an improvement continuing in the follow-up ( $d_+ = 1,68$ ). The treatment package IAFS obtained the best results ( $d_+ = 1,90$ ). Results were better when treatment sessions were distributed with group and individual interventions, carried out in educational centers by experienced psychologists, and with older and female children. Finally, results are discussed, and lines in future research proposed.

**Recent advances and new directions in the assessment and treatment of social anxiety disorder in youth** (pp. 623-641)

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Social anxiety disorder in children and adolescents is common, debilitating, and may place children at later risk for secondary disorders such as substance abuse and affective disorders. Recognition of the significance of social phobia has led to a surge of research on its assessment and treatment in youth. This paper provides an overview of the recent advances in this area including the development of new assessment instruments and interventions designed specifically for social anxiety disorder. Commonly used child anxiety measures and associated psychometric properties are described. In addition, the advances and limitations of the existing treatment outcome research are highlighted. Directions for continued progress are suggested including additional work on parent and teacher measures and treatment studies with adolescents, investigations of barriers to referral and treatment participation, and transporting interventions to community settings such as schools

**Clinical significance of behavioral and cognitive behavioral treatment outcome in social phobia** (pp. 643-678)

Arturo Bados, Eugeni Garcia-Grau, and Adela Fusté

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Clinical significance is essential to evaluate the efficacy of a psychological intervention, but only 48% of studies about treatment of social phobia provide data on the matter. In addition,

the improvement and recovery criteria used are heterogeneous and in many articles important information is omitted, which makes it difficult to draw conclusions. Anyway, the review we have carried out offers some tentative results. 64% of the patients treated with behavioral therapy, and 55% of the patients treated with cognitive-behavioral therapy improved moderately or markedly, and both therapies functioned significantly better than placebo. Furthermore, 59% and 35% of the patients receiving behavioral and cognitive-behavioral therapy respectively recovered moderately or highly. The behavioral proved significantly better than the cognitive-behavioral therapy. In both cases results were less positive if one considers all patients that began treatment. It is necessary to reach a consensus on improvement and recovery criteria to validate them, and to require that studies systematically provide data regarding clinical significance.

**Clinical difficulties and therapeutic failures in the treatment of social phobia** (pp. 679-696)

Karmele Salaberría and Enrique Echeburúa  
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The aim of this paper is to review the current knowledge about the difficulties for treatment and the therapeutic failures in the field of social phobia. The response to treatment is analyzed according to the different types of social phobia. The most common difficulties in the assessment and treatment of this mental disorder are described, as well as the predictive variables for the therapeutic failure. Finally, implications of this study for clinical practice and for future research in this field are discussed.

**How to treat social phobia successfully** (pp. 699-712)

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For a long time, social phobia had been neglected by the scientific community. Fortunately, since the beginning of the 90's the amount of research and studies has increased considerably, and preliminary data indicate that we are able to offer effective treatments for patients with this disorder. This paper presents a cognitive-behavioural protocol to treat the generalized social phobia. This way of treating social phobia is based on the most recent data in the scientific literature and the clinical experience of the authors. The protocol has several steps. First, the aim is to teach the patient to identify their problem and its causes. The second step is dedicated to Cognitive Therapy as a way of controlling anxiety levels. The following step deals with behavioural experiments and exposure therapy, and from our point of view this is the most efficient ingredient of the protocol. Finally, the last step tries to secure gains and to reduce relapse.

## **Psicología Conductual, 2004, Volume 12, Number 1**

### **Gender differences in eating behavior of children 11-14 years old (pp. 5-24)**

Rafael Ballester and M<sup>a</sup> Carmen Guirado

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This article analyzes the possible existence of gender differences in attitudes and risk eating behaviour in children between 11 and 14 years old. A sample of 819 Spanish children was assessed with the Health-Related Information, Attitudes and Behaviour Questionnaire (CIACS-2) of Ballester and Gil (in press). The items were related to their eating behaviour/attitudes and their physical activity. The results show the existence of important gender differences in the eating behaviour of children. Specifically, these results indicate that girls are more careless with breakfast than boys. Girls avoid the food that, in their view, will make them fat and vomit more than boys after a big meal. In fact, girls control more their weight than boys, give greater importance to their weight and appearance and usually feel very worried about their own figure.

### **The shortened Spanish version of the Personal Report of Confidence as Speaker: Reliability and validity in adolescent population (pp. 25-42)**

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The main aim of this research was analyzing the psychometric properties of the shortened version of Spanish adaptation of the “Cuestionario de Confianza para Hablar en Público” (*Personal Report of Confidence as Speaker, PRCS*; Paul, 1966) to a sample of 788 adolescents between the ages of 12 and 17. The confirmatory factorial analysis corroborated two factors: *Security/Enjoy for Public Speaking* and *Fear to Public Speaking*. Both the internal consistency ( $\alpha = 0.84$ ) and test-retest reliability ( $r = 0.81$ ) were high. The correlations with the *Cuestionario de Evaluación de Dificultades Interpersonales en la Adolescencia (CEDIA*; Inglés, Méndez e Hidalgo, 2000) ( $r = 0.43$ ) and the “Inventario de Ansiedad y Fobia Social” (*Social Phobia and Anxiety Inventory, SPAI*; Turner, Beidel, Dancy & Stanley, 1989) ( $r = 0.53$ ) were statistically significant ( $p < 0.001$ ). The lack of confidence towards public speaking correlated positively with the *Neuroticism* scale and negatively with the *Extraversion* scale of the “Cuestionario de Personalidad de Eysenck” (*Eysenck Personality Questionnaire, EPQ*; TEA, 1986). Females reported less confidence in public speaking, which decreased with age.

### **Psychometric properties of the Spanish version of the Hardiness Scale “Personal Views Survey” (PVS) (pp. 43-77)**

Debora Godoy-Izquierdo and Juan F. Godoy

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This paper presents an exploratory study of the psychometric properties of the Spanish version of the scale “*Personal Views Survey*” (PVS; *Hardiness Institute*, 1985) for the assessment of the hardy personality or hardiness. As regards the reliability of the complete scale (internal consistency and Half Splits) and its commitment, control, and challenge subscales (internal consistency), its convergent construct validity with other personality and

physical and psychological health indicators, its factorial validity, and the associations between the three subscales and these and the complete scale, our results confirm some findings previously obtained. However, the challenge and commitment components show some abnormal results in comparison with the control component in the majority of the achieved analysis. Some implications for the future research on hardiness derived from such abnormal results are discussed.

**Death anxiety, death depression, and death obsession: conceptual approach and assessment instruments** (pp. 79-100)

Joaquín Tomás-Sábado<sup>1</sup> and Juana Gómez-Benito<sup>2</sup>

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The interest shown by scientific Psychology about the study of human attitudes towards death has produced, in the last fifty years, a important number of empiric works and the parallel development of diverse assessment instruments. This paper describes the process of construction and the psychometric properties of the Death Anxiety, Death Depression, and Death Obsession scales. A review is also made of the main empiric discoveries derived of their use in the study of the relationships and correlations of human death attitudes with diverse existential variables. Finally, the validated Spanish forms of the three instruments are presented.

**On the functional analysis of irrational thinking: a contribution from the radical behaviorism framework** (pp. 101-132)

Jesús Unturbe

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This paper describes how irrational thinking (i.e., self-control dysfunctional behavior) originates and develops, in spite of the aversive consequences of apparent behavior. Functional Analysis of irrational thinking, as that of any other behavior, requires a description of its contingencies of reinforcement. We propose a new kind of primary reinforcement for cognitive behavior of self-control: a *credible* production of *order*, where *order* is understood as *a reduction of complexity and uncertainty*. This is also to be *credible*; that is, *coherent with other interpretations* available for the subject in a given context -which might also be an emotional context. We also expound the implication of notions such as self-esteem and illusion of control, adequately operativized. The difficulty of extinction of irrational thinking is faced by behaviorist methods -applied to the cognitive realm- and is enlightened by the procedure of Rational Emotive Therapy. The clarification of basic principles of learning involved in irrational thinking will contribute to managing the most resistant disorders for treatment, and in relapse prevention.

**Smoking and pregnancy: health effects and state of the art in interventions promoting cessation** (pp. 133-142)

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Tobacco consumption is increasing among women, particularly among women who are in their fertile years, which means that the already high percentage of pregnant smokers is going

to rise even more in the next few years. Low birth weight, pregnancy complications, fertility problems, and infant morbidity are but a few of the adverse outcomes experienced by pregnant and postpartum women and infants that result from cigarette smoking. So pregnancy may be an ideal time to intervene with smoking women who cannot quit by themselves. Smoking treatments that focus on this period are effective, especially when they are multicomponent, use materials designed for pregnant women and are delivered by trained professionals. Assessing the degree of addiction and tailoring counselling for cessation according to the woman's stage of change may enhance success. Learning about the risk factors for pre- and post-partum relapse may also help to introduce components in the smoking interventions that promote long term abstinence.

**Telephone intervention in the treatment of smokers: a case report** (pp. 145-165)

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In recent years demand for self-help interventions for smoking cessation has increased greatly, mainly because most smokers prefer to quit their habit by themselves. This has resulted in growing numbers of studies devoted to improving the effectiveness of these treatments. One such form is the telephonic intervention of support. This paper reports on the treatment of a case study -a 35-year-old female smoker- with a consumption history of cigarettes of 18 years, without previous attempts at quitting tobacco. The smoker asked for a self-help program by mail for smoking cessation. In addition to the program, she received a telephonic intervention of support, once a week, throughout the treatment (six weeks). The subject quitted smoking with the treatment and she maintained abstinent at three, six and twelve-month follow-up.

**A study about self-efficacy in Mexican youths** (pp. 167-178)

Norma Ivonne González-Arratia and José Luis Valdez Medina

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The self-efficacy questionnaire of Soto (1990) was validated in Mexican youngsters, evaluating 500 university students aged 18 to 25 years old, of both sexes and shifts (morning and afternoon), from the city of Toluca, Mexico. By means of factor analyses with varimax rotation, four out of eight factors were obtained: pertaining to games-sports, problem solving, social prestige and family. A proportion of 58.363% of the variance is explained, and Cronbach's Alpha for internal consistency has a value of 0,7633. Additionally, the results obtained by sex and by shift in which the subjects attend to university lectures are analyzed and discussed. It is suggested that self-referring thought should be studied further, since this influences the individuals' behavior.

## **Psicología Conductual, 2004, Volume 12, Number 2**

### **Multidimensional effects of a parenting program on the reciprocal interaction between parents and their young children with behavior problems** (pp. 197-214)

Pedro Solís-Cámara R., Pablo Covarrubias Salcido, Marysela Díaz Romero, and Blanca I. Rivera Aguirre

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The main purpose of this study was to evaluate whether a research-based standardized parenting program could successfully improve the reciprocal interaction between parents and their young children. The program was implemented and evaluated with a 2-group (manualized parenting group; wait-list control group) repeated-measures design. It included pretest, post-test, and follow-up conditions, and a multi-measure assessment protocol. Thirty mothers and 10 fathers of children with behavior problems (ages= 3-5 years) participated in the parenting program. Results indicated a decrease in parental use of verbal and corporal punishment to their young children, and an increase of positive nurturing strategies, reduce parental stress, and improve parent perceptions of their child's behavior. Children's global pattern of behavior and psychosocial adaptation, as well as the observed parent-child interactions, also improved. Discussion focuses both on the effectiveness of using a manualized parenting intervention and on the relevance of parents' stress and anger-aggression to improve our understanding of the reciprocal interaction between parents and their young children.

### **Secondary traumatic stress: the cost of trauma caring** (pp. 215-231)

Bernardo Moreno-Jiménez, María Eugenia Morante, Eva Garrosa, and Raquel Rodríguez

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In recent years, a theoretical body on the effects of the stress in victims and in their caregivers, voluntary and professional, has been elaborated (Stamm, 1999). The approach is "Who cares for the caregivers?". Vicarious traumatization or compassion fatigue are some of the terms used to name the secondary traumatic stress produced by highly stressful and/or traumatic situations handled by the sanitary personnel, police, psychologists or other professionals involved in the management of these situations. Depending on the situation of these workers, they can experience a secondary traumatic stress or they can find it difficult to continue with their work. Since 1995, authors such as Figley, Janoff-Bulman, Stamm, Dutton, etc. have been proposing the theoretical basis of the secondary traumatic stress. In this article, both a global view of this topic and some reflections on the latest theoretical models are offered, together with an account of the symptoms and the effects that this syndrome causes on the health of people.

### **A treatment-outcome study of cognitive-behavioural therapy for battered women: preliminary findings** (pp. 233-249)

María Arinero and María Crespo

*Complutense University of Madrid Spain)*

This paper describes a treatment-outcome study of a cognitive-behavioural therapy programme, lasting eight sessions and using a group format, for battered women with posttraumatic symptoms although not satisfying diagnostic criteria for posttraumatic stress



disorder. The therapeutic programme included psychoeducation, breath control training, self-esteem improvement procedures, cognitive therapy, problem solving, pleasant activities planning and communication skills training, as well as specific strategies for relapse prevention. The sample consisted of 17 women (12 in the experimental treatment group and 5 in a waiting control group). Results showed an important decrease in posttraumatic and depressive symptoms, and an improvement in adaptation levels. Gains were maintained at 1, 3 and 6 month follow-up. Issues and clinical implications are discussed.

**Social Anxiety for Detection of Anxiety (EDAS): reliability and factorial structure** (pp. 251-268)

José Olivares Rodríguez, José Antonio Piqueras Rodríguez, and Raquel Sánchez-García  
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The main aim of this study was to analyze the factor structure and reliability of the Escala para la Ansiedad Social (EDAS) (Scale for Social Anxiety), a new self-report instrument developed to assess social anxiety in adolescence. The questionnaire was applied to a sample of 3181 high school students between the ages of 14 and 17. The scale consisted of 26 items and a 5-point rating-scale, from 1 to 5. The exploratory factor analysis isolated 2 factors: Social Anxiety and Interference, which accounted for 40.52% of variance. Internal consistency (.92) was high. No significant differences due to gender, age and gender by age were found, but females presented higher scores on the Social Anxiety subscale than males. Results support the reliability and validity of the EDAS in the assessment of social anxiety for Spanish adolescents.

**Behavior modification today: an intricated picture** (pp. 269-288)

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Behavior modification is one of the leading psychological approaches to current work on mental health. The strength of behavior modification derives partly from its scientific grounding and the empirical validation of its procedures, and partly from its humane application of psychological principles to a wide diversity of clients. Current behavior modification is a heterogeneous area of research and application. This article highlights present directions of research and practice in behavior modification. Topics addressed include concept and characteristics, approaches, theory, efficacy, effectiveness and efficiency, the role of treatment manuals, assessment, techniques and clinical practice, and applications.

**Development of an Irrational Beliefs Inventory for adolescents** (pp. 289-304)

Olga Cardeñoso and Esther Calvete  
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The aim of this study was to develop an Irrational Beliefs Inventory for adolescents (TCI-A). This inventory included one scale of Irrationality and six subscales of irrational beliefs: Need for Approval/Success, Helplessness, Blame Proneness, Avoiding Problems, Intolerance to Frustration and Justification of the Use of Violence. The participants were 856 adolescent students (Mean age= 15.92 years old). They completed the irrational beliefs subscales together with the Youth Self Report (YSR; Achenbach, 1991) and the Social Problem Solving

Inventory-Revised (SPSI-R; D'Zurilla, Nezu & Maydeu-Olivares, 1998). The confirmatory factor analysis showed that the structure suggested for TCI-A was adequate. Irrationality results correlated with behavior problems. Most remarkable were the associations between the Need of Approval/Success subscale, and the Internalizing Syndrome and the Justification of the Use of Violence and Externalizing Syndrome. Finally, the Need of Approval/Success and the Helplessness subscales were associated with the Negative Problem Orientation.

**Treatment of a single case of bowel obsessions through in-vivo exposure** (pp. 307-321)

Cristian Ochoa, Susana Jiménez-Murcia, Jorge Sancho, Pino Alonso, José Manuel Menchón, and Julio Vallejo

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In this study, a baseline design (A-B) with multiple behaviors was applied to assess the effectiveness of exposure plus response prevention (ERP) techniques for approaching a case of bowel obsession (BO) in a 19 year-old male. The aim of describing this single case was twofold: to report on a functional analysis of this mental disorder and to assess the degree of effectiveness after using such an approach. For the assessment, simultaneous monitoring included several target behaviours (e.g. waiting time before exposure, duration of exposure, distance from Hospital). The ERP approach was conducted in an inpatient setting and consisted of 21 regular exposures plus response prevention sessions. Our results showed that an ERP procedure was effective in this BO patient and was helpful in reducing his anxiety and avoidance behaviors.

**Reliability of Daily Stress Inventory: a cross-cultural study** (pp. 323-331)

Carlos N. Nava Quiroz, Sandra A. Anguiano Serrano, and Zaira Vega Valero

*F.E.S. Iztacala – UNAM (Mexico)*

Few instruments with attested levels of reliability and validity to study daily stress have been developed. Accordingly, the goal of the present was to evaluate the levels of reliability of the Inventory of daily stress (IDS), of Brantley, Waggoneer, Jones and Rappaport (1987), translated into Spanish, for its administration in Mexico and Spain, taking care of special idiomatic aspects for each sample. The results of the analysis of alphas, to evaluate the reliability, were high in the general sample, and so was the particular analysis for each sample. The results are discussed arguing for the need of instruments with appropriate metric properties for research which give validity to findings.

**Psicología Conductual, 2004, Volume 12, Number 3**  
**(Monographic issues on “Eating disorders”)**

**Eating disorders in children** (pp. 357-384)

Manuel Jiménez

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It is generally accepted that eating disorders are already present in childhood, but very few research investigations have been conducted in this age. The current status of diagnosis, prevalence, assessment and etiology of eating disorders in childhood is reviewed. The

diagnostic criteria for adults have been shown to be not very appropriate for that developmental stage. The definition, classification and diagnosis of eating disorders should be done on the basis of specific diagnostic criteria for childhood. The prevalence shows a high variability depending on several factors as the comprehensive or narrow use of the diagnostic criteria, among others. The troubled eating attitudes and behaviors as also partial syndromes are frequent in this period of age, but complete syndromes are scarce. There are very few assessment instruments developed specifically for childhood. Most of them are adaptations of those used with adults, showing important deficits in providing cut-off scores, sensibility, specificity and predictive power. Few research has been conducted on risk factors. The evidence points out to the presence of several early attitudes and eating behaviors that could be influencing the development of a later eating disorder.

**Eating disordered behavior in women: cross-cultural self-report assessment and issues** (pp. 385-414)

Laurie B. Mintz<sup>1</sup> and Susan Kashubeck-West<sup>2</sup>

<sup>1</sup>*University of Missouri at Columbia (USA);* <sup>2</sup>*University of Missouri at St. Louis (USA)*

This paper first reviews two important issues involved in the transcultural validation of eating disorder self-report inventories. Following this, three self-report eating disorder inventories are reviewed: 1) the Eating Attitudes Test (Garner & Garfinkel, 1979; Garner, Olmstead, Bohr, & Garfinkel, 1982); 2) the Eating Disorder Inventory (Garner, Olmstead, & Polivy, 1983; Garner, 1991); and 3) the Questionnaire for Eating Disorder Diagnoses (Mintz, O'Halloran, Mulholland, & Schneider, 1997). Each review includes a general description, availability information, summaries of psychometric evaluations of English and translated versions, and recommendations concerning research and clinical uses. Brief synopses of self-report inventories not reviewed, as well as structured clinical interviews, are also provided.

**Presence of eating disorders in Mexican men and women: some associated factors** (pp. 415-427)

Rosalía Vázquez Arévalo, Xochitl López Aguilar, Georgina Leticia Álvarez Rayón, Karina Franco Paredes, and Juan Manuel Mancilla Díaz

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The objective of the present study was to compare the presence of Eating Disorder (ED) and some associated factors –body dissatisfaction and cognitive factors– between men and women in an incidental sample of young Mexican. 1483 young (N= 731 women and N= 752 men) with an average age of 16 years (SD= 4.29) participated in the study and completed four questionnaires regarding to eating attitudes (EAT-40), body dissatisfaction (BSQ), behavioral and cognitive aspects (EDI) and bulimic behaviors (BULIT). Those that exceeded the cut points of EAT and/or BULIT were interviewed for ED diagnosis. The results showed that 12 participants reported ED; 3 women Anorexia Nervosa and 8 Bulimia Nervosa, and only 1 man Bulimia Nervosa. Moreover 48 presented Eating Disorders Not Otherwise Specified (EDNOS, 41 women and 7 men). Regarding the cognitive factors, the women displayed greater Drive for thinness, Body Dissatisfaction and lower Interoceptive Awareness than men, whereas men had greater Interpersonal Distress than women.

**Eating disorder and conception of fear of fatness among non-Western adolescent population: experience from Oman** (pp. 429-446)

Samir Al-Adawi<sup>2</sup>, Atsu S. S. Dorvlo<sup>1</sup> PC Alexander<sup>1</sup> Rodger G. Martin<sup>1</sup>, Kazuhiro Yoishiuchi<sup>2</sup>, Hiroaki Kumano<sup>2</sup>, and Tomifusa Kuboki<sup>2</sup>

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Debates are continuing on whether a protean maladjustment disorder such as anorexia nervosa has similar manifestations in different cultures and whether eating pathology constitutes a culture-bound or culture-reactive phenomenon. This paper aims to explore how the view that a prototypical conception of fear of fatness as an essential factor for identifying anorexia nervosa is expressed in some non-western populations. Oman, a rapidly developing country, has a mix of populations that provide a favorable setting for studying the cross-cultural differences in health behavior. The present study suggests that performance of non-western adolescent (Omani, Indian) on assessment measures eliciting fear of fatness or 'fat phobia' was significantly different from their Euro-American counterparts. However, no significant differences emerged as a function of other indexes of eating pathology such as EAT-26 and anthropomorphic variables. This paper speculates on cultural patterning that might protect non-western adolescence from developing isomorphic attitudes and behaviors leading to body image dissatisfaction.

**Reliability and validity of Bulimic Investigatory Test, Edinburgh (BITE) in a sample of Spanish adolescents**

Teresa Rivas, Rosa Bersabé, and Manolo Jiménez

*University of Malaga (Spain)*

Some psychometric properties of the Bulimic Investigatory Test, Edinburgh (BITE; Henderson and Freeman, 1987) were analysed in a non-clinical sample. The questionnaire was administered to 1122 adolescents, 669 girls and 453 boys from different schools, aged 12 to 21, from Malaga (Spain). The BITE consists of two subscales: the Symptom Scale and the Severity Scale. Both scales showed a unidimensional structure and a high internal consistency. From a ROC curve, cut-off points were established in the BITE scores related to DSM-IV bulimia diagnostic (American Psychiatric Association, 1994). With these cut-off points, a high specificity was found, but a lower sensitivity than that reported in clinical samples. However, scores in the bulimic group were higher than in any other eating disorder group or in those with no disorder. Thus, BITE shows a certain degree of validity in assessing specific symptoms of bulimia. As a diagnostic instrument, however, it may give a high rate of false negatives in samples from general populations.

**Integrating dispositional and psychosocial learning risk factors for bulimia nervosa** (pp. 463-489)

Gregory T. Smith<sup>1</sup>, Melissa Cyders<sup>1</sup>, Sarah Fischer<sup>1</sup>, and Jean Simmons<sup>2</sup>

<sup>1</sup>*University of Kentucky (USA);* <sup>2</sup>*The Cleveland Clinic (USA)*

We propose a risk model for bulimia nervosa (BN) that has these characteristics. Trait urgency, the tendency to act rashly/maladaptively when distressed, is a dispositional risk factor that is general to many disorders, including BN. Expectancies for reinforcement from eating and from dieting/thinness are risk factors that result from psychosocial learning and are specific to eating disorders. Risk for BN is increased to the degree that one is high in negative

affectivity, high in urgency, and simultaneously holds expectancies for reinforcement from eating and from dieting/thinness. We provide empirical support for both the dispositional and learned components of this model. We demonstrate how the model integrates and extends existing risk literature and we briefly consider the role of culture in this process.

**An overview of treatment approaches for eating disorders** (pp. 491-500)

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The aim of this article is to summarise what is known about the management of eating disorders. I introduce the findings from the National Institute of Clinical Excellence (NICE) guideline which was developed by a committee of experts and stakeholders who reviewed the literature. However I will not merely summarise that document which is freely available and accessible from the internet but I propose to discuss some of the theoretical and empirical evidence for future directions for research and development and to highlight questions and ideas that the NICE guidelines failed to address.

**Effectiveness of cognitive-behavioral outpatient treatment for bulimia nervosa** (pp. 501-518)

Fernando Fernández-Aranda, Carolina Casasnovas, Susana Jiménez-Murcia, Isabel Drug, Cristina Martínez, Araceli Núñez, Maria José Ramos, and Isabel Sánchez and Julio Vallejo  
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The aim of the current study was to examine the relative efficacy of two different group therapy (GT) approaches (psychoeducational –PE- vs. cognitive-behavioural –CBT-) for bulimia nervosa (BN) when compared with a control group (waiting list, WL). 100 BN patients, diagnosed according to DSM-IV criteria, who sought consecutively for treatment at the Eating Disorders Outpatient Unit, participated in the study. The whole sample were consecutively assigned to: (a) brief GT (PE, N= 50) (b) long GT (CBT, N= 50). The data were compared with a control group of 40 BN patients on the waiting list, matched for age, severity and duration of the disorder. All patients were female. For the assessment, commonly applied questionnaires in the field of eating disorders were used, such as: Eating Disorders Inventory (EDI), Bulimic Investigatory Test Edinburgh (BITE), Eating Attitudes Test (EAT-40), Social Avoidance Scale (SAD), Body Shape Questionnaire (BSQ) and Beck Depression Inventory (BDI). Outcome measures included also change in vomiting and binge-eating episodes per week, but also motivational stage. At post-treatment, 72% of the CBT group and 33% of PE group were abstinent from binge behaviours ( $X^2=37,13$ ;  $p<0.001$ ). Good-outcome, observed in more than 75,6% of the CBT group and 38,1% of the PE group, was associated with the independent variable treatment (PE vs. CBT-  $p<0.001$ ), while no treatment (WL) was followed by increase of general BMI (t-pairs=  $-2,38$ ;  $p<0.024$ ). The authors sought to identify as predicting factors of success: lower severity of the disorders ( $p<0.018$ ) and later age of onset ( $p<0.05$ ). As main conclusion, CBT (long GT) shows better outcome than PE (brief GT), whereas no treatment rarely shows spontaneous recovery. PE should be specially indicated in less severe BN patients.

**Treatment of body image in eating disorders through cognitive-behavioral treatment supported by virtual reality: results of one-year follow-up** (pp. 519-537)

Conxa Perpiñá<sup>1</sup>, José H. Marco<sup>2</sup>, Cristina Botella<sup>2</sup>, and Rosa Baños<sup>1</sup>

<sup>1</sup>*University of Valencia;* <sup>2</sup>*Jaume I University (UJI) of Castellón (Spain)*

The present paper aims to showing the follow-up data, one year after treatment completion. Measures of body image, eating disorders, and general psychopathology were assessed. Comparisons were made among pre-treatment, post-treatment, 6- and 12-month follow-up measures. Results at post-treatment were not only maintained at one-year follow-up, but also the improvement continued along that period. The combination of cognitive-behavioral treatment and VR empowers the results of the standard BI treatment, and the improvement continues along one year after treatment. Such improvement was not only circumscribed to the treatment target (BI disturbances), but was extended to eating disorder and general psychopathology, in spite of not being specific goals of the therapeutic intervention.

**Use of computerized programs in the treatment of eating disorders** (pp. 539-549)

Joana Alenyà Mateu<sup>1</sup> and Ulrike Schmidt<sup>2</sup>

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New technologies have been greatly developed during last years and it has also being widen altogether the filelds where they can be useful, like in the Eating Disorders (ED). The Eating Disorders Unit of South London and Maudsley Hospital, always interested in the development of new interventions, has performed pilot studies focused in the use of a computerized program, based on cognitive-behavioral techniques, for the treatment of the ED. Also a preliminary research about relapse prevention in bulimic patients by sending messages through cellular phones has been carried out. These studies, together with many other ones, are a clear example of the interest that the use of these technologies is arising in the therapeutic environment; representing also a first step in the study of their therapeutic effectiveness.

**Cognitive-behavioral management of bodily image** (pp. 551-576)

David Sánchez-Carracedo, Marisol Mora, Gemma López, Helena Marroquín, Isabel Ridaura, and Rosa M. Raich

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The present article shows a review of interventions regarding Body Image Disorder (Body Dysmorphic Disorder) as well as an application of a cognitive-behavioral intervention with university students. The assesment at the pre and post-treatment and at the follow-up with the Body Shape Questionnaire (Cooper, Taylor, Cooper and Fairburn et al, 1987), the Body Dysmorphic Disorder Examination (Rosen and Reiter, 1995) the Eating Disorder Examination (Fairburn & Wilson, 1993) the Rosenberg Self-Esteem Scale (Rosenberg, 1979), the Brief Symptom Inventory (Degoratis and Spencer, 1982) and the Beck Depresión Inventory (Beck, Ward, Mendelson, Mock, and Erbaugh., 1961) show the effectiveness of the treatment.

**A review of eating disorder prevention programs** (pp. 577-603)

Heather Shaw and Eric Stice

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This review highlights that there are a number of promising eating disorder prevention programs that have been developed and evaluated. Several programs decreased current eating pathology and the risk for future increases in eating pathology, and even more programs decreased risk factors for eating pathology (e.g., body dissatisfaction). Certain intervention effects persisted for 2 years and were superior to alternative intervention and placebo control conditions. There may be several approaches to effectively preventing eating disturbances, but it appears that successful programs often decreased attitudinal risk factors and promoted healthy weight control behaviors. Further, larger intervention effects tended to occur in selected (vs. universal) programs, interactive (vs. didactic) programs, multi-session (vs. single-session) programs, and for evaluations that used validated outcome measures. Larger intervention effects also occurred for programs offered solely to females and to participants older than 15 years of age. Results also indicated that smaller effects occurred for interventions with psychoeducational content. Finally, there is evidence that programs that are not explicitly presented as an eating disorder prevention program produced more positive effects

**A prevention and early detection program for the treatment of eating disorders: experience from Spain** (pp. 605-635)

Verania Andres<sup>1</sup>, Aranzazu Cariñanos<sup>2</sup>, Lourdes Díaz-Merino<sup>3</sup>, Raquel Martín<sup>4</sup>, M<sup>a</sup> Victoria Martos<sup>5</sup>, M<sup>a</sup> José Vázquez<sup>6</sup>, and Berta Villanueva<sup>7</sup>

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A Prevention and Early Detection Eating Disorders Program carried out in Madrid during six years with children from 12 to 14 years is presented. Interviews focused on risk detection (Endefa 1) were carried out working with the parents of the children at risk. Courses on prevention of eating disorders were taught to the teachers and physicians of the community. Children at risk were also included in some workshops about prevention of eating disorders. To this end, not only were assessed factors related with food (fear of fatness, dissatisfaction with body shape, and so on) but other cognitive, behavioral, and emotional risk factors involved with these disorders (perfectionism, low self-esteem, self-criticism, social relationships with pairs, and so on). Familiar and social risk factors were also assessed. Program outcome particularly their effectiveness on eating disorders with children is also discussed.

**Hospitalization in anorexia nervosa: reflections from the experience** (pp. 637-651)

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NO ABSTRACT

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**Empathy in high- and low-risk students for child physical abuse (pp. 5-18)**

Alicia Pérez-Albéniz and Joaquín de Paúl

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The present study was designed to analyse whether subjects with a high-risk for child physical abuse, as compared to those with a low-risk, show deficit on different dimensions of dispositional empathy (empathic concern, perspective taking and personal distress). In addition, the study was designed in order to analyse whether these deficits are different for males and females at risk for child physical abuse. Results showed that the participants' risk status and participants' gender were significant. Results indicated that subjects with a high-risk for child physical abuse showed significantly higher scores on the Personal distress dimension and significantly lower scores on the Perspective taking dimension. However, contrary to expectations, results did not show a significant interaction between participants' risk status and gender.

**Lifestyle-related beliefs of young Latin-Americans (pp. 19-36)**

Marcela Arrivillaga Quintero and Isabel Cristina Salazar Torres

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This article presents the lifestyle-related beliefs of young Latin-Americans, in particular Colombian university students. It is based on a non-experimental, descriptive and cross-sectional study. A description is made of the health-related beliefs of 754 youths regarding six different lifestyle variables: condition, physical and sporting activity, recreation and use of free time, self-care and medical care, eating habits, the consumption of alcohol, tobacco and other drugs, and sleep. For this purpose, the Lifestyle-related questionnaire on practices and beliefs, and a Lifestyle-related survey on environmental factors were applied. A high presence of beliefs favorable to health was found in all the variables measured, except in sleep. Results are discussed in the light of the Health beliefs model (Hochbaum, 1958, Rosenstock, 1990), the Theory of reasoned action (Fishbein and Ajzen, 1980) and the Adoption of precautions model (Weinstein, 1998). Finally, it is highlighted that we need to design programs which are aimed at the promotion of healthy lifestyles among youths, taking into account various psycho-social processes such as learning, cognition, motivation and emotion

**The hypnotic influencing process: abilities and strategies for suggestion (pp. 37-57)**

Pedro Jara Vera

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In this article reveals the important heuristic value of hypnosis in psychology. Hypnosis is conceptualized like a particular and conventional learning context, Its common and distinctive features are stated regarding alternative strategies in clinical work. We highlight the importance of hypnosis for every therapist, regardless their theoretical orientation, and encourage the development of an understanding of and training in hypnotic strategies and abilities. For this purpose, we present an analysis and justification of up to twenty kinds of specific elements and abilities that shape a map of the significant variables in the operative use of hypnotic techniques. So, this work can provide a useful guide for learning and training



programs in hypnosis for professionals, as well as a guide of “hypnotic abilities” for therapists, even if they do not wish to make a formal use of hypnosis.

**Factorial structure in a Mexican scale of Type “A” behavior pattern and its relationship with illness symptoms** (pp. 59-78)

Arturo Juárez García, Beatriz Frías Arroyo, and Leonardo Reynoso-Erazo  
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Most of the Type A Behavior Pattern (TABP) scales were designed on a global character basis, that is, unidimensionally. However, it has been recently demonstrated that hostility has a primordial importance in its relationship with cardiovascular disease. The purpose of the present study was to carry out a factorial analysis of a Mexican scale of TABP to locate the dimensions that compose it and to evaluate its relationship with somatic symptoms in the digestive, breathing and circulatory systems. 522 Mexican subjects who work in Mexico City and the suburbs participated. The results show three factors that explain 30.85% of the variance in the whole experiment. The first factor (impatience-hostility) was the only one which obtained significant relationships with the circulatory system and its reliability values were higher than the original scale, and as a result it is singled out as the main component of the scale. We discuss the importance of the components and the structure found for future studies to develop preventive or intervention programs.

**Traumatic events: a prevalence study in undergraduate population** (pp. 79-96)

Juan Luis Martín Ayala and Joaquín de Paúl  
*University of País Vasco, San Sebastián (Spain)*

The present study was designed to analyse whether subjects with a high-risk for child physical abuse, as compared to those with a low-risk, show deficit on different dimensions of dispositional empathy (empathic concern, perspective taking and personal distress). In addition, the study was designed in order to analyse whether these deficits are different for males and females at risk for child physical abuse. Results showed that the participants' risk status and participants' gender were significant. Results indicated that subjects with a high-risk for child physical abuse showed significantly higher scores on the Personal distress dimension and significantly lower scores on the Perspective taking dimension. However, contrary to expectations, results did not show a significant interaction between participants' risk status and gender.

**Cognitive-behavioral treatment of the phobia of air travel: a new program to foster treatment efficiency** (pp. 97-110)

C. Dolores Sosa, Tania Díaz, and Juan I. Capafons  
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This article explains a cognitive-behavioural treatment for eliminating the flying phobia in a shorter period of time. The treatment is based on the combination of the most effective techniques used to tackle this problem: exposure techniques, techniques for the control of anxiety and of breathing, stop thinking, information and training in reattribution. The peculiarity of this new treatment is the preparation of patients for a trip under good conditions, taking as a basis the functional analysis of their problem, in order to facilitate

exposure. This work presents a case study of two patients who are treated during six sessions and we have called this treatment “a trip under good conditions”. The implications of these cases are commented with regard to clinical practice and future research.

**Psychometric properties of the Catalan version of the Spence Children’s Anxiety Scale (SCAS)** (pp. 111-123)

Miquel Tortella-Feliu, Maria Balle, Mateu Servera, and Gloria García de la Banda  
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The psychometric properties of a Catalan version of the Spence Children's Anxiety Scale, SCAS (Spence, 1998) were analyzed in a sample of 692 elementary-school children. The Catalan SCAS demonstrated high internal consistency, test-retest reliability, convergent and discriminant validity, similar to previous results with the English version. A principal component analysis of the instrument yielded six factors, slightly different from previous research. The similarity of the findings to previous research on the SCAS is discussed.

**Alcohol and “ecstasy” (MDMA) consumption in adolescents and related psychosocial variables: a descriptive analysis** (pp. 127-145)

Cecilia Peñacoba, José Luis González-Gutiérrez, Minerva Benito, Elena Botillo, Rocío González, Ricardo Moreno-Rodríguez, Juan Arday, and Isabel Carretero  
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The present study assessed the prevalence of alcohol and “ecstasy” (MDMA) consumption in adolescents in a south area of the Community of Madrid. Attitudes toward these drugs, the adolescents’ perceived social support, the personality trait of sensation seeking (linked to drug consumption), and antisocial and/or delinquent behaviours were also studied. The results revealed a problem in the youth population regarding the consumption of these substances. Differences in trends of consumption and the related variables assessed were observed among men and women. An increase in the positive attitude toward drugs with age was also observed.

**The hospitalized child: an analysis of a psychological intervention program on the preparation for an inhalation medical procedure** (pp. 147-162)

Maria Rita Zoéga Soares  
*State University of Londrina (Brazil)*

Children’s hospitalization is a complex condition which needs psychological intervention to promote patient’s better behavior, facilitating their adaptation. Experimental and observational procedures were proposed to describe and assess an assistantship program for hospitalized children during an inhalation medical procedure, observing the decrease of concurrent behavior (responses which can cause difficulties, delays or impediments to the medical procedure) and the increase of adequate behavior (responses which facilitate the medical procedure). The Observational Scale of Distress Behavior (OSDB) was used to define and the register the infant behavior categories. This research was carried out with 20 children distributed in an experimental group (N= 10) and a control group (N= 10). Children from the experimental group followed the Activities Program, which included the development of infant reading related strategies, simulations, relaxation techniques and fantasy. The data

analysis demonstrated that the experimental group showed a more adequate behavior pattern contributing to the inhalation medical procedure (a decrease in concurrent behavior and an increase in acceptance behavior). Furthermore, the functional relationships in the hospital environment were better understood and consequently improved patient behavior. Results from this study will support the development of psychological programs for medical procedures in hospitals.

## **Psicología Conductual, 2005, Volume 13, Number 2**

### **What does the SCL-90-R really measure? Factorial structure in a mixed sample of undergraduates and patients (pp. 181-196)**

Arturo Bados, Gemma Balaguer, and Marc Coronas  
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The Symptom Checklist-90-R (SCL-90-R, Derogatis, 1983, 2002) is meant to measure nine specific psychopathological dimensions (e.g., somatization, depression) and also provides three global psychopathological indices. However, a large number of exploratory and confirmatory factor analyses have failed to validate their dimensional structure. One possible reason for this could be an insufficient variability in the samples used. To check this effect, a factor analysis of the SCL 90 R was carried out in a combined sample of undergraduates and patients. The nine dimensions identified only matched or approached the original ones in name. Indeed, in most cases there was a poor match among items corresponding to dimensions with identical or similar names. It is concluded, on one hand, that the failure to replicate the factorial structure of the SCL 90 R could be largely explained by the complex logico-semantic structure of the questionnaire; and, on the other hand, that it is highly questionable to interpret the nine SCL 90 R dimensions for any clinical purpose. Thus, it is more advisable to use the instrument as a measure of general emotional distress or psychopathology.

### **Antisocial behavior during adolescence: socio-emotional correlations, predictors and gender differences (pp. 197-215)**

Maite Garaigordobil Landazabal  
*University of País Vasco (Spain)*

The three objectives of this research were: 1) to analyse the relationships between antisocial behavior and several socio-emotional factors of adolescent personality, 2) to identify predicting variables of this behavior, and 3) to determine whether differences according to gender were involved. The sample was made up of 174 adolescent aged 12-14 years. The study employed a correlational methodology, and thirteen evaluation instruments were used in order to assess the variables. The results of correlational analyses (Pearson) suggest that adolescents with high antisocial behavior show: few social behaviors of consideration for others, self-control, prosocial, assertive, and passive behaviors; many aggressive social behaviors with peers, and low level of social adaptation. Furthermore, these participants have low self-concept and a negative perception of the classmates. On the other hand, they have many prejudiced cognitions regarding different socio-cultural groups, few non prejudiced neutral cognitions, low capacity for empathy, high impulsiveness, and many scholars

problems. Multiple regression analyses allow identification of the following predicting variables of antisocial behavior: many aggressive behaviors, few prosocial behaviors, high impulsiveness, few social behaviors of consideration for others, high negative self-concept, and few non prejudiced neutral cognitions. ANOVA results did not show significant gender differences in antisocial behavior.

**Emotional sensitivity and its moderating role in the stress-illness relationship** (pp. 217-230)

Leticia R. Guarino

*Simón Bolívar University, Caracas (Venezuela)*

The present study tested the moderating role of emotional sensitivity in the stress-illness relationship. To do so, the three dimensions of the Spanish Emotional Sensitivity Scale (ESS-Guarino, 2004, Guarino & Roger, 2005) together with health inventories were administered to a sample of college students undergoing an adaptation period to the university (T1). Questionnaires were administered again 8 weeks later as a follow-up measure. Results from regressions taking the ESS scores at T1 as independent variables and controlling the initial values of the health indicators showed that negative egocentric and positive interpersonal sensitivity predicted significantly changes in the physical symptoms reports. Changes in the report of psychological symptoms were only explained by the negative egocentric sensitivity, after the initial health scores were controlled for, and only for males. The health report of women at T2 was not affected by their emotional sensitivity. Results support previous findings regarding the harmful effect of the negative egocentric sensitivity over health, especially in individuals undergoing high stress levels and psychological demands

**Mood at one month of postpartum assessed by the Edinburgh Postnatal Depression Scale** (pp. 231-241)

Gracia Maroto Navarro<sup>1</sup>, Maria del Mar García Calvete<sup>1</sup>, and Antonio Fernández Parra<sup>2</sup>

<sup>1</sup>*Andalusian School of Public Health at Granada;* <sup>2</sup>*University of Granada (Spain)*

A prevalence of the maternal depression at the first month after delivery was detected and some psychometric characteristics of the Edinburgh Postnatal Depression Scale (EPDS) were analysed (internal consistency, factor analysis and concurrent validity) using the Beck Depression Inventory (BDI). A sample of mothers (from Malaga, Spain) were selected at the first month after delivery. Two factors explain the highest variability (sadness and anxiety). The items of the EPDS show a good discrimination, high internal consistency (0,83) and converge with the BDI, except in two items

**Smoking cessation through a self-help procedure: analysis of non-fulfillment of recommended tasks** (pp. 243-253)

M<sup>a</sup> del Carmen Míguez and Elisardo Becoña

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The present study analyses the difficulties that may be faced by the smokers that take part in a self-help treatment for smoking cessation, potentially leading to the non-fulfilment of the treatment tasks. The study analyzed the tobacco quit process in a sample of 100 smokers who participated in a self-help treatment for smoking cessation. The results obtained show that the

most common difficulties faced by smokers are related with the following tasks: reduction of number of cigarettes; let a part of the cigarette without smoking; accomplishing the self-reports; reading the manual; changing brands when indicated; non smoking in several situations; maintaining a waiting period before smoking, after meals and/or coffee; and starting the treatment. Furthermore, it is observed that such difficulties are the product of mainly two factors: the absence of an adequate reading of the manual, and the underestimation of the relevance of some tasks indicated throughout the treatment.

**Design and validation of an assessment instrument to evaluate behavioral competences and its relationship with health** (pp. 255-273)

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The present study was developed to create methodological tools to understand the functional role of different psychological factors and their influence on health/disease, from the perspective of a specific theoretical model: the Psychological Model of Biological Health proposed by Ribes on 1990. Within this framework, an instrument was built for its use, in another moment, to evaluate the relationship between competences, that is, the capability of a person to face different environmental situations, and health/disease, taking into account affective and valuative dimensions of competences. Thus, this paper presents research related to the design and validation of an instrument designed to evaluate competences in three dimensions: effective, affective and valuative, such as some features of health/disease. The instrument was applied to 180 voluntary subjects. Once it was applied, different statistical analyses were made in order to validate it. The results show that the instrument is valid and reliable and therefore its application for different purposes is suggested.

**Personality disorders in alcoholics: a study using the IPDE** (pp. 275-287)

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In this paper, the personality disorders most frequently related to alcoholism are described. A sample of 50 alcoholics seeking treatment, who were assessed with the IPDE in the course of the pre-treatment assessment, and 55 normal subjects from the general population with the same demographic features (age, sex and socioeconomic level) were selected. According to the results, 22% of the clinical sample (versus 7.27% of the normal sample) showed at least one personality disorder. The most prevalent disorder was the Avoidance Personality Disorder (32%), followed by the Non Specified (8%) the Borderline (6%) and the Antisocial together with the Narcissistic (2% each). The implications of this study for clinical practice and future research in this field, as well as the necessity to use diagnostic interviews instead of self-reports in the evaluation of personality disorders, are commented upon.

**General efficacy as predictor of chronic substance use** (pp. 289-296)

Francisca López Torrecillas<sup>1,2</sup>, Vicente E. Caballo<sup>2</sup>, Lucrecia Pastor del Carpio<sup>3</sup>, and Isabel Ramírez Uclés<sup>2</sup>

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The goal of this study is to test the existence of a relationship among some variables of personality and treatment (general self-efficacy, social self-efficacy and number of treatment intents) with chronic substance use (alcohol, cannabis and cocaine). The participants in the study were 175 polysubstance users (alcohol, cannabis and cocaine). They began their treatment in 44 treatment and rehabilitation centers in three regions of Bolivia: La Paz, Cochabamba & Santa Cruz.. The assessment instruments applied were the Self-efficacy Scale (Sherer et al., 1982) and the “Informative Interview regarding the Cultural, Professional and Research Level of the Addictive Behavior” by López-Torrecillas (1996). The results show that General Self-efficacy mediates the prediction of chronic alcohol, cannabis and cocaine use. These results point to the need to develop intervention programs devoted to the modification of this psychological variable

**Family environment in attention deficit-hyperactivity disorder** (pp. 297-310)

Cecilia Montiel-Nava<sup>1,2</sup>, Isabel Montiel-Barbero<sup>1</sup>, and Joaquín A. Peña<sup>1,2</sup>

<sup>1</sup>Rafael Urdaneta University, Maracaibo; <sup>2</sup>The University from Zulia (Venezuela)

The effect of family environment on the development of Attention Deficit-Hyperactivity Disorder (ADHD) is not known. We sought to characterize families with children with ADHD in order to better understand the contributions of family environment to the development of ADHD. We collected demographic data, parents' and teachers' rating scales, intellectual quotient, and the family environment scale (FES) for 53 children (aged 4-13), 29 with ADHD diagnosis and 24 controls. Statistical analysis indicated a family environment profile within the average range for both samples. There were significant differences between ADHD and controls for the measures of cohesion, intellectual activity orientation, and recreational activities orientation. Greater severity of the TDAH symptoms was related to less cohesion and more conflict. There seems to be no association between the quality of the family environment and the diagnosis of ADHD.

**Islamist radicalism in Western societies: prejudice, social identity and the legitimization of terrorism** (pp. 311-328)

Humberto M. Trujillo, Manuel Moyano, Cristóbal León, Carolina C. Valenzuela, and Joaquín González-Cabrera

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In the last few years, islamic terrorism has clearly become one of the major security challenges in western countries, specially after the attacks in New York, Madrid and London. This article tackles two main global aims. Firstly, a psychological approach rooted in the study of prejudice and social identity has been applied to analyze and better understand which conditions and factors favor radicalization processes in jihadists groups based in western societies. And secondly, this paper reflects on whether the combination of these processes and ideology has an impact on demagogic legitimation and justification of the terrorist behavior. This analysis explains specific questions about terrorist and their actions. As a conclusion, the article points out that a sensible way forwards is to implement preventive polices based on educational processes. Thus, an improvement of some distorted perceptions among minority groups will be achieved, real integration will be promoted, and the coexistence and respect towards different cultures will be facilitated. These policies will be crucial to prevent radicalization processes and to help diminish the terrorist threat.

**Psicología Conductual, 2005, Volume 13, Number 3  
(Monographic issue on “New addictions in the XXI Century”)**

**Addiction to new substances** (pp. 349-369)

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The use of some drugs, such as cannabis and cocaine, has grown in important ways in recent years. The use of other substances has remained constant or has been reduced, as in the case of the legal ones, alcohol and tobacco. The interest in new drugs has kept growing in the last years among the youth. The access to Internet and the emergence of the pro-cannabis movement have facilitated this. In this paper we analyzed the characteristics of some not very well-known drugs and other substances which deserve special consideration at this precise moment. We examined the new and old synthetic drugs, the increase in the consumption of hydroponic cannabis, liquid ecstasy or GHB, ketamine, enteogens, ayahuasca and the possible increase in heroine consumption. We conclude that never has drug use reached such high levels, especially among the youth. We analyzed the underlying causes of this consumption and the need for health professionals to develop effective preventive and treatment programs for the people with addiction and dependence of the different psychoactive drugs.

**New experiences for the treatment of heroin addicts: programs of heroin prescription**  
(pp. 371-382)

Antonio Rodrigo<sup>1</sup>, Eugenia Oviedo-Joekes<sup>2</sup>, and Equipo PEPSA

<sup>1</sup>*PsicoSalud Center, Almeria;* <sup>2</sup>*Andalusian School of Public Health, Granada (Spain)*

Opiate dependence is a chronic illness that may be approached by different treatment programs, such as drug-free or harm reduction programmes (i.e. substitution). Nevertheless, the treatment programs available are not working for some heroin dependent persons. In this context the programs of heroine prescription are developed as an alternative to drug users with severe medical, psychological and social problems. This treatment, as a program or a trial, is now offered in a few European countries (United Kingdom, Switzerland, Netherlands, and Spain). Heroin trials could increase the scientific knowledge, provide more clinical evidence and reach conclusions about the therapeutic utility of this programs, and the opportunity to offer a new hope and the chance to improve the quality of life of heroin users.

**Eating addiction** (pp. 383-394)

Francisco Alonso-Fernández

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Addictive diseases are defined according to five criteria. In particular eating addiction is one of the most important of the so called “new addictions” or “social addictions”. Eating addiction is divided into three significant modalities: bulimic episodes, addictive hiperphagia and monoalimentary addiction. The most central features of pure bulimia are described: overall risk factors, symptoms and therapy, and special attention is paid to the differential diagnosis with bulimia nervosa, that is, bulimia associated with anorexia. The punctual prevalence of addictive bulimia is 1% among female people. The addictive excessive eating is

associated almost always with overweight and characterized by “binge eating”, distributed in three patterns: the infantile neurotic type, the depressive type and the psychosomatic anxious type. Its therapy includes certain medicaments used also against the bulimic episodes, behaviour modifications in relation to food and specific treatment in order each type. Finally, the chocolate addiction is underlined as the best known monoalimentary addiction, being chocolate craving often associated with the premenstrual period

**Dependence (“addiction”) to physical exercise: ¿fact or fiction?** (pp. 395-404)

Eduardo Remor

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The objective of this article was to review part of the existing literature on exercise dependence with the intention of clarifying its definition, summarizing the studies available on the phenomenon, indicating the instruments of measurement of higher scientific rigor available, and finally discussing possible conclusions and future work directions. The different studies reviewed indicate that, in general, the “exercise dependence” has been understood as the need of physical activity, resulting in a excessive and uncontrollable physical exercise behaviour, of which the absence causes physiological and/or psychological symptoms. However, exercise dependence is not yet recognized as a distinct behaviour disorder, because there is no consensus in the objective criteria to establish its diagnosis. Also some studies, and the measures developed for the assessment of the dependency, have not been able to differentiate individuals who are “dependent” from those “non-dependent” on physical exercise. Researchers in this area demand investigations with more robust designs in order to clarify: (1) the criteria to define the dependent from the non-dependent individuals, and (2) the precipitating and perpetuating factors associated with exercise dependence.

**Sex addiction** (pp. 405-416)

José Cáceres Carrasco

*Navarro Service of Health and Deusto University (Spain)*

This paper reviews the concept of Sexual Addiction, some of its differential traits, (initial control by positive reinforcers, and, eventually, by negative reinforcers, loss of control, degradation and dependency as a core sign) characteristics that resemble those of other types of addictions. Some ideas, methods and instruments which elicit and maintain this type of behaviour are revised and some suggestions for assessment are made. It is concluded that despite the few empirical data, some important questions are still to be answered and speculations about its future prevalence are made, especially in regard to the impact of new technologies.

**Addiction to work** (pp. 417-428)

Bernardo Moreno Jiménez, Macarena Gálvez Herrero, Eva Garrosa Hernández and Raquel Rodríguez Carvajal

*Autonoma University of Madrid (Spain)*

Addictions are usually frowned upon, nevertheless the addiction work has clear social and economic reinforcements and it is often considered as a clean addiction. There is no consensus on the definition, and the instruments of measurement are scarce and slightly



studied. In spite of this, such addiction undoubtedly has clear consequences on the sufferers' health and on their productive quality. The few research studies available on this topic point towards the family and company's culture as its two main sources. There is hardly research on therapy and intervention, and it is more often a practical topic than the object of scientific investigation. Positive psychology can give a complementary perspective of study that describes and explains healthy and productive dedication to work.

**Shopping addiction: notes about the state of the art, with special attention to assessment and treatment strategies** (pp. 429-443)

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The objective of this article is to summarize what is known to date on the subject of shopping addiction paying special attention to its assessment and treatment. First, a generally agreed upon definition of this addiction is presented and various estimates of its prevalence are given, as well as findings obtained from two types of studies: those carried out in clinical settings and those developed in the field of social sciences. Secondly, the instruments that appear to be most appropriate in diagnosing this kind of addictive behaviour are discussed, and the use of comprehensive assessment strategies in conjunction with the treatment process is advocated. Finally, the main types of intervention are presented, including drug therapy, mutual help, and psychological treatment. A proposal is made of a holistic intervention strategy for shopping addiction based, mainly, on cognitive-behavioral intervention techniques.

**Videogame addiction: an overview of the literature** (pp. 445-462)

Mark D. Griffiths

*Nottingham Trent University (United Kingdom)*

This paper overviews the literature on videogame addiction and related research into the negative consequences of excessive videogame playing. Much of this research has been carried out on children and adolescents although recent research into online gaming suggests a minority of adults play very excessively. The paper demonstrates that research into videogame addiction is a little studied phenomenon and that more research is needed before the debate on whether videogame addiction is a distinct clinical entity can be decided. The research evidence suggests that videogames appear to be at least potentially addictive and that excessive videogame playing can have potentially damaging effects upon a small minority of individuals who appear to display elements of compulsive and addictive behaviour

**Classifying sub-types, consequences, and causes of Internet addiction** (pp. 463-480)

Kimberly S. Young

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The Internet itself is a neutral device originally designed to facilitate research among academic and military agencies. However, how some people have come to use this communication medium has created a stir among the mental health community by great discussion of Internet addiction. New areas of research have identified users who became hooked on online chat rooms, instant messaging, interactive games, and even to eBay, only to see their lives become increasingly unmanageable because of the Internet. Given the relative

newness of the disorder, little exists that clearly outlines the habit-forming nature of the Internet, its sub-types, consequences, and its causes. This article examines the diagnostic features associated with Internet addiction and provides an overview of this new clinical phenomenon. Specifically, the article defines Internet addiction so that readers have a workable model to understand the problem from a clinical perspective. As a new mental health phenomenon, this article classifies various sub-types of online abuse and outlines potential triggers to better understand its potential for addiction. Finally, implications for treating the disorder in our technology driven culture and areas for future research are discussed.

**Addiction to mobile phone** (pp. 481-493)

Marina Muñoz-Rivas and Santiago Agustín

*Autonoma University of Madrid (Spain)*

The appearance of “mobile phone addicts” is becoming more and more frequent in clinical psychology practice. In these cases, specialists tend to adapt other more established treatments to the specific characteristics of this addiction. Adapting treatments is complicated, since this is a phenomenon with very specific characteristics. In this article, we attempt to shed some light on the assessment of this new addiction by reviewing the corresponding investigations, indicating the specific characteristics that should be taken into account when addressing this possible addiction and proposing possible areas of future research.

**Analysis of the effectiveness of two types of group cognitive-behavioral treatment of pathological gambling** (pp. 495-510)

Susana Jiménez Murcia<sup>1</sup>, Eva Álvarez Moya<sup>1</sup>, Roser Granero Pérez<sup>2</sup>, Maria Neus Aymamí<sup>1</sup>, Mónica Gómez Peña<sup>1</sup>, Nuria Jaurrieta<sup>1</sup>, Bibiana Sans<sup>1</sup>, Jaime Rodríguez Martí<sup>1</sup>, and Julio Vallejo Ruiloba<sup>1</sup>

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The present study aimed to analyze the efficacy and efficiency of two cognitive-behavioral group treatment programs, as well as to determine which factors predict response to treatment, in a sample of pathological gamblers. We included 194 subjects seeking treatment for pathological gambling at Bellvitge University Hospital. The results indicated that our cognitive-behavioral group treatment was efficacious in most patients. The dropout rate for the total sample was 33.0% and the relapse rate was 24.5%. In addition, we observed statistically significant pre-treatment – post-treatment changes in some measures of psychopathological state and severity of gambling behavior. The risk of dropouts and relapses decreased significantly after the fifth session of therapy. Finally, severity of gambling behavior, high impulsivity, high novelty seeking, and severity of the psychopathological state were identified as factors predicting poor response to treatment. However, persistence seemed to act as a temperamental protective factor for relapse.

**The challenge of new addictions: therapeutic goals and ways of intervention** (pp. 511-525)

Enrique Echeburúa<sup>1</sup>, Paz de Corral<sup>1</sup>, and Pedro J. Amor<sup>2</sup>

<sup>1</sup>*University of País Vasco, San Sebastián;* <sup>2</sup>*UNED (Spain)*

This paper deals with the new developments in the treatment for non-chemical addictions. Motivational enhancement strategies are necessary in these disorders. Except in the case of pathological gambling, responsible control of addictive behavior is the therapeutic aim. The choice treatment appears to be stimulus control and in vivo exposure with response prevention, followed by a cognitive-behavioral intervention in relapse prevention. The relevance of this review for clinical practice and future research in this field are commented upon.

**Psicología Conductual, 2006, Volume 14, Number 1**

**Foreword** (pp. 5-6)

Vicente E. Caballo

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NO ABSTRACT

**Analysis and comparison of the burnout in two welfare professions** (pp. 7-17)

Juan Antonio Moriana<sup>1</sup>, Francisco Alós<sup>1</sup>, M<sup>a</sup> José Pino<sup>1</sup>, Javier Herruzo<sup>1</sup>, Rosario Ruiz<sup>1</sup>, Rocío Alcalá<sup>1</sup>, and Antonio Jesús Corpas<sup>2</sup>

<sup>1</sup>*University of Córdoba; <sup>2</sup>Social Services of Córdoba Council (Spain)*

The aim of this piece of research is to study the burnout level in welfare professions that have a direct contact with people. We randomly selected 100 teachers from secondary state schools and 100 home help workers from the network of social community services. We administered the Maslach Burnout Inventory (M.B.I.) and compared the two groups based on the scores obtained. The results indicate that there are no significant differences between the global burnout scores. However, there are differences in the various factors of the burnout, which might be explained by the kind of work undertaken by each professional group. It also casts light on the convenience of using the three factors of the M.B.I. as a measure of burnout rather than the global punctuations.

**Psychometric properties of the Situational Inventory of Body Image Dysphoria (SIBID) in Spanish population** (pp. 19-40)

M<sup>a</sup> José Gallego<sup>1</sup>, Conxa Perpiñá<sup>1</sup>, Cristina Botella<sup>2</sup>, and Rosa María Baños<sup>1</sup>

<sup>1</sup>*University of Valencia; <sup>2</sup>Jaume I University, Castellón (Spain)*

The main aim of this study was to validate the SIBID to Spanish population. The scale consisted of 48 items assessing the frequency of dysphoric body image emotions depending on situational events, in a 5-point rating scale. The questionnaire was administered to a sample of 282 participants (215 women and 67 men) aged 14 to 29, from primary and secondary schools and universities. Principal component analysis produced one factor which accounted for 47.30% of variance (global sample), and 45.93% (women). Internal consistency was high, both for women and men (0,97), and the test-retest (one month) was higher in women (0.89) than in men (0.51). The SIBID showed a good concurrent and discriminant validities (in function of several grouping criteria in general population). Moreover, the SIBID was able to differentiate between general population without risk, subclinical population, and eating disordered patients (N= 30). Results support the reliability and validity of the SIBID in Spanish population. Its utility in the assessment of body image in the eating disorders has also been demonstrated

**Sequence, association, and risk of legal and illegal drug consumption in University students** (pp. 41-62)

Cristina Vargas and Humberto M. Trujillo

*University of Granada (Spain)*

The aim of this piece of research was to study the sequence of drug consumption progression and the relation between the initiation and intensity in the consumption of a type of drug and the previous consumption of another. In order to do so, a questionnaire on the consumption of drugs was given to 560 psychology students. The results confirm a hierarchical sequence and an association throughout the phases of drug consumption, which begins with legal substances (first alcohol and then tobacco), continues with cannabis, and finally other illegal drugs. Consumption of drugs at the beginning of the sequence, and its intensity, leads to a higher probability and risk of consumption of the drugs found at the end of the sequence. These facts are congruent with the sequence proposition and association proposition of the “gateway hypothesis”.

**Transporting a school-based multicomponent treatment for adolescents to young adults with social anxiety: a pilot study** (pp. 63-73)

Luis-Joaquín García-López<sup>1</sup>, Juana Ruiz<sup>2</sup>, José Olivares<sup>2</sup>, José A. Piqueras<sup>2</sup>, Ana I. Rosa<sup>2</sup>, and Rosa Bermejo<sup>2</sup>

<sup>1</sup>University of Granada; <sup>2</sup>University of Murcia (Spain)

The purpose of this pilot study is to evaluate transportability of a treatment protocol, originally designed for adolescents, to young adult population with social anxiety disorder. The sample is composed of 12 subjects who met generalized social phobia criteria and presented comorbidity disorders in Axes I and II. The results prove the efficacy of this treatment with young adults, as seen in a decrease of general social anxiety measures and those specifically evaluating cognitive and behavioral symptoms. In addition, the decrease of social anxiety symptoms led to a reduction or total recovery of comorbidity in Axes I and II disorders after termination of treatment. All the scales were highly sensitive to the treatment effects. Furthermore, not only the treatment protocol, but also each component and the therapists' competence were highly scored by participants. Finally, limitations and suggestions for future investigation are discussed.

**Alcohol and tobacco use in Colombian youth: psychosocial risk and protection factors** (pp. 75-99)

Isabel Cristina Salazar Torres, María Teresa Varela Arévalo, Delcy Cáceres de Rodríguez, and José Rafael Tovar Cuevas

*Javeriana Pontificia University, Cali (Colombia)*

This paper analyzes the use of legal drugs in 763 Colombian college students and the psychosocial factors related to it. The Risk and protective factors for drug use questionnaire was used in this study. It was found that alcohol and tobacco were the most frequently consumed drugs, with an age of initiation between 12 and 17. The relation between alcohol and tobacco is 2:1, being higher in women. The consumption is associated with the psychosocial factors evaluated (alcohol  $\chi^2=16,54$ ,  $p=0,000$ ; tobacco  $\chi^2=39,07$ ,  $p=0,000$ ). Psychological factors work in protective levels for youth who do not use alcohol or tobacco or for those who have ceased their usage, and social factors play a role in tobacco use. Specifically, the risk or protective relation of the factors: disruptive behaviors, beliefs and valuation of PAS, psychological disturbances, coping strategies, self-control abilities, spirituality, relation with consumers and interpersonal relations, with consume is presented.

These aspects could be targets of legal and illegal drug abuse prevention interventions in youth, aimed at reducing its personal, social and economic impact

**Coping and problem solving in eating disorders** (pp. 101-113)

Zoraide Lugli and Eleonora Vivas

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The main aim of this paper is to compare coping and problem solving strategies in women with subclinical eating disorders, women at risk of eating disorders and healthy women. The participants involved were 33 healthy women, 33 at risk, and 21 with sub-clinical anorexia or bulimia. The following instruments were used: Eating Attitude Test, Composite International Diagnostic Interview, Problem Solving Inventory and Coping Inventory. Data were analyzed using a Kruskal-Wallis test and the Mann Whitney U test for the 'post hoc' comparisons. Women with eating disorders differ from the rest, as they have a deficient ability to solve problems, scarce seeking of support and functional emotional coping. They are also characterized by a greater use of non-functional emotional coping strategies. Deficiencies in appropriate skills to solve problems and deal with daily stressful situations could result in the development of dysfunctional skills, such as self-starving or binge eating and purging. Results constitute a first attempt to the understanding of the role of these cognitive strategies in the development and maintenance of anorexia or bulimia nervosa.

**Explanation of caregivers distress from the cognitive model: the role of dysfunctional thoughts** (pp. 115-128)

Andrés Losada<sup>1</sup>, Ignacio Montorio<sup>2</sup>, Bob G. Knight<sup>3</sup>, María Márquez<sup>2</sup>, and María Izal<sup>2</sup>

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The study of the construct of dysfunctional thoughts has a long tradition in cognitive behavioural theories of emotional distress. However, the number of studies that have analyzed the influence of the caregivers' dysfunctional thoughts on the caregiving stress process is rather sparse. The general literature on cognitive behavior theory and therapy suggest that the negative automatic thoughts maintained by the caregivers about caregiving would be associated with depression and other negative emotional outcomes. This work presents a review of the studies that have analyzed the caregivers' dysfunctional thoughts or attitudes. Furthermore, an adaptation of the cognitive model to the caregiving situation is suggested. In accordance with this model, there are two possible pathways through which caregivers thoughts on caregiving may affect caregiving consequences: a healthy one, involving adaptive or realistic thoughts; and a pathological one, in which dysfunctional thoughts play a central role. The implications of these considerations for interventions are discussed.

**Information for authors about submission of manuscripts to Psicología Conductual (Behavioral Psychology): update, suggestions and recommendations** (pp. 129-148)

Vicente E. Caballo<sup>1</sup>, Isabel C. Salazar<sup>2</sup>, and Luis J. García-López<sup>1</sup>

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NO ABSTRACT

## **Psicología Conductual, 2006, Volume 14, Number 2**

### **A new instrument for the assessment of social phobia/anxiety: the “Social Interaction Questionnaire for Adults” (CISO-A) (pp. 165-181)**

Vicente E. Caballo<sup>1</sup>, Cristina López-Gollonet<sup>1</sup>, Rosario Martínez Arias<sup>2</sup>, Isabel Ramírez-Uclés<sup>1</sup>, Isabel C. Salazar<sup>3</sup>, and Equipo de Investigación CISO-A España

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Social anxiety is one of the most frequent psychological problems nowadays. Its diagnosis and assessment depend on different measures, particularly interviews and questionnaires. Most of these measures have been developed in English-speaking countries and their adaptation to Spanish-speaking countries has not been very accurate. The goal of this work has been the development of a new questionnaire of social phobia/anxiety using social situations reported by a variety of people during six years. From more than 10000 situations recollected, an initial version of the “Questionnaire of Social Interaction for Adults” (CISO-A) was built with 512 items plus 4 questions on sincerity. The instrument was applied to 1552 subjects from diverse regions and with different studies. The exploratory factorial analysis produced a structure of five clearly defined factors that explained 38.4% of the total variance: a) Embarrassing social situations, b) Interactions with strangers, c) Interactions with the opposite sex, d) Speaking/performing in public, and e) Expression of annoyance, disgust or displeasure. Cronbach alpha was very high for all the factors. Based in the former tests, the second version of the CISO-A was elaborated with 139 items. A new exploratory factorial analysis confirmed the former structure. Further analyses will be necessary to establish the reliability, validity and utility of this new questionnaire of social anxiety.

### **Effectiveness of exposure and cognitive restructuring in young adults with social anxiety disorder (pp. 183-200)**

César J. Antona<sup>1</sup>, Luis Joaquín García-López<sup>2</sup>, José R. Yela<sup>1</sup>, María A. Gómez Gómez<sup>1</sup>, Alfonso Salgado<sup>1</sup>, Carmen Delgado<sup>1</sup>, and José D. Urchaga<sup>1</sup>

<sup>1</sup>*Pontificia University of Salamanca;* <sup>2</sup>*University of Granada (Spain)*

The purpose of this research is to analyse the efficacy of the psychological components, exposure and cognitive restructuring, used as single techniques and depending on their different combinations on social anxiety variables: the “fear of negative evaluation” (FNE; Watson & Friend, 1969) and the “social avoidance and distress” (SAD; Watson & Friend, 1969). The sample was made up of 85 patients diagnosed with social phobia (APA, 1994), who were randomly assigned to three different treatments: a) exposure and cognitive restructuring components, both integrated in every session (10 sessions); b) exposure block (5 sessions) followed by cognitive restructuring block (5 sessions) and c) a control group that after three months was assigned to the treatment cognitive restructuring block (5 sessions) followed by exposure block (5 sessions). Results show that these different experimental groups were very effective in the main evaluations, without significant differences between them; the psychological components used and their different combinations showed a similar level of efficacy in the way and modality in which they were used.

**The influence of personality variables on secondary traumatic stress** (pp. 201-214)

Bernardo Moreno Jiménez, María Eugenia Morante Benadero, Alfredo Rodríguez Muñoz, and Raquel Rodríguez Carvajal

*Autonoma University of Madrid (Spain)*

Trauma has received a great deal of attention in the last years. One line of research in this field focuses on exploring the importance of personality variables in resistance and vulnerability in trauma (Beaton & Murphy, 1995; Dutton & Rubinstein, 1995; Figley, 1995). This empirical study explores the process of secondary traumatic stress among 175 sanitary professional, focusing on the contribution and the degree of relevance of personality variables, such as comprehensibility, challenge, sense of humor and empathy. Secondary traumatic stress was measured with the Secondary Traumatic Stress Measure (Moreno-Jiménez, Morante, Rodríguez and Garrosa, 2004). Results indicate these personality variables seem to have an important role in secondary traumatic stress's process. Finally, further implications of the findings are discussed.

**Assessment of violence in intimate relationships by means of the Conflict Tactics Scales: factor structure and gender differences in youngsters** (pp. 215-233)

Susana Corral and Esther Calvete

*Deusto University (Spain)*

In this study the factor structure of the Conflict Tactics Scales (CTS2) was assessed in a sample of 1130 university students. Factor analyses confirmed the original five-factor structure (negotiation, physical assault, psychological abuse, sexual coercion, and injury) for victimization. The results for perpetration were partial, because the injury scale was dropped due to the lack of positive answers to most of the items in the scale. Results showed differences by gender in prevalence and annual frequencies for violent acts. Women showed higher scores in perpetration as well as in victimization and a higher percentage of women reported having used physical violence against their male partners. On the other hand, regarding sexual violence, the pattern reversed and women were more often than men victims of this type of violence.

**Alcohol consumption in subjects with cocaine dependence under treatment** (pp. 235-245)

Ana López Durán and Elisardo Becoña Iglesias

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The analysis of problems related to alcohol consumption in people with cocaine dependence has become relevant nowadays. Different studies have attested the existence of a high frequency of the combined use of both substances. The aim of the present study is to evaluate the presence of problems derived from alcohol consumption (consumptions of risk and suspect of dependence) through the AUDIT, in 115 subjects with cocaine dependence undergoing treatment in Centers of Drug Dependence. 47% of the subjects analyzed consume risk levels of alcohol and 15.7% of them seem to be alcohol dependent. These results confirm the importance to assess alcohol consumption in cocaine users in order to design treatment and treat both disorders.



**Key issues in research on the treatment for smoking cessation** (pp. 247-271)

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Ten million people will have died yearly from tobacco-related diseases worldwide by the 2030s. Smoking remains the largest preventable cause of premature death and disability in many countries. Fortunately, over the past 15-20 years, substantial progress has been made in research on anti-smoking therapy. The movement towards evidence based medicine has resulted in a greatly increased emphasis on the need for good research. For example, advice in primary care, more intensive interventions, nicotine replacement therapy, behavior therapy, and some other interventions have been investigated in randomized controlled trials. Likewise developments such as meta-analytic techniques and clinical guidelines raise hopes that progress will continue. However, various methodological problems still remain. This paper discusses these topics and others, including study design, control groups, participants, sample size, abstinence issues, types of therapists and their experience, intensity of interventions and statistical issues.

**From aggressiveness to terrorist violence: history of a foreseeable psychosocial pathology (Part I)** (pp. 273-288)

Humberto M. Trujillo, Joaquín González-Cabrera, Cristóbal León, Carolina C. Valenzuela, and Manuel Moyano

*University of Granada (Spain)*

This work aims at analyzing the grounds and the ways in which terrorist behavior develops and settles. The contents are structured according to a global approach which proves useful in helping to explain and predict violent actions by terrorists. More specifically, this paper aims to answer the following questions: What is aggressiveness? What is violence? What is terrorist violence? And which mechanisms and series of psychological processes lay behind these phenomena? Hence, we first operatively define the concepts of aggressiveness and aggression in connection with specific cognitive, emotional and behavioral stages within a personal crisis framework. In order to achieve this, different psychological models are applied. Then, from a theoretical perspective, we tackle the sequential progression of the elements and variables which define the concept of violence in general terms and, more specifically, those concerning terrorist violence. Furthermore, the role of ideology is reviewed by studying the processes which take part in the development and settlement of terrorists' violent behavior.

**From aggressiveness to terrorist violence: history of a foreseeable psychosocial pathology (Part II)** (pp. 289-303)

Humberto M. Trujillo, Manuel Moyano, Cristóbal León, Carolina C. Valenzuela, and Joaquín González-Cabrera

*Universidad de Granada (España)*

This work aims at analyzing the grounds and the ways in which terrorist behavior develops and settles. More specifically, this paper aims to answer the following questions: How does culture and ideology affect violent behavior? What distinguishes extremists who act violently from those who do not? How do terrorist organizations form and function? And which mechanisms and series of psychological processes lay behind these phenomena? Then, from a

theoretical perspective, we tackle the sequential progression of the elements and variables which define the concept of terrorist violence. Decisive factors or factors which help lose inhibition towards terrorist violence are also included in the study. Furthermore, the role of ideology and culture is reviewed by studying the socialization processes which take part in the development and settlement of terrorists' violent behavior. In addition, we deal with the question of whether socialization in combination with certain arguments which tend to justify and legitimate aggression actually favors the perpetration of violent terrorist actions

**About English terms: Five dozens words and expressions of complex translation in the field of Clinical Psychology** (pp. 307-329)

Fernando A. Navarro

*Medical translator and specialist in scientific language*

NO ABSTRACT

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**Foreword** (pp. 341-342)

Vicente E. Caballo and Luis J. García-López

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NO ABSTRACT

**Functional analytic psychotherapy: creating intense and curative therapeutic relationships** (pp. 343-359)

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Functional Analytic Psychotherapy is based on the principles of radical behaviorism and is part of the so-called Clinical Behavior Analysis movement (Dougher & Hayes, 2000). It emphasizes the functional analysis of client behavior during sessions and proposes the use of natural reinforcement and the shaping of therapeutic relationships, starting from the assumption that a functional equivalence exists between clinic environment and the daily life of client. This article describes its characteristics and the method of intervention, showing clinical examples of client and therapist behaviors. Recent developments in application areas, ongoing studies about effectiveness and future evolution are also described.

**Acceptance and commitment therapy (ACT): peculiarities, core clinical techniques, and empirical findings** (pp. 361-385)

Francisco Javier Carrascoso López

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Acceptance and Commitment Therapy (ACT) is one of the third generation behavior therapies which has attracted most attention in recent years. ACT adopted an inductive model of

treatment development guided by clearly stated philosophical assumptions. Its goal focuses on a behavioral change technology based on behavioral change processes, promoted by specific techniques (metaphors, paradox and experiential exercises), in a context of work with clients in order to clarify personal values. ACT is a contextual and functional model of clinical intervention. Up to now the strongest empirical evidence for this therapy has been obtained from correlational and experimental studies about behavioural change processes assumed by ACT. Regarding its effectiveness research, there is preliminary but very promising evidence in many clinical problems treated with ACT protocols. Some future lines of conceptual and empirical work to be solved by ACT are also revised.

**Eye movement desensitization and reprocessing (EMDR) for the treatment of emotional trauma** (pp. 387-400)

Mónica Ventura

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Eye Movement Desensitization and Reprocessing (EMDR) was originally developed to treat traumatic memories. This procedure includes imagination exposure, cognitive reprocessing and bilateral stimulation initially decided by considering induced eye movements. The procedure consists of eight phases, looking for desensitization of the emotional impact and cognitive reprocessing of disturbing memories and thoughts developed after trauma. Although there are many studies supporting its effectiveness, very little is known about the underlying mechanisms. EMDR is one of the techniques recognized by the American Psychological Association (APA) as effective for treating posttraumatic stress disorder (PTSD) and some studies have proved its effectiveness in the treatment of other mental health problems.

**Clinical interventions based on positive psychology: fundamentals and applications** (pp. 401-432)

Carmelo Vázquez<sup>1</sup>, Gonzalo Hervás<sup>1</sup>, and Samuel M. Y. Ho<sup>2</sup>

<sup>1</sup>*Complutense University of Madrid (Spain)*; <sup>2</sup>*University of Hong Kong (China)*

Clinical interventions based on positive psychology are increasingly the subject of scientific literature. In this review we argue that, both for theoretical and practical reasons, it is necessary to take into account negative and positive aspects of human functioning for a better understanding of clinical issues. Three relevant and complementary models of psychological well-being are discussed in regard to their direct implications for psychotherapy interventions: Seligman's model of the three ways to happiness (Seligman, 2002), Ryff's multidimensional model of psychological well-being (Ryff, 1995) and Deci and Ryan's motivational model of well-being (Deci and Ryan, 2000). Positive interventions in the clinical arena should be strongly guided by empirical data derived from the existing abundant research on happiness and psychological well-being. Furthermore, promising new interventions and programs to enhance people's well-being, some of which are described in this review, should be tested with the most stringent designs (namely, randomized clinical trials) in order to prove their efficacy. Finally, we discuss the implications of positive interventions to tackle important clinical problems (e.g., relapses and recurrences) and present some challenges that future research in this emerging field needs to address

**Mindfulness** (pp. 433-451)

Miguel A. Vallejo Pareja  
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The mindfulness could be understood as consciousness encompasses both attention and awareness; it is paying reflexive attention to the present moment. It is an intentional way, with a purpose but no judgmentally and none interfering the sensations and perceptions of experience moment to moment. As a therapeutic procedure find the acceptance in his own manner of the emotional experiences and any other nonverbal processes, so these experiences must be living it not to avoid or to control. The control of uncontrolled experiences, automatic control processes, required his own experimentation and the natural exposure to this success with no interferences. The mindfulness is well known in USA in relationship with the oriental values of meditation, but referred to some aspects known in psychology: exposure, self-regulation in biofeedback training or in the use of hypnosis where there are a way to leave the sensorial and perceptive experiences as their own. The principal utility of mindfulness is his interest to claim against control and refuse of emotional negative material. The wide psychological discourse fighting against stress, anxiety, etc., required the contrast offered by mindfulness, without the natural experimentation of these emotions the clinical problems could be perpetuated.

**Dialectical behavior therapy: individual therapy** (pp. 453-466)

Azucena García-Palacios  
*Jaume I University, Castellón (Spain)*

Borderline personality disorder is among the most challenging psychological problems. There are some interventions designed to treat this complex disorder and Dialectical Behavioral Therapy is a cognitive-behavioral program that is receiving an important amount of empirical support. This psychological program includes innovative elements with the aim of treating the specific pathological features of borderline personality disorder. DBT includes different modes of therapy, like individual therapy and group therapy. The contents of group therapy are structured in a traditional way using a treatment manual that guides the intervention session by session. However, individual therapy is not manual-based but it is based in certain therapeutic principles that are important to follow to make the intervention work. The aim of this work is to describe DBT individual therapy highlighting the elements that make DBT an innovative and effective program that contributes to improve cognitive-behavioral therapy.

**Clinical hypnosis: application of suggestion techniques in Clinical and Health Psychology**

Héctor González Ordi (pp. 467-490)  
*Complutense University of Madrid (Spain)*

This article presents an overview of the rationale, procedures, and applications of hypnosis to clinical and health psychology. A four-step working framework is delineated, including pre-inductive phase (with two main goals: restructuring myths and misconceptions of hypnosis and assessment of hypnotizability), application of induction techniques, administration of specific suggestions that facilitates behavior change, and posthypnotic phase which ensures that the subjects learn how to apply suggestions by themselves in daily life situations. Hypnosis as an adjunct to cognitive-behavioural therapy proved additive benefits in the

treatment of different disorders: (1) acute pain and chronic pain; (2) psychophysiological and health problems (headaches, irritable bowel syndrome, asthma, skin disorders, eating disorders, and smoking cessation), and psychopathological disorders (anxiety and stress reactions, phobias, acute and posttraumatic stress disorders, depression, conversion and dissociative disorders).

**Virtual reality and psychological treatments: a review** (pp. 491-509)

Cristina Botella<sup>1</sup>, Azucena García-Palacios<sup>1</sup>, Soledad Quero<sup>1</sup>, Rosa M. Baños<sup>2</sup>, and Juana María Bretón-López<sup>1</sup>

<sup>1</sup>*Jaume I University, Castellón;* <sup>2</sup>*University of Valencia (Spain)*

Virtual Reality (VR) is a new technology which consists in the generation of graphic environments which both produce in the users the feeling of being physically present in a virtual world and also allows them interaction in real time. At this moment a great expansion of this technology is taking place in several fields, including the area of health. Especially interesting for us is the use of VR as a therapeutic tool in the treatment of psychological disorders. The first case study that used virtual reality techniques was published in 1995. Since then, an increasing number of studies in the Clinical Psychology field centered on the therapeutic application of VR have been made, mainly on the treatment of anxiety disorders. There are already data on the effectiveness of these VR procedures for the treatment of different psychological disorders. This article reviews the different studies made in this field. Besides, the advantages and disadvantages of VR, and the future lines of work concerning this new technology are also analyzed.

**Postmodern therapies: a brief introduction to collaborative therapy, narrative therapy and solution focused therapy** (pp. 511-532)

Margarita Tarragona Sáez

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This article offers an overview of Collaborative Therapy, Narrative Therapy and Solution Focused Therapy, which are frequently grouped together as “Postmodern Therapies”. The philosophical premises shared by these approaches are discussed, particularly those regarding language, knowledge and identity. Therapy is seen as a conversational process in which clients and therapists together co-construct new meanings, alternative stories, possibilities and solutions. Some of the therapeutic practices that characterize each of these models are presented, as well as the different contexts and populations with which they can be applied.

**A step by step assessment proposal for solution focused therapy** (pp. 533-547)

Jacobo Reyes

*University of Jaen (Spain)*

This article represents a proposal of assessment based on the personal interview taking as a model the Brief Therapy focused on solving problems . It consists of two main sections. In the first one we can introduce the interview organised into five main steps: 1. An approaching to our client in order to decide on the necessities of our action; 2. A study of the problem in which these necessities are developed; 3. The specification of the context in which the problem appears; 4. The search for the solutions our client has already tried; 5. Development

of new plans to solve the problem, and finally 6. The release of an open attitude towards change. In the second section of this article and by means of different and clear examples we'll try to illustrate the previous steps and the distinct strategies that can help us to solve the different problems

**Affective cognitive behavioral therapy: a new treatment for somatization** (pp. 549-566)

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<sup>2</sup>*Rutgers University (USA)*

Affective Cognitive Behavioral Therapy (ACBT) is an emotionally-focused cognitive behavioral intervention designed for patients with somatization and related somatic syndromes. The components of ACBT are relaxation training, behavioral management, cognitive restructuring, emotion identification, emotion regulation, and interpersonal skills training. Because somatization syndromes tend to be accompanied by significant functional impairment and extensive medical treatment, the focus of ACBT is on illness-related thoughts, feelings, and behaviors. The authors present a biopsychosocial model of somatization and a rationale for using ACBT for somatization. The patient-therapist relationship and therapeutic techniques of ACBT are also described.

## **Psicología Conductual, 2007, Volume 15, Number 1**

### **Psychometric properties of the Confidential Questionnaire of Active Sexual Life to assess risk behaviors in HIV-AIDS** (pp. 5-27)

Francoise Contreras<sup>1</sup>, José Antonio Carrobles<sup>2</sup>, and Fernando Juarez-Acosta<sup>3</sup>

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The purpose of this study was to evaluate the psychometric properties of the Confidential Questionnaire of Active Sexual Life (*Cuestionario confidencial de vida sexual activa*, CCVSA), developed in 1996 by the previous Colombian Ministry of Health and the Pan American Health Organization (PAHO), in a sample of 690 university students. The core of the study focused on sexual activity during the previous year. The CCVSA demonstrated solid psychometric properties with a reliability coefficient of 0.98. The validity of the questionnaire was manifested by analysis of the principal components, revealing the existence of two dimensions of behavior. These results seem relevant given the necessity to standardized information and to obtain profiles of behavior by means of reliable procedures, thus allowing a comparison and evaluation of the study.

### **Normative data of the Child Behavior Checklist (CBCL) and Teacher's Report Form in a sample of Venezuelan children** (pp. 29-44)

Cecilia Montiel-Nava<sup>1,2</sup>, Isabel Montiel-Barbero<sup>2</sup>, and Joaquín A. Peña<sup>1,2</sup>

<sup>1</sup> *University from Zulia*; <sup>2</sup> *Research Unit for Attention Deficit Disorder-Hyperactivity, Maracaibo (Venezuela)*

The aim of the study was to obtain normative data for a representative sample of Venezuelan children for the Child Behavior Checklist (CBCL) and Teacher's Report Form. The sample was constituted by 1141 children, boys and girls aged 5 to 12 (Mean= 8.79; SD=1.85), 49% female and 51% male. Socioeconomic status was significant in a way that low SES parents scored their children as having more problems. Gender has an effect on the scores; males were perceived with more behavior problems than girls for both parents and teachers. Parents and teachers did not show agreement in the assessment of the children's behavior. Findings of this study suggest that the syndromes and dimensions assessed by the two versions of the checklist have universal validity for school-age children.

### **Psychometric properties of the Self-concept Inventory – Form A in a sample of Mexican adolescents** (pp. 45-56)

M<sup>a</sup> Refugio Ríos Saldaña, Margarita Chávez Becerra, and M<sup>a</sup> Araceli Álvarez Gasca

*School of Superior Studies at Iztacala, UNAM (México)*

The aim of this study was to analyze the factorial structure and the reliability of the Inventory of Self-concept Form "A" (AFA A) by Musitu, García and Gutierrez (1991) in a Mexican population. The questionnaire was applied to 2349 male and female adolescents from State and private Secondary schools with an average age of 13 years, pertaining to 18 schools in 10 districts from Mexico City and the Metropolitan Area. The inventory includes 36 items with three possible answers. The factorial analysis isolated four factors, which explain 31.94% from the total variance. The internal consistency is an Alpha of  $\alpha=0,8$ . The conceptual

congruence of items was analyzed and found to be consistent with Musitu et al's (1991) proposal. Convergences and divergences derived from the analysis of the factorial structure of Mexican and Spanish populations are discussed.

**Reflections about the attention to family caregivers of people with dementia and proposal of an interdisciplinary psychoeducational intervention** (pp. 57-76)

Andrés Losada<sup>1</sup>, María Márquez-González<sup>2</sup>, Cecilia Peñacoba<sup>1</sup>, Dolores Gallagher-Thompson<sup>3</sup>, and Bob G. Knight<sup>4</sup>

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The central role of family caregivers in the care of elderly adults with dementia, as well as their needs and demands, are being progressively recognized by public institutions, as can be seen in the recent passing in Spain of the Law for the Promotion of Personal Autonomy and the Support of Dependent Persons. Although this law represents a significant step towards the development of an optimum model for social attention to caregiving families, it has not been put into effect so its ambiguity and vagueness is still unresolved. Future developments of the Law should be more clearly opened and permeable to the advances in the research field. In recent years, there have been significant advances in the development of interventions for dementia caregivers, and psychoeducational, psychotherapy, and multi-component interventions have been identified as evidence-based psychological treatments for reducing distress. There are still many questions related to the mechanisms of action through which an intervention can be optimized that remain unresolved, some of which are reviewed in this work. Finally, a multicomponent and interdisciplinary psychoeducational intervention for dementia family caregivers is described, in which cognitive-behavioral (CBT) and occupational therapy strategies are used in order to reduce caregivers' negative psychological and physical distress.

**The Social Interaction Questionnaire for Children (CISO-N): a new instrument for the assessment of social anxiety in children** (pp. 77-93)

Vicente E. Caballo<sup>1</sup>, Sally González<sup>2</sup>, Verónica Alonso<sup>1</sup>, and María Jesús Irurtia<sup>3</sup>

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Fears are very common during childhood. While some decrease as children grow up, others increase with age. They are usually more prevalent in girls than in boys and many seem to have an evolutionary meaning. Although there have been numerous studies about specific fears in children, there are few studies focused on social fears, particularly social situations provoking social anxiety/uneasiness. There is a lack of self-report instruments for assessing this problem. The present study shows the development and application of a new self-report instrument for assessing social anxiety children, the Social Interaction Questionnaire for Children (CISO-N). The measure consists of 82 items typically found in childhood. The instrument was applied individually to boys and girls from 9 to 12 years of age. Later on, several statistical tests were performed such as exploratory factorial analysis and concurrent validation with the Fear Survey Schedule for Children-Revised (FSSC-R; Ollendick, 1983). Six factors were found to explain 40% of the variance and included 64 of the 82 items of the questionnaire. Females scored significantly higher than males in all the factors, but within same gender there were few differences associated to age. Results are discussed and guidelines for future research are suggested.



**Development of the Spanish version of the Present Reaction Scale** (pp. 95-112)

Ana I. Masedo Gutiérrez and M. Rosa Esteve Zarazaga

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The “Escala de Reacciones Emocionales” (ERE) is a new assessment tool designed following the model of the Present Reaction Scale developed by Mayer, Salovey, Gomberg-Kaufman and Blaney in 1991. The emotional experience is assessed by means of a list of adjectives which are classified in three broad domains: emotional (e.g., sad), physical (e.g., upset stomach) and cognitive (e.g., indignant). The original items of the Present Reaction Scale were translated into Spanish and also lexicographical studies of emotional language and thesaurus were consulted. An initial checklist of 112 adjectives was developed and was administered to a sample of 248 university students. Internal consistency and principal component analyses were carried out and 28 items were excluded. Multidimensional scaling techniques revealed that emotion-related experience, including physical, emotional, and cognitive domains, could be characterized by pleasant-unpleasant and high-low activation dimensions.

**The roots of terrorism: from the psychology of multicausality to the psychology of ignorance** (pp. 113-128)

Luis Fernández Ríos

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Terrorist actions have occurred in all historical periods. The purpose of this article is to analyse and reflect on the causes of terrorism, suicide or otherwise. We concentrate in particular on the publications of Spanish authors. The results are not very promising. The conclusion is that what is published in Spain from the perspective of the psychology of the etiology of terrorism is almost irrelevant. Therefore, currently Spanish psychology can contribute very little to the knowledge about the risk factors of terrorist actions. Psychological investigation seems focused on the quantification of reality rather than its interpretation, understanding and transformation. Thus psychological knowledge runs the risk of becoming socially trivial and insubstantial.

**Loss of control in anorexia nervosa: a case study** (pp. 131-157)

Rocío Regueiro Salgado

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In contrast with theories that try to explain eating disorders mainly resorting to the fear getting fat or to their obsessive components, more and more authors agree that the complexity of this disorder requires specific models in order to fully understand it. These authors indicate the feeling of lack of control as a key element in the origin and maintenance of eating disorders. Using a detailed case study of a purging type of anorexia nervosa, we intend to provide support for this latter approach to the study of eating disorders. The adequate identification of the basic dysfunctional assumptions that comprise the central core of the disorder, as well as the identification of the role of food and weight control when recovering the feeling of [lack of] control and the patient’s identity are presented in this case study. We underscore the importance of both factors in the assessment and intervention in cases with these characteristics.

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### **Adaptation and preliminary validation of the Spanish version of the CSQ (Coping Style Questionnaire) (pp. 173-189)**

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The present paper reports on the results of the Spanish adaptation and preliminary validation of the Coping Style Questionnaire (CSQ - Roger, Jarvis & Najarian, 1993), conducted with a sample of Venezuelan university students. The original 60 items scale measures four dimensions of coping styles: Rational, Emotional, Avoidance and Detached coping; however, Roger (1995) proposed a shorter version of 41 items, where the emotional and detached coping merged in one bipolar dimension with both factors on either side of the scale. This abbreviated scale, together with other personality questionnaires, was administered to a sample of 292 university students from three different universities in Caracas. Results replicated the original four factor structure for this coping questionnaire, with acceptable internal consistency. The concurrent validity study supports the theoretical structure for each dimension. This Spanish version of the CSQ can be taken as a reliable scale for the measurement of coping styles in different contexts

### **A psychometric analysis of the short forms of the 1978 version of the Beck Depression Inventory (BDI-IA) (pp. 191-214)**

Jesús Sanz and María Paz García-Vera

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The psychometric properties of two short forms of the 1978 version of the Beck Depression Inventory (BDI-IA) were examined in three samples (psychopathological patients, general population, and university students). One short form (BDI-IA-SCA) is based on the cognitive-affective subscale of the BDI-IA; the other short form (BDI-IA-SF) is based on the BDI-SF. Reliability alpha coefficients for both short forms were similar and exceeded the standard of 0.70. Factor analyses suggested that both instruments measure a general dimension of depression composed of two highly related factors: a cognitive factor and a somatic one for the BDI-IA-SF, and a cognitive factor and an affective-motivational one for the BDI-IA-SCA. With two exceptions, all the symptomatic criteria proposed by the DSM-IV for major depressive and dysthymic disorders are accounted for the BDI-IA-SF; the BDI-IA-SCA is focused on affective-cognitive symptoms, and does not cover four somatic symptoms. Both instruments showed adequate indices of diagnostic accuracy, but there was no single cut-off score that allowed for a differential diagnosis between patients with or without depressive disorders. Both short forms can serve as reliable and valid substitutes for the BDI-IA when speed of administration is important.

### **Psychometric properties of the Spanish version of the Implicit Models of Illness Questionnaire for physical and mental diseases (pp. 215-236)**

Déborá Godoy-Izquierdo, Inmaculada Fajardo, Francisca López-Torrecillas, Isabel Peralta, Isabel López-Chicheri, and Juan F. Godoy

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The goal of this study was to establish the psychometric properties of the Spanish version of the Implicit Models of Illness Questionnaire (Turk et al., 1986), the Cuestionario de Creencias sobre la Enfermedad (CCSE; van der Hofstadt & Rodríguez-Marín, 1997) for five physical and mental diseases: depression, schizophrenia, cancer, hypertension, and influenza. 348 individuals (62.6% women) with different experience with these diseases (having/not having suffered from the disease, having/not having lived with someone with such diagnosis) answered the CCSE for those illnesses. Psychometric properties of the scale were found to be appropriate. The obtained dimensions (factors) are: identity, personal control, symptoms, consequences, and cure/time-line. The scale and subscales reliability is appropriate. The scale shows suitable construct validity, since similar results have been obtained for the diseases included. Our results are consonant with those informed by Turk et al. (1986), differing with those obtained by van der Hofstadt & Rodríguez-Marín (1997). Nevertheless, some items could be revised or eliminated in order to improve the properties of the scale. Since health professionals find it so valuable both the knowledge of personal beliefs of patients and the lay illness representation of healthy people, in order to adequate their promotion and prevention strategies and clinical (treatment/rehabilitation) interventions, the results of this study show that this scale may help them for this purpose, in the case of both physical and mental diseases.

**Multidimensional model of the behavior from a children sample using standardized questionnaires for parents and teachers** (pp. 237-252)

Isabel C. Puerta<sup>1</sup>, Daniel C. Aguirre-Acevedo<sup>1</sup>, David A. Pineda<sup>1</sup>, and Liliana González<sup>2</sup>

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Factor analyses of Behavioral Assessment System for Children (BASC) parents' and teachers' questionnaires have supported the multidimensional theory of human behavior. The goal of this study was to analyze the dimensional structure of the BASC parents and teachers Spanish version questionnaires. In order to do this, a randomized sample of 1176 children aged 6 to 11 years old, from the schools of Manizales City (Colombia), was selected. BASC parents and teachers questionnaires were administered to the participants. The results show that BASC parents had two dimensions: clinical and adaptive, KMO= 0.87, which explained 64% of the variance. BASC teachers had two clinical dimensions: externalizing (factor 1) and internalizing (factor 3), and the adaptive dimension was the factor 2 (75.2% of the variance). KMO was 0.90.

**Design, implementation, and evaluation of a behavioral intervention package for parents of children with Asperger's Syndrome** (pp. 253-266)

Eduardo Corsi Sliminng<sup>1</sup>, Cristóbal Guerra Vio<sup>2</sup>, and Hugo Plaza Villarroel<sup>2</sup>

<sup>1</sup>*Andrés Bello National University, Viña del Mar;* <sup>2</sup>*University del Mar, Valparaíso (Chile)*

This research seeks to create a viable behavioral intervention package by designing, implementing and evaluating a treatment program for three children (ages 5, 7 and 13) with Asperger's syndrome. These children's parents were trained in the implementation of the treatment plan. Training procedures used with the parents included in-vivo modeling, shaping and positive practice. Parents were trained in the implementation of four behavioral procedures to modify disruptive behavior in their children. These procedures included the use

of the Premack principle, verbal praise, manual guidance and time out of reinforcement. As a means to achieve generalization, training was conducted in each participant's home. After training, all parents were able to successfully implement the program with their children, achieving significant reductions in oppositional behavior, inappropriate verbal behavior, and motor mannerisms. Parents were also able to achieve significant increments in their children's social skills and autonomy.

**Stress and labor market transition. The case of training programs in companies** (pp. 267-279)

Humberto M. Trujillo and Francisco J. Valero  
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The main purpose of this research was the study of stress levels in university people who follow training programs in companies (N= 589) through the different levels in those variables associated with transition to the labor market. Work experience programs are for most university students a critical transition event, since the end of educational process to the beginning of adulthood/active life, where stress could be tied with the level of success and forecast/prognosis of unemployment. Data show that, generally, work experience programs could be protecting against stress for people who follow them.

**Stress perception and life impact in chronic pain** (pp. 281-296)

Antonio Fernández Castillo<sup>1</sup> and M<sup>a</sup> José Vílchez Lara<sup>2</sup>  
<sup>1</sup>*University of Granada;* <sup>2</sup>*"San Cecilio" Hospital, Granada (Spain)*

The main object of this study is to investigate whether emotional alteration, and specifically stress, is associated with activity reduction and the impact on the lives of people with chronic pain. We worked with a sample of 92 subjects with chronic pain. All of them were patients at the Pain Unity of the University Hospital "San Cecilio" of Granada, Spain. Our results confirm the significant differences among subjects with high and low levels of stress in the degree of pain interference with activity and daily functioning. No differences were found in function of age in the studied variables, although men with chronic pain showed greater levels of stress than women. From the studied dimensions, the activity reduction in function of the interference that chronic pain causes in life, and emotional affectation, among others, predicted more stress. A possible relationship model among the studied variables is discussed, as well as practical implications.

**Cognitive impairment of adolescent offenders with conduct disorder of different severity levels** (pp. 297-319)

Natalia Trujillo, David A. Pineda, and Isabel C. Puerta  
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Several cognitive impairments related with conduct disorder (CD) severity have been reported. The present study attempted to determine the differences between groups of adolescent offenders (AO) with mild and severe CD and adolescent non-offenders (ANO) without CD. The sample was composed of 228 participants aged 12 to 16 years old, grouped in 117 AOs belonging to an education institution for young offenders (23 were classified as mild CD and 94 as severe CD) according to DSM-IV-TR symptoms) and 111 ANOs from

regular education institutions. All participants live in the metropolitan area of Medellín city and belong to low socioeconomic strata. Statistical significant differences were found on verbal behavior tasks, when ANO and AO groups were compared. When the two groups of AOs were compared, the AO with severe CD exhibited significant lesser capacity of immediate verbal information recall and slower speed for color naming ( $p < 0.05$ ). In our conclusions, findings that report significant lower verbal skills were confirmed, and very specific cognitive deficiencies in memory and verbal/visual speed processing were found in the AOs with severe CD group, which will oblige to design more rigorous experimental studies.

## **Psicología Conductual, 2007, Volume 15, Number 3** (Monographic issue on “Crisis intervention”)

### **Letter from the Editors** (pp. 333-334)

Vicente E. Caballo and Luis J. García-López  
*University of Granada (Spain)*

NO ABSTRACT

### **Introduction** (pp. 335-337)

Vicente E. Caballo<sup>1</sup> and Isabel C. Salazar<sup>2</sup>

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NO ABSTRACT

### **Towards a better psychological understanding of catastrophes** (pp. 339-371)

Humberto M. Trujillo  
*University of Granada (Spain)*

The aim of this paper is to study the psychological effects of catastrophes and their coping strategies. First of all the concept of catastrophe is defined. Then, the psychological phenomena associated, such as collective panic, anxiety, stress, crisis, and posttraumatic stress are addressed. A predictive model about the risk of trauma in a catastrophe is proposed. We define the formation and motivation for achievement as an alternative approach to traditional theories. Cognitive and behavioral psychological strategies are proposed for the control and treatment of anxiety, personal crisis, stress, and posttraumatic stress during and after catastrophes. Finally, the concepts of placebo and nocebo are studied; we think these phenomena are very important to confront the live-stress events when a catastrophe happens.

### **Crisis intervention in victims of traumatic events: ¿When, how and what for?** (pp. 373-387)

Enrique Echeburúa and Paz de Corral  
*University of Pais Vasco (Spain)*

Victims of traumatic events are subject to severe stress and disruption and may manifest a pattern of dissociative and anxiety/depression symptoms. The trauma may impair the person's quality of life and disrupt social and other functioning. If symptoms last longer than a month after the traumatic event, posttraumatic stress disorder may ensue. Crisis intervention is focused on ensuring safety and providing support, including assessment of coping resources and support networks. The role of early psychological debriefing to prevent psychopathology following a traumatic event is to help victims ventilate emotions and to detect individuals who require more complex intervention. Despite its popularity, there is no convincing evidence that psychological debriefing diminishes the incidence of posttraumatic psychopathology. However it may be very interesting to develop screening methods to identify individuals at most risk for posttraumatic psychopathology and to develop early treatment methods. The issues addressed in therapy include the need to correct unrealistic expectations, to deal with guilt and phobic reactions as well as family and network reorganization. These new approaches, as well as predictive factors of recovery and of poor prognosis, are discussed.

**Psychological cognitive behavioral crisis intervention related to disasters: a theoretical framework** (pp. 389-405)

Isabel C. Salazar<sup>1</sup>, Vicente E. Caballo<sup>2</sup>, and Diana C. González<sup>1</sup>

<sup>1</sup>*Pontificia University Javeriana, Cali (Colombia);* <sup>2</sup>*University of Granada (Spain)*

Crisis intervention is a mode of psychological work widely used in the world. Nevertheless, the majority of the crisis interventions are focused on subsequent psychiatric and psychological problems. The crises related to natural or human disasters are also subject to psychological intervention, because they generate an imbalance in the functioning of individual (biopsychosocial) and community systems, as well as a negative impact at economic and development level in the region or country. However, according to the literature reviewed, there are no reports about cognitive-behavioral psychological crises intervention for disasters. Thus, there is a challenge for cognitive-behavioral clinical psychologists and researchers who want to contribute to this field, from an evidence-based approach with an impact on mental health and public health programs with positive cost-efficient therapies.

**The treatment of crisis experiences: a cognitive behavioral perspective** (pp. 407-425)

Arthur Freeman<sup>1</sup> and Frank M. Dattilio<sup>2</sup>

<sup>1</sup>*Philadelphia College of Osteopathic Medicine;* <sup>2</sup>*University of Pennsylvania School of Medicine (USA)*

Cognitive behavioral therapy is attractive as a crisis intervention model for a number of reasons. One of the most compelling is, "because most of the concepts of cognitive and behavior therapy are consistent with commonly shared notions of human nature, the neophyte therapist can readily assimilate them" (Beck, 1976, p. 318). The theories of cognitive-behavioral therapy are easily delineated, and, most important, the link between theory and practice is clear. By virtue of its ease of learning, cognitive and behavior therapy techniques also make crisis intervention work much more satisfying for the therapist. Using both the cognitive and behavioral elements, the CBT therapist is well prepared for dealing with the broad range of crises.

**Secondary traumatic stress: personality and shattered assumptions** (pp. 427-439)

Bernardo Moreno, María Eugenia Morante, Beth Hudnall, and Ana Isabel Sanz  
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Trauma has received a great deal of attention in recent years. One line of research in this field focuses on the importance of personality variables in the resistance and vulnerability to trauma (Figley, 1995) and on the consequences of trauma on emergency professionals (Stamm, 2002). The purpose of this study was to examine in a sample of 419 emergency professionals the role of several personality variables (empathy, comprehensibility, challenge and sense of humor) as moderators of the relationship between job demands (traumatic task and overload) with shattered assumptions (Janoff-Bulman, 1992). Secondary traumatic stress was measured with measured with Secondary Traumatic Stress Measure (Moreno et al., 2004). Results indicate these personality variables seem to have an important role in the change of assumptions process. Finally, further implications of the findings are discussed.

**Psychometric examination of the Secondary Traumatic Stress Scale: a study on Chileans professionals** (pp. 441-456)

Cristobal Guerra and José Luis Saiz  
*La Frontera University, Viña del Mar (Chile)*

This study describes the psychometric examination in Chile of the Secondary Traumatic Stress Scale (STSS; Bride, Robinson, Yegidis, and Figley, 2004), a scale designed in USA to measure symptoms of intrusion, avoidance and arousal associated with indirect exposure of professionals to traumatic events. A sample of 255 Chilean professional that treated traumatized victims completed the local version of the STSS, a burnout inventory and a demographic information questionnaire. The STSS proved to be a reliable and valid instrument. In particular, the scale showed adequate convergent validity when correlating, as expected, with the levels of depression, anxiety, and burnout of professionals. Also, the absence of significant correlations between the STSS and the age and the income of participants supported the discrimination validity of the scale. Contrary to expectations, the STSS did not correlate with the extent to which the patients were traumatized nor with the frequency with which their work addresses the traumatic experiences of their clients. Finally, the STSS items adopted an unifactorial configuration.

**Psychometric properties of the Spanish version of the Perceived Stress Scale (PSS)** (pp. 457-477)

Humberto M. Trujillo and Joaquín M. González-Cabrera  
*University of Granada (Spain)*

The aim of this work was to study the psychometrics properties of the Spanish version of the Perceived Stress Scale (PSS) (Escala de Estrés Percibido, EEP) based upon a translation of the original scale of Cohen, Kamarck and Mermelstein. The PSS evaluates the personal perception of control of context demands. After analyzing the psychometrics properties of the items and the total scale, a first study was made to evaluate the equivalence of the translated version of SSP in three Spanish samples from different contexts: undergraduate students and university graduates (N= 2403), Police members (N= 204), and professional army members (N= 129). A second study provided evidence for convergent validity of PSS with a military sample in Mostar city (Bosnia í Herzegovina). For this, associations were analyzed between

the perceived stress construct and the social support, general health, and self-efficacy constructs. The overall results showed that the Spanish version of PSS present appropriate psychometric properties for Spanish samples.

**Psychological first aid: ACERCARSE protocol** (pp. 479-505)

Manuel Muñoz, Berta Ausín, and Eloísa Pérez-Santos  
*Complutense University of Madrid (Spain)*

Nowadays, interest in the emerging field of disaster psychology has increased significantly after events such as September 11, 2001 in New York, March 11, 2004 in Madrid, or December 26, 2004 tsunami in Asia. Also this interest has been centred in the need to treat rape, assault or other crime or accident victims. The present article shows a revision of the main early psychological approaches and interventions in the immediate response to disaster. Psychological First Aid (PFA) is defined as a group of short, practical and early psychological interventions oriented to relieve and prevent the psychological effects of traumatic events in the short, middle or long term. PFA is useful to offer psychological support in the medium or moderate stressful life events as well as in great intensity ones. The main objectives of PFA are the person emotional stabilization, their connection with the natural social support networks and the decision of the derivation to mental health services. The basic principles and the protocols of PFA are revised and their common characteristics are summarised. Finally, a PFA practical action guide developed and applied in different disasters, war and terrorism settings by the authors is presented (ACERCARSE protocol).

**Children after a disaster. Guidelines for a psicoafective intervention directed to non specialized mental health people** (pp. 507-523)

Evelyn Mc Quiddy  
*University of Costa Rica (Costa Rica)*

The objective of this article is the presentation of a reference document aimed at non-specialists in mental health treatment of children in disaster situations by means of strategies and methodological procedures that take into account their physical and psychoaffective vulnerability. The study was performed in nine stages: a) literature review of the major information centers, b) review of government policies in relation to mental health and emergency care, c) interviews with personnel involved in responding to disasters d) interviews with children who have experienced the consequences of a disaster, e) personal interviews with adult education professionals, f) systematization of information obtained g) elaboration of the contents of the guide, h) validation of their contents, and i) production of the final document. The results show that at present, methodologies in child care after a disaster should not be unique or excessively professionalized.

**Family and disability: crisis intervention from an ecological mode** (pp. 525-541)

Leonor Córdoba and Gloria Soto  
*Pontificia Universidad Javeriana, Cali (Colombia)*

Crisis intervention for families of persons with disabilities should be understood based on the variability between one family and another, and across different cultures and the various stages of the family life cycle. It is known that at each stage, as well as in transitions, families



and individuals facing stressful events develop specific strategies to deal with them. Thus, at first, when the diagnostic is made, parents are faced with an uncertain future for their child, and with the ignorance of the causes and consequences of this diagnostic. This article proposes a way to apply a crisis intervention based on the Ecological Model for the stage when parents are informed about the birth of a child with intellectual disabilities, and illustrates the components of survival, identification and expression feelings, cognitive domain and adaptation of the family. The timely and relevant accompanying by the professional team could contribute to the family bearing the stress inherent at this stage and can generate functional adaptations that will facilitate the development of the disabled individual.

**The impact of patient suicide on psychiatric unit teams** (pp. 543-556)

Francisco Páez<sup>1,2</sup>, Rebeca Robles<sup>1,4</sup>, Rosa Irene González<sup>3</sup> and Benjamín Becerra<sup>4</sup>

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Suicide attempts and suicides are fifty times more frequent at psychiatric hospitals. The aim of this work was to evaluate the impact of a lethal suicide attempt on both mental health professionals and patients attending a psychiatric centre. An opportunity study was made by means of opinion questionnaires, a brief suicide risk evaluation, and with both Beck's suicide ideation and hopelessness scales. Results show that mental health professionals informed a medium training level to cope with this kind of events; those who observed a suicide attempt were more affected personally than those who did not; and their main needs were related to job security and a specific training to act when a suicide attempt occurs. Although patients showed a significant improvement fifteen days later, a clinical and statistical increase of hopelessness was also reported ( $7.3 \pm 5.74$  vs.  $14.88 \pm 2.26$ ;  $t=4.20$ ,  $gl=8$ ,  $p=.003$ ). We can conclude that work organization plays a crucial role in the impact of suicide attempts, which is usually negative and affects both patients and mental health professionals.

## **Psicología Conductual, 2008, Volume 16, Number 1**

### **Social anxiety and dysfunctional cognitive schemas (pp. 5-21)**

Esther Calvete and Izaskun Orue

*University of Deusto (Spain)*

This study assessed the association between cognitive schemas (Young Schema Questionnaire-Short Form, YSQ-SF; Young & Brown, 1994) and social anxiety (Social Interaction Questionnaire for Adults-Revised, CISO-AR; Caballo, et al., 2006) in a sample of 639 students (309 men and 327 women). The following findings were obtained: (1) Social anxiety is mainly associated with schemas that involve abandonment, failure, and emotional inhibition. (2) There are some peculiarities depending on the situation in which the individuals experienced anxiety, with the schema of subjugation linked with anxiety in situations that imply the expression of upset, and the defectiveness/shame schema linked to anxiety in the relationship with people of different sex. (3) Participants who showed generalized social anxiety scored higher than participants with specific social anxiety in abandonment, defectiveness, failure, dependency, emotional inhibition, and lack of self-control. (4) Finally, although women scored higher on social anxiety, we did not find gender differences in the relationship between schemas and social anxiety, with the exception of abandonment and subjugation which were more intensively associated with anxiety among men.

### **Personality profiles in subtypes of drug addicts in treatment with a criminal record (pp. 23-36)**

José Luis Graña<sup>1</sup>, Juan Jesús Muñoz<sup>2</sup>, and Encarnación Navas<sup>3</sup>

<sup>1</sup>*Complutense University of Madrid*; <sup>2</sup>*San Juan de Dios Psychiatric Hospital at Ciempozuelos*; <sup>3</sup>*José Germain Psychiatric Institute at Leganés (Spain)*

This study examines the differences in the personality traits of polydrug addicts (functionals and chronics) as a function of whether or not they had been involved in delinquent behaviors. An assessment protocol, which comprises the European Addiction Severity Index (EuropASI), the Reduced NEO Inventory (NEO-FFI), and the International Personality Disorder Examination (IPDE), was administered to 320 drug addicts of both sexes, of ages between 17 and 60 years. The results showed that the functional consumers who had previously been charged with crimes scored higher in the schizoid, dissocial, borderline, and histrionic traits of personality disorders than the consumers who had not been charged. In the chronic drug-addicts, individuals who had been charged with crimes scored higher in the normal personality dimensions related to extraversion and openness to experience. With regard to personality disorder traits, only the dissocial trait was significant when this group was compared with drug-addicts who had not been charged. The establishment of an adequate description of drug-addicts by typologies, as well as with the elaboration of personality profiles in which their participation in criminal actions is taken into account implies an in-depth study in order to apply more efficient strategies to modify their dysfunctional behavior.

### **Use of alcohol, tobacco and other drugs among students at a Spanish university (pp. 37-53)**

Fernando L. Vázquez, Vanessa Blanco, and Ángela Torres Iglesias

*University of Santiago de Compostela (Spain)*

This paper reports characteristics of the use of psychotropic substances by students at a Spanish university, and their relationships with a set of sociodemographic, academic and other variables, as reflected in a 554-member sample (65.9% women, age 18-34 years) that was stratified by sex, academic year and academic area. Results indicated 81.4% of students habitually used alcohol, 53.1% tobacco, and 25.2% cannabis. Among illegal drugs, cannabis was used occasionally by 65.6% of students, cocaine by 12.3%, hallucinogens by 10.5%, designer drugs by 8.3%, and amphetamines by 5.6%. These figures are higher than those among the general Spanish population. The substances considered are used by more males than females, and the age at which drug use begins appears to be decreasing.

**Development of an Inventory of Cognitive Appraisal in chronic pain patients** (pp. 55-68)

Carmen Ramírez Maestre, María Rosa Esteve Zarazaga, and Alicia Eva López Martínez

*University of Malaga (Spain)*

In chronic pain context, recent studies have begun to consider the relevance of the patient's cognitive appraisal about their pain. Nevertheless, there are not many instruments that allow us to measure the cognitive appraisal of pain. The main purpose of this study was the development of an instrument to measure cognitive primary appraisal in chronic pain patients. First, following transactional models of stress and considering the consequences that chronic pain has in patients (e.g., loss of autonomy, threat to familiar or work roles), the items of the instrument were formulated. Principal component analysis revealed three components of primary appraisal: (1) loss or harm, (2) threat and (3) challenge. In a sample of 224 subjects with chronic pain, the three scales showed high internal consistency and criteria validity in relation to pain, coping and functioning. The Cognitive Appraisal Inventory ("Inventario de evaluación cognitiva", IEC) appears to be a promising scale for use in future chronic pain research.

**Neuropsychological performance based on gender and natural variations in sexual hormones: a review** (pp. 69-81)

Cecilia Otero Dadrín and Dolores Rodríguez Salgado

*University of Santiago de Compostela (Spain)*

Different studies have shown the existence of sex differences in neuropsychological performance, as well as the influence of sexual hormones on it. In this paper a review of findings in this line of research from 1980 to 2007 is carried out starting from bibliographical search in Medline and PsycInfo databases. Results show that men outperform women in spatial tasks, mathematical abilities and abstract reasoning while women excel verbal abilities, precision motor skills, perception and memory. Moreover evidence suggests that natural variations in sexual hormones levels affect men's and women's performance in these tasks. We conclude that sex-related neuropsychological performance patterns may also remain sensitive to natural variations in sexual hormones levels, and consequently we highlight the need to analyze the relationship among sex and hormonal fluctuations taking it into account in future research on the field.

**Psychological characteristics of women pregnant with HIV/AIDS diagnosis** (pp. 83-102)

Isabel C. Salazar Torres and Tatiana Vergara Vélez

*Javeriana Pontificia University of Cali (Colombia)*

HIV/AIDS is a health problem in which emotional, affective and cognitive factors play an important role; nevertheless there is little information about them in pregnant women. The purpose of this study is to describe and establish relationships between depression, anxiety, health perception of control (HPC) and stressful events perception of control (SEPC) in 17 medically controlled pregnant women diagnosed with HIV/AIDS. The study was non-experimental and transversal with a descriptive-correlational design. Through an interview and questionnaires to evaluate psychological variables, it was found that 29.4% had high levels of anxiety, 23.5% had high levels of depression and 5.9% had low levels of de HPC and SEPC. There was a significant, bilateral and positive correlation between anxiety and depression ( $r=0.731$ ;  $p=0.001$ ), and between anxiety and SEPC ( $r= 0.683$ ;  $p= 0.003$ ); and a negative correlation between HPC and anxiety ( $r= 0.870$ ;  $p= 0.000$ ), HPC and depression ( $r= -0.767$ ;  $p= 0.000$ ), and HCP and SEPC ( $r= -0.732$ ;  $p= 0.001$ ).

**Differences in health-related quality of life between kidney, heart and liver transplant patients during transplantation process** (pp. 103-117)

Agustín Martín Rodríguez<sup>1</sup>, M<sup>a</sup> Ángeles Pérez San Gregorio<sup>1</sup>, Rosario Díaz Domínguez<sup>2</sup>, and José Pérez Bernal<sup>2</sup>

<sup>1</sup>University of Sevilla; <sup>2</sup>Virgen del Rocío University Hospital at Sevilla (Spain)

In this ex post facto study we analyzed the possible differences in the Health Related Quality of Life (HRQOL) depending on the type of transplanted organ during the first year following transplantation. The sample included 107 transplant patients: 44 of kidney, 25 of heart and 38 of liver. The transplant patients were assessed at four different phases: at the time of inclusion in the transplant waiting list, and at three, six, and twelve months from receiving the graft. All of them filled a structured interview report and SF-36 and Euroqol-5D (EQ-5D) Health Questionnaires. There are differences in HRQOL results between patients of different transplant type (kidney, heart and liver) during the transplantation process. These differences are greater in the pre-transplant phase.

**Effect of attention training with distractors on the reduction of auditory hallucinations: a pilot study of three cases** (pp. 119-132)

José Antonio Muela Martínez and Beatriz López Luengo

University of Jaén (Spain)

Despite the effectiveness of anti-psychotic pharmacotherapy, residual hallucinations do not vanish completely in some medicated patients. Additional psychological therapies such as training in coping strategies seem to improve the management of auditory hallucinations, nevertheless, despite the promising results, training in coping strategies has some problems like the short duration of their effects, the lack of generalization of results to other situations, the subjective nature of the symptom and the scarce control exerted by the therapist. In this study a controlled environment was designed. Subjects who suffered hallucinations received auditory stimulation similar to their voices and at the same time they performed an attention computerized task. The participants had to focus their attention on the task ignoring the auditory information and, in this way, try to reduce or eliminate their hallucinations. Three patients suffering persistent auditory hallucinations during the last six months participated in this pilot study obtaining a significant improvement in the majority of the parameters assessed about the hallucination after the treatment.

**Behavioral Psychology/Psicología Conductual, 2008,  
Volume 16, Number 2**

**Is there a specific relationship between childhood separation anxiety and the later development of panic and agoraphobia disorders?** (pp. 143-161)

Arturo Bados, Marta Reinoso, and Núria Bedito  
*University of Barcelona (Spain)*

One persistent hypothesis in the literature is that heightened levels of early separation anxiety are a specific risk factor for developing panic disorder (with or without agoraphobia). In the review carried out by Silove, Manicavasagar, Curtis, & Blaszczynski (1996) these authors concluded that both phenomena were associated, but whether this association reflected a specific relationship or existed also in relation to other disorders was an issue that remained inconclusive. Moreover, they advanced the hypothesis of the possible persistence of early separation anxiety disorder into adulthood, rendering the sufferer vulnerable to panic. Since then, a number of studies have investigated this question, some of them prospectively, so the present article aims to review them critically. The analysis of 28 studies confirms the association between separation anxiety and panic disorder, but it raises great doubts about the specificity of such relationship. Furthermore, separation anxiety disorder also exists in adulthood, but its relationship with panic disorder does not seem to be specific either.

**Social anxiety in 18 nations: sex and age differences** (pp. 163-187)

Vicente E. Caballo<sup>1</sup>, Isabel C. Salazar<sup>2</sup>, María Jesús Iurrtia<sup>3</sup>, Benito Arias<sup>3</sup>, Stefan G. Hofmann<sup>4</sup>, and CISO-A Research Team  
<sup>1</sup>*University of Granada (Spain)*; <sup>2</sup>*Pontificia Javeriana University at Cali (Colombia)*;  
<sup>3</sup>*University of Valladolid (Spain)*; <sup>4</sup>*Boston University (USA)*

The aim of this study was to examine age and sex differences in 6 dimensions of social anxiety in a sample of 16,940 people over the age of 16 in 18 countries in Ibero-America. Participants completed the "Social Anxiety Questionnaire for Adults" (SAQ-A), which includes the following dimensions: 1. Awkward behaviour in socially embarrassing situations; 2. Interactions with the opposite sex; 3. Interactions with strangers; 4. Criticism and embarrassment; 5. Assertive expression of annoyance, disgust or displeasure; and 6. Speaking/performing in public/Talking with people in authority. The results showed that women reported significantly more anxiety than men in 88.67% of the social situations covered by the SAQ-A. All but three countries showed significant sex differences in social anxiety with women reporting greater anxiety than men. With regards to age, the younger age groups (up to the age of 24) showed greater sex differences in social anxiety depending on the specific social anxiety dimensions. Finally, the anxiety and age was positive associated for some social anxiety dimensions and negative or U-shaped for others. Although the sample size was very large, some of the results will require future replication.

**Eating disorders and personality: a comparative study** (pp. 189-205)

Francisco Manuel Martín Murcia<sup>1</sup>, Adolfo J. Cangas Díaz<sup>2</sup>, Eugenia M<sup>a</sup> Pozo Pérez<sup>1</sup>, Margarita Martínez Sánchez<sup>1</sup>, and Manuel López Pérez<sup>3</sup>  
<sup>1</sup>*Institute of Ciencias del Comportamiento*; <sup>2</sup>*University of Almeria*; <sup>3</sup>*TorreCardenas Hospital, Almeria (Spain)*

Personality disorders associated to Axis I disorders have become ever-present topics in current psychological research. A descriptive, comparative and transversal study was designed to compare the personality scales in a clinical sample of 67 patients with TCA and a control group by means of the MCMI-II and to analyze the existence of aggregation of styles of personality depending on the topography of the TCA. We did not find significant differences in the aggregation of styles of personality among clinical groups, though differences did appear with regard to the control group in the majority of the pathological scales. we discuss the scales in which no differences were found between both groups (dependent, histrionic, narcissist and compulsive) and the possibility that it should be due to the influence of certain widely accepted social values common to both samples

**Relevant variables related to intimate partner violence in young couples: a review** (pp. 207-225)

Itxaso González-Ortega, Enrique Echeburúa, and Paz de Corral  
*University of País Vasco (Spain)*

Intimate partner violence in young couples is a predictor of future violence in older couples. Among young couples violence tends to be emotional (non physical) and it is more subtle and less severe than in older couples. As far as young aggressors are concerned, violence is more frequent when they have an abnormal personality (high impulsiveness, anger, lack of empathy, low self-esteem), mental disorders (alcohol and drug abuse, pathological jealousy), positive attitudes towards violence and violence experiences in prior couple relationships. Regarding victims, young women can become victims more easily if they get engaged early in their teens, if they have some psychological deficits (such as a low self-esteem, emotional deprivation or lack of assertiveness), if they lack familiar or social support, if they are involved in risky behaviors or in a drug addicts atmosphere. The most important current challenges for further research are to determine the specific weight of these factors, as well as to implement effective prevention programs.

**The right to say no: acceptance of sexual coercion behaviors in young students** (pp. 227-238)

Paola Ilabaca Baeza, Antonio Fuertes Martín, and Begoña Orgaz Baz  
*University of Salamanca (Spain)*

The purpose of this study was to evaluate the degree of acceptance of behaviours of sexual coercion among university students. For this purpose 305 students of the University of Salamanca completed anonymously a questionnaire composed by vignettes designed to obtain information about the degree of acceptance of different behaviours of sexual coercion in accordance to variables such as the degree of cooperation of the victim, type of relation between the victim and the perpetrator and the gender of the perpetrator. The results confirm that the most accepted strategies of sexual coercion are physical stimulus and the verbal coercion when the victim manifests some type of cooperation to initiate the sexual encounter and the perpetrator is the partner. The influences of the sexual scripts and gender stereotypes are discussed.

**Influence of job-role quality and anger on health in working women** (pp. 239-260)

Lya Feldman and Luisa T. Angelucci  
*Simón Bolívar University (Venezuela)*

The goal of the present study was to analyze the ways in which job-role quality and anger have direct or indirect influence on the reported presence of disease symptoms, risk habits of health and cholesterol (HDL/LDL), in a sample of 402 working women between 27 and 71 years of age. A set of scales were applied in order to measure: symptoms report, health risk habits, anger-in, anger-out and job-role quality. A blood sample was taken to evaluate the lipid profile. Using a Path analysis it was found that, health risk habits were associated with more symptoms reported. Direct relationship between job rewards and cholesterol levels were observed as well as between anger-in and LDL cholesterol. Job-role concerns have an effect on the LDL cholesterol mediated by anger-in. The findings allowed verifying relations in the health area, emotions and role quality in working women. These findings can be very useful for intervention programs in organizational settings

**Smoking prevalence and stage of change: the role of failed smoking quit attempts** (pp. 261-274)

Sílvia Font-Mayolas, Maria Eugènia Gras, Montserrat Planes, and Ana Belén Gómez  
*University of Girona (Spain)*

The aim of this research was to identify the stage of change distribution among university staff and also to analyse the role of failed attempts to quit smoking. A cross sectional survey design was used. Questionnaires about smoking habits were distributed among a representative sample (N= 366) of 1800 staff members at a Spanish university. The distribution of smokers and ex-smokers, by cessation phase, was as follows: precontemplation, 30.1%; contemplation, 11.8%; preparation, 1.3%; action, 7.8%; and maintenance, 49%. 72.7% of precontemplators and 68.8% of contemplators had attempted to take action in the past year. When asked about the number of prior smoking cessation attempts, the percentages of ex-smokers who reported having tried to quit smoking only once in the previous year were: action, 58.3%; and maintenance, 89.7%. So interventions developed specifically for precontemplators are needed. It would also seem appropriate to help prepare smokers to successfully achieve abstinence with only one try, thereby avoiding the potential negative effects of a relapse.

**Psychopathological comorbidity in cocaine addiction: results with the SCL-90-R** (pp. 275-288)

Javier Fernández-Montalvo<sup>1</sup>, Iñaki Lorea<sup>2</sup>, José J. López-Goñi<sup>2</sup>, and Natalia Landa<sup>3</sup>  
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In this paper an analysis of the consumption profile and of the psychopathological comorbidity in 60 outpatient treatment-seeking cocaine addicts from “Proyecto Hombre de Navarra” (Project Mankind) is carried out. For the assessment of the patients, the DSM-IV-TR diagnosis criteria for cocaine dependence, the EuropASI, in order to assess the severity of the dependence, and the SCL-90-R, as measure of the associated symptoms, were used. Results showed a high level of psychopathological symptoms, with significant scores in most of the dimensions of the SCL-90-R, the same for men as for women of the sample. Comparison with normative samples reflects that the cocaine addicts of the sample present

more psychopathological symptoms than the normal population, but less than the psychiatric population. Lastly, implications of this study for further research and clinical practice are commented upon.

**Personality and coping strategies in fibromyalgia's patients** (pp. 289-306)

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The aim of this study is to analyze whether different personality profiles according to the harm avoidance (HA) trait, may explain the differences in the use of coping strategies in fibromyalgia patients. The instruments used were the Temperament and Character Inventory-Revised (TCI-R) (adaptation by Gutierrez-Zotes, et al., 2004) and the COPE-D (adaptation by Crespo & Cruzado, 1997). The results show that patients with higher score in HA used coping strategies (emotions focus) and less coping strategies (humor and positive reinterpretation) than patients with lower score in HA. This results support other studies (Affleck, Tennen, Urrows, & Higgins, 1992; Asghri & Nicolas, 2006; Ramírez, Esteve, & López, 2001) that suggest that personality may influence the use of more adaptative coping strategies in chronic pain. Therefore, it is necessary to take into account this factor in both the evaluation and treatment of fibromyalgia patients.

**Social competence and emotional/behavioral problems in children who have undergone solid organ transplantation** (pp. 307-320)

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This study aims to assess social competence and emotional/behavioral problems and to examine the influence of some clinical and socio-demographic variables on psychological adaptation in transplanted children. Parents of 48 transplanted children and 88 healthy children aged 5-12 completed the Child Behavior Checklist 6-18 (CBCL) which measures social competence and emotional/behavioral problems, and a group of clinical and socio-demographic data. Findings showed that transplanted boys presented significantly less social competence than healthy boys. In contrast, transplanted girls revealed significantly less social competence, especially in school activities, more internalizing behavior problems, particularly in anxiety/depression, and aggressive behavior than healthy girls. Hierarchical regression analysis demonstrated that rejection problems are significant to explain somatic complaints. Our data suggest the importance of some clinical variables on psychological adaptation in children who have undergone organ transplantation.

**A self-help treatment via the Internet for fear of public speaking: a single case study** (pp. 323-340)

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In this work is presented a clinical example of the use of an Internet-based self-applied intervention for fear of public speaking in a single case study with social phobia. The patient is a 21-year-old woman who met DSM-IV-TR diagnostic criteria for generalized social phobia (APA, 2000). The assessment protocol and procedure, and the cognitive-behavioral treatment program are described. The measures were classified into: target behaviors, social phobia measures, behavioral avoidance test, anxiety and depression, and global functioning. The patient's expectations and satisfaction with regard to the Internet-Based self-applied treatment were also assessed. The results showed an important reduction in all relevant clinical measures after the treatment. Besides, the patient reported a good acceptance and confidence in the program. Three, six, and twelve-month follow-up assessments were conducted and the therapeutic gains were maintained at long-term.

**Albert Ellis (1913-2007): Pioneer of mediational models of intervention** (pp. 341-348)

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On July 24, 2007, Dr Albert Ellis, one of the giants of clinical psychology, died at 93 years of age. He was recognized as one of the most important figures of contemporary psychology, to the point of being considered by his peers to be more influential than Sigmund Freud. In this article we gather some biographical data of Dr. Ellis and we pay an academic tribute remembering the foundations of his main contribution: Rational Emotive Behavior Therapy (REBT). His theory of emotional disturbance, a list of the main irrational beliefs, his intervention model denominated A-B-C-D-E, and a comparison with the cognitive therapy are included.

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(Monographic issue on "Recent advances in childhood anxiety disorders" [I])**

**Foreword** (pp. 361-363)

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NO ABSTRACT

**Evidence-based treatments for children and adolescents with phobic and anxiety disorders: issues and commentary** (pp. 365-387)

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The movement to develop evidence-based assessment and treatment is of relatively recent origin; nonetheless, it has quickly revolutionized the field of mental health. This development has however been highly controversial and has served to divide the mental health professions. Three major issues associated with evidence-based treatment are examined: (a) some

treatments have been shown to be more effective than others and, as a result, the “Dodo Bird” effect (i.e., all treatments are equivalent) is no longer tenable, (b) use of treatment manuals might lead to mechanical, inflexible interventions that result in loss of creativity and innovation in the therapy enterprise, and (c) treatments shown to be effective in clinical research settings might not be applicable or transport to “real-life” clinical practice settings. These issues are addressed and areas of rapprochement are explored. These are exciting times for the field of child and adolescent psychotherapy, and the various articles in this special issue attest to what we know and what we have yet to learn in treating anxiety disorders in youth.

**Separation anxiety disorder in youth: phenomenology, assessment, and treatment** (pp. 389-412)

Jill T. Ehrenreich<sup>1</sup>, Lauren C. Santucci<sup>2</sup>, and Courtney L. Weiner<sup>2</sup>

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Separation Anxiety Disorder (SAD) is the most commonly diagnosed and impairing childhood anxiety disorder, accounting for approximately 50% the referrals for mental health treatment of anxiety disorders. While considered a normative phenomenon in early childhood, SAD has the potential to negatively impact a child’s social and emotional functioning when it leads to avoidance of certain places, activities and experiences that are necessary for healthy development. Amongst those with severe symptoms, SAD may result in school refusal and a disruption in educational attainment. This paper provides a comprehensive review of the current literature on SAD etiology, assessment strategies, and empirically supported treatment approaches. New and innovative approaches to the treatment of SAD that also employ empirically supported techniques are highlighted. In addition, future directions and challenges in the assessment and treatment of SAD are addressed.

**Assessment and treatment of school phobia in children and adolescents** (pp. 413-437)

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School anxiety is defined as a maladapted pattern of anxiety behaviours related to school situations, being considered one of the most disabling anxiety disorders during childhood and adolescence. This article reviews the common characteristics of youths with school anxiety, distinguishing between other anxiety disorders such as separation anxiety disorder and truancy. Moreover, methods of evaluation commonly employed are reviewed, in particular the Fear School Inventory (FSI) and the School Refusal Assessment Scale (SRAS). Furthermore, the literature about the treatment of school anxiety is reviewed, concluding that the cognitive-behavioural approach is the most widespread and effective therapy. Finally, the advances in research on school anxiety are described.

**Panic disorder in children and adolescents** (pp. 439-479)

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Although it has been long thought that it could not be possible for a child to experience panic, the existence of Panic Disorder in children and adolescents is nowadays unquestionable. This disorder presents a chronic course, high interference and high comorbidity with other psychiatric and medical conditions. Due to these factors, there has been an increasing interest among clinicians and researchers in order to develop more effective assessment and treatment strategies for children and adolescents with this disorder. The present paper aims to contribute to a better understanding and sharing of the most recent information on Panic Disorder in children and adolescents by reviewing aspects such as classification, differential diagnosis, epidemiological data, assessment and treatment strategies. Furthermore, we also discuss what we consider to be current challenges that may point to future developments, both in clinical and research settings.

**Advances in the treatment of specific phobias in children and adolescents** (pp. 481-500)

Mireia Orgilés<sup>1</sup>, José P. Espada<sup>1</sup>, and Xavier Méndez<sup>2</sup>

<sup>1</sup>*Miguel Hernández University at Elche;* <sup>2</sup>*University of Murcia (Spain)*

Specific phobias are among the most common disorders in childhood and adolescence. In the last decades there have been many studies that show the usefulness of psychological therapy to reduce phobic behavior. Reviews about the efficacy of single case and group treatments have been done, revealing the active principle of effective interventions. The goal of this article is to present the current status of treatments for specific phobias in children and adolescents. We examine both interventions carried out traditionally and innovative therapies that are being developed at present. We also emphasize the importance of further studies to fill the gaps in certain areas of intervention.

**Social anxiety disorder in childhood and adolescents: current trends, advances, and future directions** (pp. 501-533)

Luis Joaquín García-López<sup>1</sup>, José Antonio Piqueras<sup>2</sup>, María del Mar Díaz-Castela<sup>1</sup>, and Cándido J. Inglés<sup>2</sup>

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The reviews of recent literature in the field reveal a significant growth in the number of research studies on social anxiety disorder (SAD) in children and adolescents. However, there is a lack of information and on-going debates on different issues related to this disorder. This paper presents a look ahead toward critical steps to extend our knowledge and improve the understanding of this disorder. In particular, this paper reviews the nature of social anxiety symptoms as well as etiological explanations for the disorder. Additionally, the issue of evidence-based assessment and treatment of SAD is discussed, with a particular focus on cognitive-behavioral interventions. We conclude with a discussion of future directions for the field.

**The nature, assessment, and treatment of pediatric obsessive-compulsive disorder** (pp. 535-551)

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Obsessive-compulsive disorder (OCD) is an anxiety disorder characterized by recurrent or persistent thoughts, impulses, or images that are experienced as intrusive or distressing (obsessions), and repetitive behaviors or mental acts (compulsions) often performed in response to an obsession. Approximately 1-4% of children and adolescents are affected by OCD at some point during youth, and the disorder is characterized by broad impairments in academic, social, and family functioning. This paper reviews the nature of obsessive-compulsive symptoms as well as etiological explanations for the disorder. Additionally, the topic of evidence-based assessment and treatment of OCD is discussed, with a particular focus on cognitive-behavioral treatment. We conclude with a discussion of future directions for the field.

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**Foreword** (pp. 9-10)

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NO ABSTRACT

**Posttraumatic stress disorder in children: a review** (pp. 11-39)

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The field of child clinical psychology has increasingly focused on how to assess the occurrence and impact of traumatic events on children with the explicit goal of determining effective and efficient therapeutic techniques for helping children manage the sequelae of such events. This paper provides an overview of the psychological literature in childhood trauma. We address important questions most pertinent to clinicians working with children and families: How many children experience traumatic events? What types of trauma do children most often experience? How should childhood trauma and related outcomes be assessed in clinical practice? What therapeutic interventions are available? What information is yet needed and what challenges do we face? Throughout, we consider biological, individual, and cultural factors and pay particular attention to how innovations in technology and communications hold promise for this field.

**Generalized anxiety disorder in youth** (pp. 41-66)

Cynthia Suveg, Marni L. Jacob, and Kristel Thomassin

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Although mild worry is normative, children with Generalized Anxiety Disorder (GAD) experience worry that is intense, difficult to control, and impairing. Common worries of children with GAD may relate to perfectionism, performance, social situations, family, community/world events, or health. GAD co-occurs not only with other internalizing disorders (e.g., depression) but also with externalizing problems. A careful, multi-informant assessment is likely to help differentiate GAD from other disorders and also facilitate treatment planning. Research has found support for a number of variables in the etiology and maintenance of GAD including genetic, biological, familial, and environmental influences, cognitive processes, and personality traits and temperamental factors. The course of GAD is characterized by a chronic and episodic wax and wane of symptoms over a fairly long period of time though at least a few treatment approaches are promising. Numerous studies provide support for the use of cognitive behavior therapy (CBT) in treating GAD in youth, and preliminary data suggests that selective serotonin reuptake inhibitors (SSRIs) can also be helpful. The most apparent limitation of the extant literature that is reviewed is the lack of

focus on youth with GAD in particular. Future research needs to compare youth with GAD to youth with other types of anxiety disorders.

**Childhood anxiety and parents' involvement: a review (pp. 67-87)**

Lourdes Espinosa Fernández

*University of Jaén (Spain)*

This paper presents a review of the role that parents play in the etiology and maintenance of child anxiety and in their treatment and prevention. Some educative patterns, such as rejection and, above all, parents' excessive over-protection behaviour, have been related to the presence of anxiety in children. In fact, a related issue to take into account would be the presence of any type of anxiety disorder in the parents themselves. As far as the child anxiety treatment and its prevention are concerned, data show that training parents in certain strategies and skills and including them in the intervention programme increase the effectiveness of the treatment outcome. Despite the research conducted in the field, the number of publications is still limited. Thus, further investigation is encouraged.

**Prevalence and correlates of childhood-onset anxiety disorders among Latinos and non-Latino whites in the United States (pp. 89-109)**

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Anxiety disorders are the most prevalent class of psychiatric disorders (Kessler et al., 2005) and their early onset places individuals at risk for a wide range of subsequent problems (Weissman et al., 1999). Data from the National Latino and Asian American Study (NLAAS) and the National Comorbidity Survey-Replication (NCS-R) were used to investigate the prevalence and correlates of childhood-onset anxiety disorders among U.S.-born whites, U.S.-born Latinos, and foreign-born Latinos. Significant differences in rates of childhood-onset anxiety disorders were found, with foreign-born Latinos reporting the lowest rates. Across all three ethnicity/nativity groups, individuals with childhood-onset anxiety disorders had equal or higher levels of past-year impairment, relative to individuals with adult-onset anxiety disorders. The chronic course associated with childhood-onset anxiety disorders was also revealed to be present regardless of ethnicity and nativity, as indicated by the similarities across groups in the mean number of lifetime disorders and comorbidity rates. Treatment and assessment recommendations are discussed with respect to the findings.

**Exposure-based cognitive behavioral treatment of anxiety in youth: an emerging culturally-prescriptive framework (pp. 111-135)**

Armando A. Pina, Ian K. Villalta, and Argero A. Zerr

*Arizona State University (USA)*

This invited article presents a brief overview of the status of evidence-based psychosocial treatments for anxiety disorders in mainstream and/or Caucasian youth relative to the little data that has accumulated about psychosocial treatments for anxiety disorders in Latino youth. The article describes an emerging culturally prescriptive framework for working with minority youth and a corresponding exposure-based cognitive behavioral treatment program

for anxious Mexican-origin youth. Preliminary treatment effect size data from ten treated youth is presented and, to illustrate the application of the program, a case sample of a Mexican-origin child is described. The article concludes with an evaluative summary and directions for future research.

**Future directions in the treatment of childhood anxiety disorders** (pp. 137-154)

Golda S. Ginsburg and Kimberly D. Becker

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Recent literature reviews reveal a significant growth in the number of clinical trials of psychosocial treatments for ameliorating anxiety disorders in children and adolescents. This paper presents a look ahead toward critical next steps in extending our knowledge and improving the clinical care for the millions of children and families whose lives are impaired by excessive anxiety and fear. Toward this end, we discuss three areas for future research. The first area involves the systematic evaluation of predictors, moderators, and mediators of treatment outcome in order to personalize and augment the effectiveness of current evidence-based treatments. The second area involves examining ways in which current treatments can be extended to new populations (i.e., to those that have been excluded from previous clinical trials), new formats, and to new settings. The third area for future research discusses the need to develop novel interventions (both treatment and prevention) based on emerging evidence from the scientific literature in the fields of developmental psychopathology and neuroscience. Research on the treatment of child anxiety is at an exciting stage and the next generation of studies will likely lead to many innovative and clinically beneficial outcomes.

**Substance-induced anxiety disorder** (pp. 155-168)

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The relationship between anxiety and drug use is bidirectional: on the one hand, the continued use of a psychoactive substance can produce anxiety symptoms; on the other hand, some anxiety disorders may worsen if the person consumes drugs. There are many different ways of consuming psychoactive substances; therefore it is necessary to bear in mind the psychosocial variables that affect the person who decides to consume psychoactive substances, as well as the motivations that led him to this behavior. There are many reasons for drug use: being accepted by the group, seeking pleasure, escaping from loneliness, seeking new experiences, finding their own identity, therapeutic use, etc. In all cases, the relationship with the social environment is an important factor in explaining the relationship between anxiety and psychoactive substances addiction. It seems logical that having many social resources can protect us from anxiety and drug use. However, some recent social changes, especially those related to technology, can create uncertainty in some people. This uncertainty, associated with low social skills, can lead some people to drug use. From this approach and the results of the latest research, this article deals on the assessment and psychological treatments in anxiety disorders induced by psychoactive substances, looking for a proactive intervention, in terms of psychosocial and educational advancement in prevention of drug use.

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**Disaffiliation and psychological distress in former members of cultic groups (pp. 181-201)**

Carmen Almendros<sup>1</sup>, José Antonio Carrobles<sup>1</sup>, Álvaro Rodríguez-Carballeira<sup>2</sup>, and Manuel Gámez-Guadix<sup>1</sup>

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Many former cult members perceive themselves to have been psychologically abused during their cult involvement (Chambers, Langone, Dole, & Grice, 1994); adjustment and psychological difficulties after leaving a cult also have been documented (Aronoff, Lynn, & Malinoski, 2000). It has been argued that those evaluations of former cult experiences are negatively biased, either because of the influence of contact with cult-awareness organizations or the method of cult disaffiliation (Lewis, 1986; Solomon, 1981). The present study examines the perceptions of a Spanish sample of 101 former members of cultic groups about their motives to leave them, as well as to examine their psychological distress. The majority of our participants walked away from their groups without outside assistance and considered disillusion as the most important factor. Results showed no discrepancies either between participants whether or not they had contact with cult awareness resources, or between participants who walked away from their groups and those who left because of outside intervention on their reasons for leaving, perceptions regarding the psychological abusiveness of their past groups or levels of psychological distress.

**Relevant characteristics of cocaine consumption two years after starting treatment (pp. 203-216)**

Ana López<sup>1</sup>, Elisardo Becoña<sup>1</sup>, Lorena Casete<sup>2</sup>, M<sup>a</sup> Teresa Lage<sup>2</sup>, José M<sup>a</sup> García-Janeiro<sup>3</sup>, Avelina Senra<sup>3</sup>, Isabel Vieitez<sup>4</sup>, Juan Sobradelo<sup>4</sup>, and Jesús Cancelo<sup>4</sup>

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The objective of the present study is to analyze which variables can explain the presence of cocaine consumption two years after demanding treatment. The sample is 38 cocaine dependent persons that demanded treatment in Centers of Drug Abuse in Galicia (N.W. Spain). For an initial assessment, several variables were considered and questionnaires administered related with the abstinence/relapse (i.e., AUDIT, BDI, STAI, MCMI-II, clinical interview of SCID, craving scale, etc.). Two-years later, we analyzed the presence of cocaine consumption (previous month). The significant variables to explain the presence of this consumption are: heroine consumption in lifetime, a high level in craving scale and antisocial personality patterns. In conclusion, a previous assessment of consumption history and personality patterns proves relevant for treatment programs.

**Quality of life in persons with generalised anxiety disorder (pp. 217-230)**

Sandra Díaz and Arturo Bados

*University of Barcelona (Spain)*



A study was carried out on the effects of generalized anxiety disorder (GAD) on patients' subjective perception of quality of life. The study involved comparing a group with GAD, a group with subthreshold GAD (and no comorbidity) and a group without disorders. The GAD group and the subthreshold GAD group showed a lower quality of life in different subscales of the Quality of Life Questionnaire than the group without disorders. Depressed mood and the proneness to worry were predictors of a lower quality of life. Results indicate that GAD and the characteristics associated with it (probably the proneness to worry) are associated with a lower quality of life, even when there is no comorbidity. Taking depressive symptoms and the tendency to worry into account when treating GAD could lead to better results and an improved quality of life for patients.

**Questionnaire for Obsessive Compulsive Disorder Diagnosis (Q-OCDD): description and psychometric properties** (pp. 231-255)

Teresa Rivas Moya, Amanda Planas Domínguez, and Aurora Gavino Lázaro  
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This paper describes the Questionnaire for Obsessive-Compulsive Disorder Diagnosis (Q-OCDD) based on diagnostic criteria of DSM-IV. Decision criteria to classify a subject into one of three categories (OCD, Symptomatic, Asymptomatic) are described and two studies of some of its psychometric properties are shown in the non clinical and clinical group. Study 1 (non clinical group: 48 males and 190 females) determines: (a) agreement ( $k = 1$ ) between two OCD inter-scorers, (b) convergent validity between Q-OCDD and Y-BOCS and MOCI. Convergent/divergent validity of Q-OCDD with Y-BOCS shows homogeneity in the Y-BOCS scores in the Asymptomatic and Symptomatic groups, there being a higher number of significant differences from the OCD group. Convergent validity of Q-OCDD with MOCI shows differences between the Asymptomatic and any one of the other two groups in all scales except in Slowness. Study 2 (clinical group: 11 males and 6 females) shows: (a) inter-scorer reliability ( $\alpha = 0.87$ ), (b) convergent/divergent validity between Q-OCDD (with or without OCD) and Y-BOCS. There are statistically significant differences in the means of obsessions, compulsions and total between subjects with or without OCD, (c) the following values: sensitivity 78.6%, specificity 100.0%, and diagnostic efficiency 82.35% (From diagnoses established by clinical interview and Q-OCDD).

**Challenging behaviors in people with intellectual disability: a preliminary study on dimensionality and a proposal of classification** (pp. 257-275)

Benito Arias, María Jesús Irurtia, and Laura E. Gómez  
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The aim of this paper was to build an empirical and interpretable classification system of challenging behaviors in people with intellectual disability. We analyzed 19 challenging behavior labels using non metrical multidimensional scaling. Bi- and tri-dimensional MDS solutions were supported both by a multiple regression analysis of 10 bipolar scales about different characteristics of challenging behaviors and a joining and k-means cluster analyses. For multiple regression analysis, predictor variables were the values of MDS dimensions and criterion variables were the average ratings attained by bipolar scales. The bi-dimensional solution distinguishes between biological and social etiology (dimension 1) and overt and covert behaviors (dimension 2).

**Emotional and behavioral effects of exposure to violence in Colombian children and youngsters** (pp. 277-297)

María Clara Cuevas<sup>1</sup> and Leonidas Castro<sup>2</sup>

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This study aimed at determining the relationship between various levels of direct and indirect exposure to violence, and victimization, emotional (anxiety and depression), and behavioral (aggression and delinquency) effects in 1362 children and youngsters (56,8% males, 43,2% females), aged 7-8 (14,53%), 9-10 (64,96%), 11-12 (38,10%) and 13-14 (7,19%), studying 2nd - 5th primary grade and 1st year of secondary, and from three socioeconomic levels (38% high, 26,1% medium and 36% low) from Cali, Colombia. Significant differences were found between levels of total exposure to violence, direct exposure to violence and higher scores en anxiety, depression, PTSD, aggression and delinquency. These effects were significantly higher in low than in medium or high socioeconomic strata. Unlike general exposure, direct exposure to violence showed a greater relation to delinquency, according to reports by mothers. Limitations and caveats of the present study are discussed, as well as implications for future research and for designing prevention programs.

**Affect balance in men and women: implications from age and gender** (pp. 299-319)

Débora Godoy Izquierdo, Antonio Martínez, and Juan Francisco Godoy

*University of Granada (Spain)*

Affect balance is proposed as one of the components, along with life satisfaction, of subjective well-being. Affect balance refers to the emotional responses of a person when doing evaluative judgments on his/her life. It proceeds from the consideration of the positive as well as negative emotions experienced during a given period of time. We present in this study some results regarding the affect balance obtained in a sample of Spanish adults (18 to 64 years;  $M= 30.54$ ;  $SD= 10.79$ ; 62.1% females) recruited from several community settings. Participants completed one scale measuring affect balance in Spanish. We found for the studied sample that participants showed positive affect balance. Men showed levels significantly lower of negative affect than women, but also higher levels of positive affect (NS) and, hence, of affect balance (close to significance). Affect balance did not show significant modifications as age increases. Results have allowed us to know the characteristics of emotional well-being of a wide adult sample. This may have great relevance in clinical as well as research contexts.

**The moderating effect of self-esteem in workplace bullying** (pp. 321-334)

Bernardo Moreno Jiménez, Alfredo Rodríguez Muñoz, Ana Isabel Sanz Vergel, and Ynomig Moreno López

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The aim of this study is to test the moderating effect of self-esteem and negative affect on workplace bullying processes. The sample consisted of 354 Latin-American immigrants. Results of the hierarchical multiple regression analysis show that besides direct effects, self-esteem moderates the relationship between (1) work equity and bullying, as well as between (2) bullying and psychological strain and vital satisfaction. These findings are in line with behavioral plasticity theory. Negative affect showed significant main effects. However, the

moderating hypothesis of negative affect is not supported. Overall, the present results suggest that an integrative model of workplace bullying should include not only contextual factors, but also personality variables.

**Shortened versions of the NEO-PI-R: the NEO-FFI versus the NEO-FFI-R** (pp. 335-350)

Anton Aluja<sup>1,2</sup>, Angel Blanch<sup>1,2</sup>, Dolors Solé<sup>1</sup>, Joan-Marc Dolcet<sup>1</sup>, and Salvador Gallart<sup>1,2</sup>

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The NEO-PI-R is one of the most frequently used questionnaires of personality following the Five Factor Personality model in both, research and applied psychology. This instrument has a shorter version without facets of the NEO-FFI, as well as a recently revised version called NEO-FFI-R which is useful for applications where only the five dimensions are to be evaluated. This study provides psychometric data about the validity and reliability of the two short versions with a general population's and Spanish university undergraduate student samples. The scores frequency distribution in both scales meet normality assumptions with Skewness and Kurtosis values in the +1 range. Means, standard deviations and internal consistencies are also very similar to original data. The five factor structure in both short versions is equivalent to that obtained in the corresponding American studies, as shown by factorial congruence coefficients. These results are equivalent to the original studies, supporting its structural validity and reliability. Norms are provided to be used for the applied psychologist.

**Relationship between perceived emotional intelligence, personality and empathic behavior in nursing students** (pp. 351-364)

María del Carmen Aguilar-Luzón and José María Augusto Landa

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The aim of this study was to examine the relationship between perceived emotional intelligence (PEI), personality traits and empathy in nursing students. In addition, the contribution of emotional intelligence and personality as predicting factors in the dimensions of empathy was analyzed. In order to carry out the experiment, a sample of 135 nursing student of the University of Jaen (Spain) was selected to answer the TMMS-24, NEO-FFI and the IRI questionnaires. The results indicate a positive relationship between the dimensions of the IEP, characteristics of personality and empathy. In addition, the emotional attention and repair are like good a predicting one of the empathy implication. In sum, the results obtained show the importance of handling one's emotions in relation to empathy for a career in nursing. In consequence programs for training emotional intelligence would prove useful as part of the curriculum of nursing students.

**Gender differences in physical self-concept during the life span** (pp. 365-380)

Igor Esnaola Etxaniz

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The purpose of this study has been to analyse the potential gender differences in the physical self-concept during the life span. The sample consisted of 1259 subjects: 627 adolescents (12-18 years old), 272 youths (19-30 years old), 248 adults (31-49 years old) and 112 elderly subjects (older than 55 years old) from the Basque Country. Research was conducted with a

transversal design. The results show the existence of significant differences in favour of males during adolescence regarding Physical ability, Physical condition, Physical attraction, Strength, Physical self-concept and Self-concept scales; in Physical ability, Physical condition, Physical attractive, Strength and Physical self-concept in youths; and in Physical ability, Physical condition, Strength and Physical self-concept in adults. So males obtain better perceptions than the females in all the notable scales. Nevertheless, the analysis of the sizes of the effect and the selection of cases seems to indicate that the practice of physical activity might be the reason of the differences between men and women rather than the sex variable.

**Assessment of mental health in professionals from special schools of the city of Talca, Chile** (pp. 381-399)

María Teresa Muñoz Quezada and Boris Andrés Lucero Mondaca  
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In this article we present an observational, descriptive and transversal study of mental health professionals. The Goldberg Mental Health Scale (1997), the Maslach and Jackson Burnout Inventory (1997), and the Holmes and Rahe Questionnaire of Psychosocial Stress (1967) were administered to a sample of 78 workers of special schools from the Talca (Chile) both from teaching and non-teaching staff. The results show that nearly half of the professionals present certain levels of anxiety, stress, and depression and there are not differences between the teaching and non-teaching staff, men and women, nor are results associated to marital status. However, a significant difference was observed between the variables “age” and “years of service”. We concluded that the outcomes from this study are in accordance with others studies about mental health vulnerability in teachers, but also contribute with data concerning the fact that this characteristics are observed as well in the non-teaching staff, therefore interventions should consider the whole educational community.

**Behavioral Psychology/Psicología Conductual, 2009,  
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**Validation of the Personal Report of Confidence as Speaker in a Spanish clinical sample** (pp. 413-431)

M<sup>a</sup> José Gallego<sup>1</sup>, Cristina Botella<sup>2,4</sup>, Soledad Quero<sup>2,4</sup>, Azucena García-Palacios<sup>2,4</sup>, and Rosa M<sup>a</sup> Baños<sup>3,4</sup>

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The goal of this paper was to explore the psychometric properties of the PRCS-M (Personal Report of Confidence as Speaker-Modified; Bados, 1986) in a social phobic sample ( $N= 120$ ). The 84.17% of the participants were women, with ages ranging from 17 to 48 ( $M= 24.06$ ,  $SD= 5.16$ ). Confirmatory factor analysis was calculated and we found that a bifactorial model adjusted quite well to data: positive statements (PRCS-MS) and negative statement (PRCS-MR). The internal consistency obtained was high ( $\alpha= .89$ ). The PRCS-M correlated with both

SSPS subscales (Self-Statements During Public Speaking) (SSPS-P  $r = -.50$ ; SSPS-N  $r = .55$ ), the SAD (Social Avoidance and Distress Scale) ( $r = .31$ ), and the BFNE (Brief version of the Fear of Negative Evaluation Scale) ( $r = .35$ ). Finally, there were significant differences ( $F [2, 115] = 7.72, p < .005$ ) in the PRCS-M amongst the three social phobia subtypes (Heimberg, Holt, Schneier, Spitzer, & Liebowitz, 1993).

**Intimate partner psychological abuse: concept, measurement, and recent contributions** (pp. 433-451)

Carmen Almendros<sup>1</sup>, Manuel Gámez-Guadix<sup>1</sup>, José Antonio Carrobles<sup>1</sup>, Álvaro Rodríguez-Carballeira<sup>2</sup>, and Clara Porrúa<sup>2</sup>

<sup>1</sup>*Autonoma University of Madrid*; <sup>2</sup>*University of Barcelona (Spain)*

This work presents an analysis and review of the studies carried out about psychological abuse in couple relationships. This problem is receiving increasing attention by the scientific community because of its importance, its high prevalence and the harm it causes. After a review of the more relevant contributions and their practical implications, main aspects related to the definition of psychological abuse are analyzed and the main controversies discussed. The importance of using well validated instruments for the assessment of psychological abuse is outlined and scales designed with that purpose are reviewed. Finally, specific conclusions and some gaps in research are discussed and future directions suggested.

**From the work of Grossarth-Maticek and Eysenck to the Spielberger scales: their application in women with breast cancer** (pp. 453-479)

Julia Sebastián<sup>1</sup> and Marta Miret<sup>2</sup>

<sup>1</sup>*Autonoma University of Madrid*; <sup>2</sup>*Hospital La Princesa (Spain)*

Although it has received harsh criticism, the work of Grossarth-Maticek and Eysenck has been very relevant in the field of psycho-oncology that studies the existence of a premorbid psychological profile. One of the objectives of this article is to provide insight into this research effort, one of whose latest derivations has been the elaboration of of Spielberger's scales: Rationality/Emotional Defensiveness and Need for Harmony. With the aim to prove if the latter were able to discriminate between women with breast cancer and those who did not suffer from it, the scales were administered to 149 women in a situation of inpatient prebiopsy. The results do not show significant differences in the scores on any of the scales between the women who were later diagnosed with breast cancer and those diagnosed with a benign breast disease. The results obtained were also compared with the original subscales. These findings question whether the scales used can differentiate women with breast cancer from those without an oncological disease.

**Risk factors of altered eating behaviors in Spanish and Chilean adolescents** (pp. 481-498)

Paola Espinoza, Eva Penelo, and Rosa M. Raich

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The aim of the study was to compare individual, family, and cultural risk factors of eating disturbance in Spanish and Chilean adolescents. The sample comprised 172 Spanish and 106 Chilean adolescents of both genders, aged from 12 to 14 years, who participated in a cross section descriptive study. Body Mass Index, diet, internalization of body shape model

(“Cuestionario de Influencias del modelo estético corporal”), eating attitudes (Eating Attitudes Test) and body satisfaction (“Cuestionario de imagen corporal”), were evaluated taking into account country and gender. No differences are observed on internalization of the body shape model, eating attitudes and eating disturbance risk across countries, whereas body satisfaction ( $p < .01$ ) and making diet ( $p = .03$ ) are higher in the Chilean sample. No differences are found on eating attitudes and diet level across genders, but girls show more internalization of the body shape model ( $p < .05$ ) and less body satisfaction ( $p = .02$ ). These results suggest that the adolescents evaluated share sociocultural influences towards thinness and eating attitudes oriented the weight control.

**Prevention of eating disorders in pre-adolescents girls: effectiveness of a multi-session interactive program at one year follow-up** (pp. 499-521)

Mercedes Borda Mas, Carmen Del Río Sánchez, Inmaculada Torres Pérez, M<sup>a</sup> Luisa Avargues Navarro, and M<sup>a</sup> Ángeles Pérez San Gregorio  
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The objective of this paper was to determine the efficacy of a program applied to 115 girls in 1st and 2nd grade in Secondary Obligatory Education (ESO) (average age=12.71;  $SD=0.72$ ) in six sessions to prevent the onset of eating disorders. Pre-, post-program and after a one-year follow-up, the EAT-40 and BSQ were applied. Additionally, a questionnaire was created to assess the capability of identifying risk factors in ED development. The results were contrasted with those obtained from a group of girls ( $N= 69$ ) in the same grades and of the same age (average age=14.36;  $SD=0.54$ ) who did not participate in the prevention program (PP). Participants were already showing very low scores on both questionnaires from the pre-program. The effects of the intervention were scarce, although it was observed that a high capability of identifying risk factors had been acquired. When compared to the non-participants and after the one-year follow up, the participants showed significant lower eating and body image pathologies. The program has proven its efficacy both in short and long-term and the ideal school year to apply it is 2nd grade ESO.

**Social information processing assessment in Spanish adolescents and its relationship with aggressive behavior** (pp. 523-542)

Esther Calvete and Izaskun Orue  
*University of Deusto (Spain)*

The aim of this study was to elaborate a questionnaire to assess social information processing (SIP) related to aggressive behavior in adolescents. This questionnaire consists of five situations that adolescents have to imagine to assess the following SIP components: Interpretation, Anger, Response selection, and Emotion regulation. Confirmatory factor analyses supported the structure of the questionnaire in a sample of 1231 adolescents aged between 12 and 17. Furthermore, an alternative version of the questionnaire was developed with Likert response items. This version showed good structure and internal consistency (between .66 and .87). SIP components were differently associated with proactive and reactive aggression. Finally, boys scored higher than girls on SIP components characteristics of aggressive behavior.

**Subjective psychological well-being: gender differences, relations with personality dimensions and predictor variables** (pp. 543-559)

Maite Garaigordobil, Jone Aliri, and Iraide Fontaneda

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This paper has three goals: 1) to analyze gender differences in subjective psychological well-being, in material well-being, and in personality dimensions such as self-concept, self-esteem, extraversion, neuroticism, and psychoticism; 2) to explore the relationships between psychological well-being and material well-being with personality dimensions; 3) to identify the predictor variables of psychological well-being. The sample comprised 394 participants from 20 to 40 years of age, of whom 183 were male (46.4%) and 211 female (53.6%). The analysis of variance showed differences in neuroticism, with higher scores in the females, and in psychoticism, with higher scores in the males. Pearson coefficients indicate significant and positive coefficients between subjective well-being and material well-being. The positive correlations of subjective psychological and material well-being with self-concept, self-esteem, and extraversion are also confirmed, as are the negative correlations with neuroticism and psychoticism. Multiple regression analysis identified the following predictor variables of high psychological well-being: high self-concept, material well-being, self-esteem, extraversion, and low neuroticism.

**Psychometric properties of the Obsessive Compulsive Inventory-revised in a non-clinical sample of late adolescents** (pp. 561-572)

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There is a paucity of instruments for the assessment of obsessive-compulsive symptoms in children/adolescents. The goal of this study was to assess the psychometric properties and factor structure of the Obsessive Compulsive Inventory-Revised (OCI-R) in a non-clinical sample of 269 late adolescents ( $M= 17.04$  years old;  $SD= 0.74$ ). A confirmatory factor analysis replicated the original six-factor structure of the OCI-R (Washing, Obsessing, Hoarding, Ordering, Checking and Neutralizing), but the fit indices were generally slightly lower than expected. The OCI-R total and its original subscales showed moderate internal consistency. In general, no significant gender or age differences were found. The OCI-R seems appropriate for its use in adolescent samples. Whether it will also be suitable for even younger people remains to be examined.

**The effectiveness of psychological interventions in reducing depressive symptoms in dementia caregivers: a review** (pp. 573-593)

Fernando L. Vázquez and Patricia Otero

*University of Santiago de Compostela (Spain)*

This paper reviews studies in which the effectiveness of psychological intervention against depression in informal providers of care for dementia patients was assessed by evaluating depressive symptoms with standardized quantitative instruments on at least two occasions.

This criterion for inclusion in the review was met by 26 studies described in original articles, meta-analyses and previous reviews returned by a search of Current Contents, ERIC, Medline and PsycInfo. The intervention programs described differed widely in content and execution, and were not always well defined. Most participants were women. Most interventions, especially those with a psychotherapeutic emphasis, were reported to have been moderately useful in reducing depressive symptoms, at least to a limited extent. However, it is necessary to develop new interventions that pay special attention to the theoretical framework in which they are based and have adequate internal validity, that is, a design that allows testing hypothesis about the mechanism involved in the improvement of depressive symptoms.

**Stress and psychopathology in immigrant women: impact on quality of life** (pp. 595-607)  
Natalia Hidalgo Ruzzante<sup>1,2</sup>, María Isabel Peralta Ramírez<sup>2</sup>, Humbelina Robles Ortega<sup>2</sup>,  
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There is a feminization of migration subjected to high levels of stress in Spain. The purpose of this article is to study the relationship between migration on stress and psychopathology, and their impact on quality of life. The sample consists of immigrant and non-immigrant women subjected to high levels of overall stress. There were statistically significant in intensity of stress, stress-related finance and depression, with higher levels of impairment on immigrant women. In relation to quality of life, the intensity of stress predicted the degree of interference on physical health and bodily pain in daily activities. The stress associated with finances was a predictor of mental health. These data can be explained by the migration fact, due to economic, social and adaptive adversity, as well as the triple discrimination suffered by immigrant women.

**Cardiovascular response to stress, computational self-efficacy and perceived task difficulty in undergraduate Venezuelan students** (pp. 611-621)

Melba A. Hernández, Hécmey L. García, and Sofía E. Peinado

*Simón Bolívar University (Venezuela)*

This paper evaluated the cardiovascular response to stress in a laboratory situation, the computational self-efficacy, and the perceived difficulty of the task, in a sample of 115 undergraduate students of Simon Bolivar University. Results show that the sample distribution of systolic blood pressure (SBP) has a tendency to high values in the classical Stroop task; while the diastolic blood pressure (DBP) obtained in response to both versions of Stroop Test (classical and computerized) was in the low to medium values of the variable, with noticeable elevations during the Stroop tasks. A greater increase of heart rate (HR) was observed during exposure to the Classically administered version of the Stroop task. In general, ratings of perceived difficulty of the Stroop task were higher in response to the Classical administration. Finally, subjects rated their Computer Self-Efficacy as high, indicating confidence and comfort working with computers. These results represent an important contribution to the stress and coping literature as they illustrate the relationship between cognitive factors and physiological responses during cognitively demanding or difficult situations. In terms of the practical implications of these findings, situations experienced in academic environments can have a prominent impact on cardiovascular response, and thus, on health.



**Career counselling effectiveness in career decision making** (pp. 623-641)

Maria do Céu Taveira<sup>1</sup>, Liliana Faria<sup>1</sup>, and José Maia<sup>2</sup>

<sup>1</sup>*University of Minho*; <sup>2</sup>*University of Porto (Portugal)*

This study analyzes the effectiveness of a career counselling program aimed to help students to make a vocational choice in a career decision point. 178 students between 13 and 17 years of age participated in 5 weekly sessions of 90 minutes, and 143 other subjects composed the control group. Career exploration and vocational indecision were the assessed dependent variables. There were differences between groups in the pre test concerning sex distribution, career exploration and vocational indecision measures. In the post scores, experimental group had significantly higher scores in several career exploration dimensions and significantly lower scores in vocational indecision. The between-groups effect size (*d* Cohen) was medium to high for several career exploration dimensions and indecision, in the experimental group, and almost null in the control group. We can conclude that the counselling program is effective for the increase of exploratory behaviours and for the reduction of vocational indecision. Implications for counselling psychology practice and research are discussed.

## **Behavioral Psychology/Psicología Conductual, 2010, Volume 18, Number 1**

**Validation of the “Social Anxiety Questionnaire for Adults” (SAQ-A30) with Spanish university students: similarities and differences among degree subjects and regions (pp. 5-34)**

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This work presents the psychometric properties of the *Social Anxiety Questionnaire for Adults* (SAQ-A30) with university students and analyses the differences and similarities in social anxiety in the sample. The 15,504 participants, students of 20 degree subjects in 17 Spanish Autonomous Community regions, were applied the SAQ-A30 and the “Liebowitz Social Anxiety Scale-Self Report” (LSAS-SR). A five-factor structure was obtained through several factor analyses as well as an exploratory structural equation modeling of the SAQ-A30: “Speaking in public/Talking with people in authority”, “Interactions with strangers”, “Interactions with the opposite sex”, “Assertive expression of annoyance, disgust or displeasure”, and “Criticism and embarrassment”. Internal consistency was 0.91 and concurrent validity (paired with LSAS-SR) was 0.66. Significant differences were found between males and females, but there was scarce difference between regions and subjects studied. These results confirm the five-factor structure and the good psychometric characteristics of the SAQ-A30, which make it a suitable instrument for assessing both general and specific social anxiety in universities, taking into account sex differences.

**Reliability and validity of a Spanish version of the Beck Depression Inventory-II in a sample of the general population of the Canary Islands (pp. 35-56)**

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This paper analyzes the reliability and validity of Sanz, Navarro, & Vázquez’s Spanish version of the Beck Depression Inventory-II (BDI-II) within a sample of 373 adults of which two thirds were women. Half of them were students and half workers. On the basis of the exploratory and confirmatory factor analysis and the Schmid-Leiman’s transformation, we can affirm that the BDI-II measures a general dimension of depression composed by two highly related factors. Findings related to internal consistency were high:  $\alpha = 0.90, 0.87,$  and  $0.83$  for the total scale and factors 1 and 2 respectively. Pearson’s correlations with other self-report measures of depression were high; likewise, the correlations with self-report measures of anxiety and stress were high too. Therefore, the convergent and discriminant validity of the BDI-II is called into question. We conclude that the Spanish adaptation of the BDI-II can be recommended as a suitable screening instrument for depressive symptomatology. Nevertheless, it is clear that the BDI-II has discriminant validity problems, specially, with instruments that measure anxiety.

**Antisocial behavior, impulsiveness and justification beliefs: analysis of their interrelationships with proactive and reactive aggression in adolescents** (pp. 57-72)

José Manuel Andreu, María Elena Peña, and Cristina Larroy

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This study assessed the relationships between reactive and proactive aggression and justification beliefs, impulsivity and antisocial behavior, examined characteristically in the context of children but less often studied in adolescents. For this reason the current study assessed a sample of 320 adolescents of both sexes in order to examine the relationships between reactive and proactive aggression and antisocial behavior, impulsivity and normative beliefs. Results showed that proactive aggression was significantly related to antisocial behavior and normative beliefs, in both sexes, whereas impulsivity showed the highest correlation to reactive aggression. Using structural equation modeling, a direct relationship was found between aggression and antisocial behavior partially mediated by normative beliefs. According to these results, the authors conclude by stressing the importance of considering impulsivity and normative beliefs as key factors for understanding the development of aggression in adolescents.

**Adolescent victims of cyberbullying: prevalence and characteristics** (pp. 91-104)

Ana Estévez, Lourdes Villardón, Esther Calvete, Patricia Padilla, and Izaskun Orue

*Deusto University (Spain)*

In this study a questionnaire has been developed to measure cyberbullying victimization, the CBQ-V, as a complement of the Cyberbullying Questionnaire (CBQ; Calvete, Orue, Estévez, Villardón, & Padilla, 2009). The study assessed the prevalence of cyberbullying victims, gender differences, and the impact of CB on self-esteem, depression, maltreatment cognitions and exposure to violence. 1431 adolescents aged between 13 and 17 participated in the study. The results indicated that the CBQ-V has suitable psychometric properties. 30.1% of the adolescents declared that they had suffered some kind of cyberaggression. The prevalence was higher among girls than among boys. 22.8% of the participants were both victims and bullies, thereby suggesting an overlap between aggression and victimization. The victims show lower self-esteem, and more depressive symptoms, maltreatment cognitions and levels of exposure to violence than those adolescents who have not suffered any cyberaggression.

**Body-esteem and teasing in female binge-eaters: developing a negative body image**

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The aims of the present study were to analyze the current and past Body Image (BI) in women with disordered eating, and to explore the relationships between different BI dimensions and the drive for thinness by controlling the influence of depression. Patients with objective binge-eating episodes ( $N= 25$ ), restrictive patients ( $N= 10$ ), obese patients ( $N= 11$ ) and women from the community ( $N= 32$ ) filled out BI measures (ASI, PARTS and BES) and the drive for thinness (EDI-2) and depression (BSI) scales. All of the clinical groups showed greater body dissatisfaction; but the binge-eating group scored the highest on depression and drive for thinness. Regarding the teasing history, after controlling for depression, differences were only maintained with regard to teasing about weight and shape, with the obese patients and binge-

eating groups reporting more teasing. The presence of binge-eating was associated with greater weight concerns, and more teasing and negative events related to BI.

**Family functioning perception of women with eating disorders** (pp. 105-117)

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The aim of the present study was to compare the perception of family functioning in Mexican women with eating disorders (ED): anorexia nervosa (AN), bulimia nervosa (BN) and eating disorders not otherwise specified (EDNOS) with a control group. One hundred young women ( $M= 18.24$  years,  $TD= 3.9$ ) participated in this study; 70 of which met DSM-IV criteria for an ED (16 AN, 24 BN, 30 EDNOS) and 30 who presented no ED (control group). Participants completed a structured interview (IDED) for assessment of eating disorder psychopathology as well as three questionnaires (EAT-40, BULIT and FES). The ED groups perceived that in their families, acting was more important than cohesion; moreover they presented less expressivity. In conclusion, the ED groups differ from the control group in terms of hierarchy and intensity in each familiar aspect evaluated. The EDNOS and AN groups were similar and the BN group is the one that presents the most problems.

**Patterns of individuation in Slovenian adolescents and their relationship with adolescents' perceptions of parents, friends and teachers** (pp. 119-138)

Melita Puklek Levpušček<sup>1</sup> and Alenka Gril<sup>2</sup>

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Previous research about individuation in adolescence mainly focused on analyzing single scales of separation-individuation. The main goals of the present study were (1) to identify groups of adolescents with different profiles of individuation in relation to parents and (2) to find out how these different groups perceive their relationships in three social contexts.  $N= 546$  early, middle and late adolescents participated in the study. They completed questionnaires on developmentally normative aspects of separation-individuation as well as on emotional support, behavioural regulation and autonomy support/psychological control experienced in relationships with parents, friends and teachers. A cluster analysis that was computed for the seven individuation scales showed four distinctive groups of individuation: connected relationship with parents with non-threatened autonomy, individuated relationship with parents with non-threatened autonomy, ambivalent relationship with parents with threatened autonomy, and avoidant relationship with parents with threatened autonomy. The most distinctive differences appeared between the “connected” and the “avoidant” group of adolescents. The latter experience less favourable socialisation conditions in all three social contexts and may thus be prone to less adaptive psychosocial outcomes.

**Cognitive models of depression: a synthesis and new proposal based on 30 years of research** (pp. 139-165)

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Cognitive approaches have been very fruitful for the understanding of depression. Cognitive models have inspired current evidence-based treatments of depression while providing useful frameworks to understand the causes of this disorder. However, empirical research in the last years has improved the explanatory power of these models substantially. In this paper we review a number of recent developments of well-established elements of the cognitive models as well as new concepts and variables which have just been incorporated in these models. Thus, we describe conceptual and empirical advancements on the role of negative schemata, attributions, self-esteem, attributional style or memory processes. Furthermore, we also describe new research on the role that processes like a ruminative style of processing or thought suppression mechanisms may have in the onset and maintenance of depression. Finally, based in these new developments, we present a comprehensive model of depression which expands older well-known cognitive models.

**Psychosocial variables in adherence to cardiac rehabilitation program** (pp. 167-181)

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The purpose of this study was to explore the predictive and discriminative ability of hostility, coping, perceived social support and self-efficacy on different patterns of adherence to the cardiac rehabilitation program (CRP) of 112 myocardial infarction (MI) survivor patients, evaluated with Aggression Questionnaire (Buss and Perry, 1992), Coping Strategies Questionnaire (Rodríguez-Marín *et al*, 1992); Social Support Scale (Dunn *et al*, 1978), and Self-efficacy for Weight Control Inventory (Román *et al*, 2007). Variables problem-focused C, PSS and SE, grouped in discriminant function 1, were significant ( $p= 0.000$ ) for discriminating groups; while the variables hostility and emotional coping, grouped in discriminant function 2, were not significant ( $p= 0.155$ ) to explain the difference between the groups. The variables of perceived social support, problem-focused coping and self-efficacy for weight control differentiate people who start the CRP, suggesting the importance of considering these variables on the rehabilitation of patients who have had an MI.

**Social skills and social anxiety in smokers and non smokers** (pp. 183-195)

Viviane Samoel Rodrigues and Margareth Da Silva Oliveira

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The objective of this study was to evaluate the social skills and social anxiety in smokers and compare them with those of non-smokers. Four instruments were used: one for sociodemographic data, the Fagerstrom Test for nicotine dependence (Fagerstrom Test for Nicotine Dependence), the Social Skills Inventory (IHS), and the Questionnaire of Social Interaction for Adults (*Cuestionario de interacción social para adultos*, CISO-A82). The sample consisted in 182 subjects (90 smokers and 92 nonsmokers) between 20 and 60 years of age. The group of smokers had a significant deficit in factor 4 “Interacting with strangers ( $p= 0.018$ ) and factor 5 “Being in evidence and be the center of attention” ( $p= 0.029$ ) of the CISO-A82, however no significant difference was found between smokers and nonsmokers in the factors and total scale of the IHS. We conclude that smokers have more anxiety than non-smokers in two dimensions social interaction with strangers and when they are in evidence, but there are no significant differences in their social skills.

**Preliminary efficacy of dialectical behavior therapy in people diagnosed with borderline personality disorder and bulimia nervosa** (pp. 197-216)

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The borderline personality disorder (BPD) is very complex psychopathologically and one of the psychological problems most difficult to treat. One of the treatment programs that has demonstrated to be effective empirically is Dialectical Behavior Therapy (DBT). BPD is often encountered as a comorbid condition in eating disorders what is usually a factor of worse prognosis. The aim of the present study is to offer preliminary evidence of the efficacy of DBT in two cases with a diagnosis of BPD and bulimia nervosa after one year of treatment. The results of this study showed decreases in desadaptative behaviours to regulate affect, substance abuse, self-mutilation behaviors, depressive symptoms (BDI-II), emotional eating (EES), number of hospitalizations, lower scores in global impairment and severity rated by the clinician, and higher scores in global assessment of functioning (Axis V, DSM-IV-TR). These preliminary data showed the possible efficacy of DBT to treat patients with severe BPD and eating disorders.

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**Personality disorders in young adult cannabis-dependent treatment seekers: a comparative study** (pp. 229-239)

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In this paper the most frequent personality disorders related to young adult cannabis-dependent treatment seekers are described. A sample of 141 cannabis-dependent patients was compared to 140 clinical patients with non-addictive disorders and to 140 normative subjects from the general population with the same demographic features (age, sex and socioeconomic level) to find out the prevalence of personality disorders. All subjects were assessed with the IPDE and the MCMI-II (for personality disorders) and with an interview for DSM-IV-R. According to the results, 32.8% of the clinical sample of cannabis-dependent patients and 23.7% of the general clinical sample (versus 10% of the normative sample) showed at least one personality disorder. The most prevalent ones were the narcissistic personality disorder (11.3%), followed by the antisocial and schizotypal personality disorder (9.9% each). Finally, implications of this study for clinical practice and future research in this field are discussed.

**Personality disorders in smokers and nonsmokers of general population** (pp. 241-258)

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The aim of the study was to assess and compare the presence of personality disorders in a sample of 202 smokers who underwent psychological treatment to stop smoking and a sample of 211 nonsmokers from the general population. For the evaluation of the personality

disorders we used the Spanish version of the Millon Clinical Multiaxial Inventory-II (MCMI-II; Millon, 1997). The results show that smokers obtain higher scores than nonsmokers in the phobic scale, the histrionic scale and the passive - aggressive scale. On the other hand, nonsmokers score higher in the compulsive scale. We found that smokers score higher than nonsmokers in anxiety scale, in somatoform scale and in dysthymic disorder, as well as in sincerity and in alteration scales. This relationship was kept after controlling the effect of the gender and age of the subjects. We concluded that some personality disorders, in particular, the histrionic, the avoidant, and the passive-aggressive, are more frequent in smokers. Future research is needed for the other subtypes

**Relationships between social anxiety and personality traits, styles, and disorders** (pp. 259-276)

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The goal of this research was to find out what the relationships are between social anxiety, on the one hand, and personality traits, styles, disorders, and coping styles, on the other. Participants were university students who responded to four self-report instruments measuring social phobia/anxiety, a further two instruments assessing personality styles/disorders, another assessing personality traits, and, finally, one assessing coping styles. Results showed that social anxiety is positively and significantly related to avoidant, dependent, and depressive personality styles/disorders and, to a lesser extent, to schizoid, schizotypal, and passive-aggressive personality styles/disorders. There is also a negative relationship with histrionic personality style/disorder. In the case of the big five, social anxiety is positively related to neuroticism and negatively related to extraversion. Finally, social anxiety is positively related to the avoidant coping style and negatively related to the assertive and aggressive coping styles. Results also show which dimensions of social phobia/anxiety are most highly related to personality and coping variables. These data are interesting and show the importance of taking into account the different dimensions of social anxiety and not only the social anxiety global score.

**Effects of the program “Taking steps toward peace” on the cognitive and behavioral factors of youth violence** (pp. 277-295)

Maite Garaigordobil

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The purpose of the study was to assess the effects of the cognitive-behavioral intervention program “Taking steps towards peace”, which has the aim of promoting respect for human rights and preventing violence. We used an experimental posttest design with an equivalent control group. The sample comprised 276 adolescents from 15 to 17 years of age ( $M= 15.55$ ,  $SD= 0.70$ ), 191 experimental subjects and 85 controls. The intervention consisted of ten 90-minute sessions. To assess the dependent variables a self-inventory was used: the questionnaire assessment program, adolescents version (CEP-A). The results of the ANOVAs confirmed that the program promoted significant improvement in eight socio-emotional dimensions: communication, social behavior, self-concept/concept of others, emotions, violence, conflict-solving, prosocial values/human rights, and psychological well-being. The

relevant role of programs carried out with adolescents for the prevention of violence is discussed.

**Effects of a training program in full consciousness (mindfulness) in self-esteem and perceived emotional intelligence** (pp. 297-315)

Manuel de la Fuente Arias, Margarita Salvador Granados, and Clemente Franco Justo  
*University of Almería (Spain)*

The purpose of this study was to determine whether a training program in full consciousness (mindfulness) generated effects on perceived self-esteem and emotional intelligence (EI), in teachers from various levels of education (nursery, primary and secondary). The experimental group was formed by 32 subjects and the control group by 33. Self-esteem was assessed with the Rosenberg Self-Esteem Scale and the Trait Meta-Mood Scale-24. The intervention was performed in ten weekly sessions, of ninety minutes each. It also included take-home exercises, with the purpose of facilitating the implementation of the training. Results show significant differences between control and experimental groups in the considered variables, although effects of the training program were not homogeneous in all subjects in the experimental group. These differences were due to the level of education to which teachers belonged. It is suggested the utility that such intervention programs could have on improving self-esteem and on the modification of skills related to EI.

**Work conditions, burnout and stress symptoms at university: testing a structural model on the mediating effect of personal perceived competent** (pp. 317-341)

María L. Avargues Navarro, Mercedes Borda Mas, and Ana M. López Jiménez  
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The present study has tested on a sample of 315 employees of the University of Seville (193 faculty and 122 non-faculty) a structural model of the mediating role of personal perceived competence in the appearance of burnout syndrome and stress symptoms under stressful work conditions. The evaluating instruments used were: a sociodemographic questionnaire, the Maslach Burnout Inventory, the Occupational Stress Scale and the Magallanes Stress Scale. Bivariate correlation matrixes and structural equation modeling were used to analyze the data. The estimated models for each group were satisfactorily adjusted, thus ascertaining the mediating effect of perceived competence over the dimensions of the syndromes depersonalization and personal accomplishment, and stress symptoms. Its mediating effect was not confirmed for the emotional exhaustion dimension, which acted as mediating variable. Furthermore, it was determined that cognitive-aptitudinal components acquire more strength in the estimated model used for faculty whereas for non-faculty, those of emotional characteristics do.

**Self-statements during Public Speaking Scale (SSPS): psychometric properties in a Spanish sample of social phobics** (pp. 343-363)

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The primary objective of this study was to validate in a Spanish clinical population the Self-Statements during Public Speaking Scale (SSPS; Hofmann & DiBartolo, 2000). This instrument consists of 10 items, scored on a six-point scale that measures self-statements related to public speaking. The questionnaire was administered to 121 participants with a diagnosis of social phobia (American Psychiatric Association, 2000). Exploratory factor analysis identified two factors: the Positive Self-Statements scale (SSPS-P) and the Negative Self-Statements scale (SSPS-N). Internal consistency was high for both scales (SSPS-P  $\alpha=0.81$ , SSPS-N  $\alpha=0.88$ ). Moreover, analysis of variance revealed significant differences among social phobia subtypes in both scales. Results supported the utility of the SSPS in a Spanish clinical population with a diagnosis of social phobia to assess self-statements related to public speaking.

**Prevalence of attention deficit disorder with hyperactivity in students: comparison between diagnostic criteria and clinical criteria (pp. 365-384)**

José Antonio Lora Muñoz and Inmaculada Moreno García

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The prevalence of the hyperactive-attention deficit symptomatology was studied using two common criteria in the research on and clinical practice in the Attention Deficit Hyperactivity Disorder (ADHD): the diagnostic criteria of the DSM-IV-TR (APA, 2000) and the clinical criterion established for the scale ADHD Rating Scale-IV (DuPaul, Power, Anastopoulos, & Reid, 1998). The studied sample comprised 500 subjects with ages between 10 and 16 years. The results, considering the distribution of the subtypes of the TDAH, show a global percentage clinical level of 4.8% (1.2% combined subtype, 2% hyperactive subtype and 1.6% attention deficit subtype), as opposed to 23 % that offers the screening by means of diagnostic criteria (4.4 % combined subtype, 2.6 % hyperactive subtype and 16.8 % unattentive subtype). Such results reveal important discrepancies among both systems of classification, particularly regarding the attention deficit subtype. There is a final discussion on the adjustment of current diagnostic criteria like screening for the detection of students with ADHD.

**The Temperament and Character Inventory Revised (TCI-R): descriptive and factor structure in different age levels (pp. 385-401)**

Anton Aluja, Angel Blanch, Salvador Gallart, and Joan-Marc Dolcet

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This study was aimed to evaluate the psychometric properties and the relationship of age with the answers, internal consistency and factorial structure of the TCI-R. The questionnaire was responded by a sample of 928 voluntary subjects (396 males and 532 women), with a mean age of 30 years old. The participants under 30 scored substantially higher in Novelty Seeking, and to a lesser extent in Reward Dependence, while aged subjects scored significant higher in Harm Avoidance, Self-Directiveness and Cooperation. The global coefficients of factorial congruence were higher than 0.90 in all age groups. The goodness-of-fit indexes in the CFA were unsatisfactory for the simple structure models, although improved when considering secondary loadings. Implications for further research with the TCI-R are discussed.

**Emotional regulation as moderator of the stress-health relationship in unemployed Venezuela** (pp. 403-422)

Víctor E. Sojo Monzón<sup>1</sup> and Leticia R. Guarino<sup>2</sup>

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This research aimed to assess the moderating role of emotional regulation in the relationship between length of unemployment and perceived physical and mental health of Venezuelan unemployed people. To do so, self-report instruments measuring each variable were applied to 328 unemployed residents in Caracas, Venezuela. Hierarchical regressions suggest that a longer period of unemployment is associated with a deterioration of the global health status, while regulating own emotions predicts a greater well-being for all the health indexes (anxiety, depression, somatization and social dysfunction). Additionally, regulating own emotions moderates the relationship between the period of unemployment and social functioning, acting as a protective factor. On the contrary, regulating others' emotions works as risk factor for the social functioning of these individuals experiencing longer periods of unemployment.

**Signs of Islamist radicalization within mosques in a Spanish city** (pp. 423-440)

Humberto M. Trujillo, Cristobal León, David Sevilla, and Joaquín González-Cabrera  
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This paper is an empirical analysis of the different signs of social conflict and Islamist radicalization within a Muslim community in a middle-class Spanish city. This analysis has been twofold: first, of the content of Friday sermons and, second, an ecological study of mosques. Our investigation has been based on an observational methodology. The tool used has been a system of register and codification tables whose validity can be verified. The provisional results point at the fact that there is no induction either to radicalization or violence in Friday sermons, or to conflict with the receiving community. Nevertheless, we have noticed certain blinkered attitudes toward values and rules of the receiving society which, in the long-term, could lead to the creation of a parallel society.

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**Individual quality of life: advances in the conceptualization and emerging challenges in the disability field** (pp. 453-472)

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The general goal of this theoretical article consists in carrying out a review of the advances on the concept of quality of life during the last decade. We will refer to the utility and importance of the quality of life construct for different collectives, contexts and disciplines, but especially in the field of disability. We also describe and discuss the historic evolution of the concept, the present conception of individual quality of life, the models proposed to define and assess the concept emphasizing the Schalock & Verdugo's model (2002), the different phases to

develop and validate this model and its applications. Finally, new challenges and emerging research lines in the quality of life field are indicated.

**Learning potential and social skills in children with Asperger disorder** (pp. 473-790)

Saray Bonete, M<sup>a</sup> Carmen Vives, Antonio Fernández Parra, M<sup>a</sup> Dolores Calero, and M. Belén García

*University of Granada (Spain)*

During the past years the literature about Asperger Disorder (AD) has focused on the empirical study of its core features. Static assessment procedures have been the most common method of research. However, this perspective is particularly limited with regard to social interaction. Taking into account that several research studies have demonstrated the utility and applications of dynamic assessment in different psychological pathologies, it is possible to expect similar implications in AD. This study examines the performance of children with AD (N= 10, 11-16 years old) and a compared sample of typical peers (N= 10). Children were assessed using a static intelligence test, a dynamic assessment instrument and different tests concerning social variables such as interpersonal skills, empathy and social problem solving. Results showed no differences between groups in learning potential. On the other hand, social difficulties were confirmed, especially in the adjustment and practical effectiveness of the solutions they generated. Implications of considering dynamic assessment as a valid approach to the social dysfunction suffered in AD are discussed.

**The rol of early maladaptive schemas and coping in the development of anxiety and depression symptoms** (pp. 491-509)

María Cámara and Esther Calvete

*University of Deusto (Spain)*

The present prospective study examined the relationship among cognitive style, coping, and anxiety and depression symptoms in a sample of undergraduate students. Based on the Resources Model (Holahan & Moos, 1987) and Schema-Focused Therapy (Young & Klosko, 1994), it was hypothesized that the presence of early maladaptive schemas (EMS) would predict an increase in symptoms of anxiety and depression through dysfunctional ways of coping with stress. The final sample consisted of 374 students, who completed measures on EMS, coping strategies, and anxiety and depression symptoms. The results indicate that disengagement coping strategies, such as avoidance, denial, and wishful thinking, are partial and/or total mediators of the relationship between EMS and symptoms. Instead, the coping strategies of primary and secondary control did not result significant mediators. Ultimately, the mechanism through which the EMS lead to symptoms is the use of disengagement strategies, especially in the case of anxiety symptoms.

**Human values education and mindfulness meditation as a tool for emotional regulation and stress prevention for teachers: an efficiency study** (pp. 511-532)

Luis C. Delgado, Pedro Guerra, Pandelis Perakakis, María I. Viedma del Jesús, Humbelina Robles, and Jaime Vila

*Univesity of Granada (Spain)*

This study was aimed at testing the efficacy of a training program involving human values education and mindfulness skills as a tool for emotional self-regulation and stress prevention. Forty school teachers took part in this study. Participants were assigned to two different groups: experimental (N= 25) and control (N= 15). Subjective, behavioral and psychophysiological (respiration and skin conductance) measures were taken. The results revealed significant effects of the training program on the three types of measures. The experimental group showed significant improvements in the subjective measures of negative affect, anxiety, depression, worry, perceived stress, emotional comprehension and muscular pain. Participants who received the training program also showed, in the psychophysiological test, less activation of the sympathetic nervous system associated with less reactivity to unpleasant and stressful situations. In addition, behavioral measures suggested an improvement in the quality of attention. It is concluded that training in human values and mindfulness skills is an effective tool for emotional self-regulation and stress prevention helping to improve the quality of life for teaching professionals.

**Reduction of blood pressure in a group of hypertensive teachers through a program of mindfulness meditation** (pp. 533-552)

Manuel de la Fuente Arias, Clemente Franco Justo, and Margarita Salvador Granados  
*University of Almería (Spain)*

This study aimed to check the impact of a training program in mindfulness meditation on blood pressure levels in a group of secondary education teachers suffering essential hypertension, grade 1 and grade 2. A randomised controlled trial with a control group in a waiting list with pretest-posttest-follow-up measurement was designed. For the measurement of blood pressure in the study participants, a tensiometer Moron HEM-705 IT was used. Statistical analysis shows a significant reduction in both systolic and diastolic arterial pressure posttest and 4-month follow-up evaluations in the experimental group as compared to the control group. It is concluded that a programme of such characteristics can be useful and effective in interventions directed at reducing arterial pressure in hypertensive persons, although future studies should be done to increase the validity of the results.

**Chronic pain experience in older people with osteoarthritis: cognitive-behavioural dimensions and adjustment** (pp. 553-577)

Almudena López<sup>1</sup>, Ignacio Montorio<sup>2</sup>, María Izal Fernández<sup>2</sup>, José Luis González<sup>1</sup>, and Miriam Alonso<sup>1</sup>

<sup>1</sup>*Rey Juan Carlos University;* <sup>2</sup>*Autonoma University of Madrid (Spain)*

Despite previous research has shown the important role of different psychological variables in older people with chronic pain, a more comprehensive evaluation of the multiple dimensions of pain experience and their relationship with adjustment is needed. The objective of the present work is to identify new meaningful underlying variables that show the relationship between different cognitive-behavioural and sensorial variables involved in the pain experience of the older people, and to evaluate how these new variables explain the emotional and functional adjustment to chronic pain. A sample of 104 older people with osteoarthritis was evaluated. Principal Component Analysis was performed on pain coping strategies, pain beliefs, pain behaviours and sensory pain parameters. Regression analyses were done to analyze the role of the new variables in predicting depression and disability. Four dimensions of the pain experience were identified. These components do not represent either different

response systems or the traditional three dimensions described by Melzack and Wall (1965) but other cognition-behaviour patterns that may help explain the emotional and functional adjustment to the pain experience.

**Cannabis consumption and risk perception in University students** (pp. 579-590)

Rosario Ruiz-Olivares<sup>1</sup>, Valentina Lucena<sup>2</sup>, M. José Pino<sup>1</sup>, Antonio Raya<sup>1</sup>, and Javier Herruzo<sup>1</sup>

<sup>1</sup>University of Córdoba; <sup>2</sup>Renacer Center (Spain)

The aim of this study was to relate the consumption of cannabis with the perception of risks such as traffic accidents, temporary health problems, legal problems, difficulty with interpersonal relations, a decrease in the capacity to perform tasks, and permanent health problems. With an ad hoc questionnaire, relevant socio-demographic information and risk perceptions regarding the consumption of cannabis were collected from 1011 students of the University of Córdoba. The results revealed that, in general, the students who consumed the most cannabis were those who judged the possible risks of the drug to be smallest. The regression model indicated that low perceptions of a particular risk can predict greater consumption of the drug associated with the risk. In conclusion, the observed trend of drug consumption among university students and the low perceived risk of the negative consequences of consumption suggest the need to set up prevention programs targeting these perceptions in university students.

**Sexual Activity Scale: a measure to predict the early onset of sexual intercourse** (pp. 591-611)

Elvia Vargas<sup>1</sup> and Vicente Ponsoda<sup>2</sup>

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This study evaluated the usefulness of the “Sexual Activity Scale” (SAS; Vargas & Barrera, 2002) to predict the early onset of penetrative sex. A total of 591 adolescents (260 women, 331 men) responded to the five items of the scale in five independent studies in Bogotá, Colombia. The factor analysis confirmed two factors: one of conventional expressions of affection and another that includes pre-penetrative and coital practices. The logistic regression analysis revealed that from the age and the score in the first four items of the EAS it is possible to correctly classify 80.3% of those adolescents who acknowledged having had sexual intercourse. The instrument is useful for health personnel and teachers in order to identify when teens are interested in receiving information about self-care practices and willing to seek guidance for making decisions about sexual activity.

**Dynamic factors of recidivism among drug-dependent prisoners in therapeutic community treatment** (pp. 613-627)

Victoria Ramos<sup>1</sup> and Rodrigo J. Carcedo<sup>2</sup>

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This study identifies the dynamic variables of recidivism in a sample of drug-dependent inmates released from Burgos prison (Spain) in the third prison grade to finish their prison sentence in a Therapeutic Community. The documentary sources, consulted for collecting information of 120 subjects, males and between 21 and 40 years (age of release), were the

prison record, the classification and treatment protocol, and the social record. Applying a descriptive statistical analysis with contingency tables, the characteristics of the variables that showed higher percentages of recidivism were: lack of work habits, HIV infectious disease, higher scores in extraversion, finalizing the treatment with expulsion or abandonment, and shorter stay in a therapeutic community. These results suggest that relapse prevention can achieve positive results, if we achieve a significant influence on these variables through the penitentiary treatment.

**Peer sexual harassment: incidence and emotional reaction in a sample of 4th year students in obligatory secondary education** (pp. 629-650)

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The purpose of this paper was to explore peer sexual harassment in adolescence. 283 students (53% boys, 47% girls) between 15 and 17 years of age completed an anonymous questionnaire designed to obtain information about the incidence of victimization and perpetration during the previous year, and the emotional response to recent episodes. Results indicate that sexual harassment related behaviors are part of the interactions among adolescents, since most of participants have been involved in some situation of peer sexual harassment (89.4%). Although boys and girls are victims to the same extent, boys are more likely to commit sexual harassment than girls. Moreover, girls reported feeling worse in specific episodes. Finally, data also underscore the need for additional research in patterns of sexual victimization among adolescents that allows us to design future interventions that promote the wellbeing in interpersonal relationships.

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**Foreword** (pp. 5-6)

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NO ABSTRACT

**Child sexual abuse: an evidence- based review** (pp. 7-39)

Clemencia Ramírez Herrera<sup>1</sup> and Antonio Fernández Parra<sup>2</sup>

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This paper reviews the literature on child and adolescent sexual abuse. It is considered as a type of child maltreatment with potential negative psychological consequences. Child sexual abuse (CSA) definitions and characteristics are considered together with prevalence and distribution data showing the magnitude of this worldwide problem. There is a brief description of child and adolescent sexual abuse and its short and long-term psychological consequences, and also an analysis is made of physical problems as a result of CSA. The main issues of CSA psychological evaluation are discussed, in particular the forensic and clinical aspects of the assessment process comparing strategies and techniques in both areas. Finally, some of the current clinical psychological treatments for CSA are reviewed based on objectives and goals, and their effectiveness. Prevention program models are analyzed, specifically school based interventions. In spite of advances in research knowledge about CSA, there are still many methodological difficulties and challenges in the field. Nevertheless, some of these challenges are well known and ongoing research is addressing them.

**Long term consequences of child sexual abuse: the role of the nature and continuity of abuse and family environment** (pp. 41-56)

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This study analyzes the contribution of the nature and continuity of sexual abuse and the variables related to the family environment to the variability on the psychological adjustment of the survivors. The participants, 209 female college student survivors of child sexual abuse (CSA), and a comparison group, completed during two sessions the Child Sexual Abuse Questionnaire, the Family Environment Scale, the State-Trait Anxiety Inventory and the Rosenberg Self-esteem Scale. Results of the regression analyses showed that the type of sexual abuse, but not its continuity, significantly predicted the present psychological adjustment of the college student CSA survivors. Moreover, the variables of the family environment (expressiveness, achievement orientation and social-recreational orientation) were related to a better adjustment. Expressiveness of positive feelings was the only family variable that predicted the three measures of psychological adjustment, having also a stronger predictive power than the two other variables. Finally, the combination of family variables

predicted the survivor's adjustment better than the nature of CSA, especially in the case of self-esteem.

**Bullying** (pp. 57-90)

José María Avilés<sup>1</sup>, María Jesús Irurtia<sup>2</sup>, Luis Joaquín García-Lopez<sup>3</sup>, and Vicente E. Caballo<sup>4</sup>  
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The purpose of this paper is to examine the typology and profiles of abuse among equals both in person and on the Internet. Reference is made to the most relevant research, the most usual evaluation instruments, and proposals for the intervention and preventative action needed in each sector of the educational community. In addition, the challenges education professionals face in their work to fight against school harassment and bullying are noted, with particular attention to projects designed to counteract the problem and respond to these challenges. The special circumstances of the demands of cyber-bullying are analyzed and Moral Education is proposed as a way to achieve healthier educational spaces in the future that are free from harassment.

**Abuse and violence within intimate relationships** (pp. 91-116)

José Cáceres Carrasco  
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This paper reviews data associated to violence in the context of intimate couples attending a Community Mental Health Centre. It is concluded that violence affects a high percentage of this population. Both females and males reported a lower level of aggression for themselves than their partner attributed to them; no differences were found in psychological violence among males and females, but differences in physical violence reach statistical significance. Mechanisms underlying violence are reviewed and a Biopsychosocial Model of Violence is presented. Practical recommendations are put forward and suggestions for further research are made (typologies, differences between explicit and implicit demands of patients, violence as a continuum or as categorical differences between violent and non-violent behaviors...).

**Psychological abuse in young couples** (pp. 117-131)

Marina J. Muñoz-Rivas<sup>1</sup>, José Luis Graña<sup>2</sup>, and M<sup>a</sup> Pilar González<sup>3</sup>  
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Psychological abuse is one of the most common aggressive behaviors in dating relationships among youths. Thus, acts of constant criticism and/or verbal aggression and/or acts of isolation and dominance are relevant behaviors that are closely related and often precede physical violence. In this paper, we review the most useful assessment tools for the detection of this type of behavior as well as the preventive intervention programs to date. Some recommendations are made for the development of prevention programs.



**Psychological abuse in victims of gender violence: medical-legal and forensic assessment** (pp. 133-155)

Mercedes Martínez-León, María Jesús Iurtia, M<sup>a</sup> Teresa Crespo, M<sup>a</sup> Inmaculada Calleja, Camino Martínez-León, and Daniel Queipo  
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In 1996 the World Health Organization (WHO) declared the eradication of the violence against women a priority for public health. This violence causes serious consequences, not only physical but also psychological and social, to women and their families. The purpose of this paper is to highlight the importance of a medico-legal assessment of the psychological ill-treatment and abuse in the victims of gender violence, together with the changes in diagnostic method and victim identification depending on the environment. The mental imprint is both the key to cases of psychological violence referred to in the Organic Act 1/2004 on integrated protective measures against gender violence, and also a consequence in the acts of physical violence, threats, coercion or freedom deprivation. In view of this, the mental imprint seems to have been insufficiently considered as proof of charge. It is necessary to develop a comprehensive forensic assessment including forensic psychologists to assess the mental injury and the emotional suffering associated with ill-treatment and abuse.

**Psychological abuse in manipulative groups** (pp. 157-182)

Carmen Almendros<sup>1</sup>, Manuel Gámez-Guadix<sup>1</sup>, José Antonio Carrobles<sup>1</sup>, and Álvaro Rodríguez-Carballeira<sup>2</sup>  
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In the different settings where it has been studied, psychological abuse has been defined as an elusive concept with a difficult operationalization (e.g., Almendros, Gámez-Guadix, Carrobles, Rodríguez-Carballeira and Porrúa, 2009). If this is the case in the family (e.g., psychological abuse against the partner, children or the elderly), school or work settings, it is even more so in the case of psychologically manipulative groups, a field markedly less investigated than the previous. Although much has been written about these groups, their practices and the psychological consequences of belonging to them, few studies approach the issue of the psychological violence among groups of which some of their members are the victims, and even fewer do it using empirical findings (Almendros, Carrobles, Rodríguez-Carballeira and Gámez-Guadix, 2009). This study reviews the studies investigating psychological abuse in group settings, particularly highlighting their evaluation and discussing their main findings. Finally, specific conclusions are drawn, some research gaps are identified, and guidelines are suggested for future study lines of interest.

**Mobbing: a psychosocial approach** (pp. 183-205)

Anastasio Ovejero<sup>1</sup>, Santiago Yubero<sup>2</sup>, and María de la Villa Moral<sup>3</sup>  
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Research findings indicate increasing harassment, aggression and violence in the workplace. This phenomenon is more frequent than usually imagined and has become a serious social problem whose effects present a danger for millions of workers, for society and for democracies. This analyzes the nature of mobbing or harassment in the workplace, its consequences and prevention. Finally, this paper proposes some lines for future research.

**Assessment of the rights of people with intellectual disabilities: a preliminary study** (pp. 207-222)

Laura E. Gómez<sup>1</sup>, Miguel Ángel Verdugo<sup>2</sup>, Benito Arias<sup>1</sup> and M<sup>a</sup> Jesús Irurtia<sup>1</sup>

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During the last years important advances have been achieved in the protection of the rights of people with intellectual disabilities. In that sense, the most significant advance has been the ratification of the U. N. Convention on the rights of persons with disabilities. However, there is a lack of research on the monitoring and assessment of the ways in which the Convention is being applied. The goal of this study was to carry out an exploratory investigation about the implementation of human rights of persons with disabilities in Spain using a double perspective: self-report of the persons with intellectual disabilities (INTEGRAL Scale), and observations of the staff working with them (GENCAT Scale). Results allow us to conclude that there are still many abuse and negligence situations. In addition, differences depending on the methodology used are discussed, and the urgent need for assessing the Convention implementation in a systematic way is pointed out.

**Social anxiety and psychological abuse** (pp. 223-236)

Luis Joaquín García-López<sup>1</sup>, María Jesús Irurtia<sup>2</sup>, Vicente E. Caballo<sup>3</sup> and María del Mar Díaz-Castela<sup>1</sup>

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Psychological abuse is receiving increased attention focusing on its severe effects for the individual and for society as a whole. Despite the considerable amount of research, there is a lack of information on the role that psychopathology may play in the etiology, development and maintenance of the abuse. As can be seen in other papers in this special issue, there is scattered information regarding the potential role of anxiety disorders, and particularly the social anxiety disorder. To fill this gap, this paper reviews the state-of-art including studies examining or including the relationship between social anxiety and topics such as sexual abuse, couple abuse, bullying and mobbing, also covered in this special issue. Overall, findings indicate a strong correlation between social anxiety and vulnerability to psychological abuse, particularly to bullying and mobbing.

**Abuse of children in the domestic environment** (pp. 239-265)

Javier Urra

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The article is about the childhood sexual abuse, the characteristics of aggressors and the aftermath of the innocent victims. It also deals with incest and post-traumatic stress stems occasionally. Analyzes the different stages and personal circumstances and exogenous influencing the development and coping with emotional psychological damage. Rejects the idea that the victim always becomes a bully. The text is written in a personal and natural, try to provide an overview of the problem from a different angle but with equal concern and determination. Is based on the author's experience over thirty years at Prosecutor of the Tribunal Superior de Justicia de Madrid (Minors Section).

**Behavioral Psychology/Psicología Conductual, 2011,  
Volume 19, Number 2**

**Personality styles and disorders: psychometric characteristics of the “Personality Exploratory Questionnaire-III” (CEPER-III)** (pp. 277-302)

Vicente E. Caballo<sup>1</sup>, José Luis Guillén<sup>2</sup>, Isabel C. Salazar<sup>1</sup>, and M<sup>a</sup> Jesús Irurtia<sup>3</sup>

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Personality disorders are a topic of ongoing interest. Their assessment and treatment are controversial and there is a lot of work still to be done in both areas. The aim of this study is to present certain psychometric characteristics of the “Cuestionario Exploratorio de Personalidad-III” (CEPER III) (Exploratory Questionnaire of Personality-III), which assesses different styles of personality based on the diagnostic system of the DSM-IV-TR (APA, 2000), but without necessarily assuming a pathology or adjustment problems. The results of the study show an internal consistency for the CEPER-III of 0.97 (Cronbach’s alpha), as well as for its component scales (from 0.75 up to 0.89), its reliability (Guttman = 0.93) and the convergent validity of the styles (from  $r = 0.50$  to  $r = 0.72$ ) using as criterion the personality disorder sub-scales of the “Millon Clinical Multiaxial Inventory-III” (MCMI-III; Millon, 1994). Sex differences appear in only six of the 14 styles of personality in CEPER-III (five of them confirmed by the same differences as in the case of personality disorders). In short, the CEPER-III may be a good way of measuring behavioral trends in both patients and non-patients, based on the diagnostic symptoms of the DSM-IV-TR.

**Concordance between the IPDE Screening Questionnaire and the diagnosis of personality disorders in smokers** (pp. 303-315)

Elena Fernández del Río, Carmela Martínez Vispo, and Elisardo Becoña

*University of Santiago de Compostela (Spain)*

The aim of this work was to obtain the best cut-off point for the International Personality Disorder Examination Questionnaire (IPDEQ), DSM-IV Module. The sample involved 50 smokers who required treatment to stop smoking and whose screening was positive for at least one personality disorder (PD). They were subsequently evaluated by means of the full IPDE interview. The most appropriate cut-off points for antisocial and paranoid PD in these individuals were three and four positive criteria, respectively, whereas no conclusive results were forthcoming for all the other PDs. The kappa coefficient also shows good inter-evaluator reliability. The cut-off for three or more items is inadequate, as it significantly overestimates the presence of a PD. We conclude that the IPDEQ is useful for quickly determining the possible presence or absence of a PD, provided the cut-off point is raised until it is consistent with the diagnostic criteria proposed by the DSM-IV for each PD.

**Subclinical psychopathy and the “dark triad” of personality** (pp. 317-331)

Lucía Halty Barrutieta and María Prieto Ursúa

*Pontificia Comillas University of Madrid (Spain)*

This paper has two objectives: first, to further our knowledge of subclinical psychopathy by studying its relationship with the other two components of the “dark triad” of personality (narcissism and Machiavellianism) in order to shed more light on the debate about which of these two items is more closely related to psychopathy; second, we studied the self-report instrument SRP-III (Self-Report Psychopathy III, Paulhus, Hemphill, & Hare, in press) as a measure of psychopathy amongst the population (excluding prison inmates), comparing our results with normative data. The sample consisted of 512 Spanish undergraduates. The instruments used were the SRP-III, the Narcissistic Personality Inventory (NPI; Raskin & Hall, 1981) and the Machiavellianism Scale (Mach-IV; Christie & Geis, 1970). Regarding the relationship between the components of the dark triad of personality, the results indicate that Machiavellianism is the one most closely related to subclinical psychopathy. Finally, the functioning of the SRP-III in the study sample is similar to the normative sample.

**The role of personality in satisfaction with life and sport** (pp. 333-345)

Nicolas Baudin<sup>1</sup>, Anton Aluja<sup>2,3</sup>, Jean-Pierre Rolland<sup>1</sup>, and Ángel Blanch<sup>2,3</sup>

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This study tested the relationships between personality, measured with the Neuroticism Extraversion Openness Personality Inventory-Revised (NEO-PI-R), satisfaction with life and satisfaction with sport, based on the five dimensions and on the thirty facets. Consistent with previous studies, satisfaction with life and satisfaction with sport were highly correlated. Stepwise regressions analysis showed that neuroticism and extraversion were the best predictors of life and sport satisfaction, bearing in mind that the other dimensions did not provide any prediction whatsoever. These results also indicated that a more precise facet-based assessment of personality significantly increased the prediction of satisfaction with life. The parametrical or graphical regression analysis LOESS revealed an interesting and different relationship between personality and satisfaction with life and sport.

**Psychopathology of emotional regulation: the role of emotional deficits in clinical disorders** (pp. 347-372)

Gonzalo Hervás

*Complutense University of Madrid (Spain)*

Emotions have been shown to exert a significant influence on many areas of psychological functioning. However, until recently, research on emotions in clinical psychology - where emotions are a key issue - had been largely neglected. In this paper, a model is proposed to provide a comprehensive understanding of recent literature on how emotional processes, when they become dysfunctional, may lead to difficulties in emotional regulation and, ultimately, to clinical disorders. To evaluate the use and validity of the proposed model, an examination is made of the psychological manifestations that have provided most of the evidence on the existence of deficit in emotional processing: depressive disorders, anxiety disorders and borderline personality disorder. Although altered processes were found in all the disorders examined, only emotional labelling and acceptance were deficient in all cases. Finally, a review is made of more recent treatments whose goals include the rehabilitation of altered emotional processes.

**Assertive social-skills training for the elderly** (pp. 373-387)

Ana C. Braz, Zilda A. P. Del Prette, and Almir Del Prette  
*Federal University of São Carlos (Brazil)*

Given the current context of social concern regarding the rights of senior citizens, this study describes and evaluates a program of Assertive Social Skills Training (ASST) for elderly people. The participants (2 men and 13 women) were distributed into two groups: the experimental group (EG, which received the ASST) and the placebo group (PG, which was exposed to interactive presentations on several topics). Pre-test and post-test evaluations with IHSI-Del-Prette and the monitoring of the scores indicated the acquisition and maintenance of a repertoire of especially assertive social skills by the EG, but not by the PG. The authors discuss the reliability and importance of the study with a placebo design for assessing the internal validity of the intervention programs in, their critical features and also the importance of this kind of intervention for the elderly in today's world.

**Monographic about Psychological Abuse [2]**

(This section continues from the monographic issue 19 [1], 2011)

**Introduction** (pp. 391-392)

**A review of the relationships between bullying and social anxiety** (pp. 393-419)

Marta Calderero, Isabel C. Salazar, and Vicente E. Caballo  
*University of Granada (Spain)*

The aim of this paper is conduct a review in order to delve further into the relationship between bullying and social anxiety. The introduction seeks to unify both concepts to provide the reader with a reference framework. Numerous studies are then presented that show there is a significant relationship between peer bullying, victimization and aggression at school, on the one hand, and social anxiety, on the other. There follows a description of instances of research that reveal the directionality between these variables and, finally, those that analyze certain moderating factors of this relationship (e.g., behavioral inhibition, social skills, coping). This review allows us to conclude that although major progress has been made in this field, there is still a necessity, particularly in Spanish-speaking countries, to conduct more controlled studies that present more conclusive data and, above all, that have a practical application in educational and clinical settings, as there is a pressing need to stop the spread of these social problems and their comorbid and/or resulting adverse effects.

**Mental disorders as a risk factor of violent victimization** (pp. 421-438)

Ismael Loinaz<sup>1</sup>, Enrique Echeburúa<sup>1</sup>, and Mayalen Irureta<sup>2</sup>

<sup>1</sup>*University of the Basque Country*; <sup>2</sup>*Clinical Hospital of Barcelona (Spain)*

A great deal of research has been conducted into the risk of violent behavior among people with mental disorders. However, their risk of victimization is a subject that has received little attention. This research bias helps to maintain stereotypes on mental disorders and perpetuate the stigma and social isolation of the people involved. According to the studies reviewed, such people are far more likely to be the victims of violence than the general population, especially during periods when the symptoms are more acute. This theoretical article examines the other side of the relationship between mental disorder and violence, focusing on

the epidemiology of the problem, the most significant risk factors (prior victimization, drug abuse, social exclusion, comorbidity/symptom severity and development disorders) and some common forms of victimization (suicide, domestic violence, sexual violence, bullying and child abuse). The aim is to contribute to a better understanding of the risks of victimization in these people, which may lead to more appropriate prevention and treatment strategies.

**Gender violence and migration: differential profile of domestic violence between native and migrant men** (pp. 439-452)

Javier Fernández-Montalvo<sup>1</sup>, José A. Echaurren<sup>2</sup>, María Martínez<sup>2</sup>, and Juana M<sup>a</sup> Azcárate<sup>2</sup>

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In this paper a description is made of the demographic, gender violence and psychopathological characteristics of 448 men who were in a treatment programme because of having committed an offence of gender violence. Furthermore, a comparison of all the variables studied among the Spanish subjects ( $n= 221$ ) and those from other countries ( $n= 227$ ) was made. The results showed the existence of numerous statistically significant differences between both groups in socio-demographic and abuse variables. However, from a psychopathological point of view the differences found were not clinically relevant. Immigrant batterers were younger, with more children in common with the victim, with a slightly higher level of education and with more psychiatric records than did Spanish batterers. Furthermore, immigrant batterers showed more irrational beliefs both about women and about violence as a strategy to cope with everyday difficulties, and they had suffered experiences of abuse during childhood more frequently than Spanish abusers.

**Workplace bullying and sleep quality: The mediating role of worry and need for recovery** (pp. 453-468)

Alfredo Rodríguez-Muñoz<sup>1</sup>, Guy Notelaers<sup>2,3</sup>, and Bernardo Moreno-Jiménez<sup>4</sup>

<sup>1</sup>*Complutense University of Madrid (Spain);* <sup>2</sup>*Maastricht University (Netherlands);* <sup>3</sup>*University of Bergen (Norway);* <sup>4</sup>*Autonomous University of Madrid (Spain)*

Several studies have documented the link between exposure to bullying at work and several health problems. However, little is known about the mechanisms underpinning the relationship between bullying and its associated consequences. The aim of this study has been to test a model of mediation whereby need for recovery and worry as indicators of cognitive activation were assumed to influence the relationship between workplace bullying and sleep quality. The sample consisted of 4068 Belgium employees from approximately 30 organisations. The hypotheses were tested following a confirmatory approach involving structural equation modelling. Since the size of the sample is large, two different randomly selected samples of the dataset have been used to test the stability of the theoretical model. A full mediation model, in which need for recovery and worry mediated the relationship between workplace bullying and lack of sleep quality, yielded the best fit to the data in both samples. The results of this study underline the relevance of cognitive activation in understanding sleep disturbances.

**Psychological treatment of intrafamily child sexual abuse: an integrative approach** (pp. 69-486)

Enrique Echeburúa<sup>1,2</sup> and Cristina Guerricaechevarría<sup>1</sup>

<sup>1</sup>*University of the Basque Country*; <sup>2</sup>*Cybersam (Spain)*

Intrafamily child sexual abuse (CSA) is the most common form of child victimization. The long-term effects of CSA vary from person to person and are moderated by different factors, some of them abuse related, such as its frequency, severity and duration, and some involving the child developmental stage and the surrounding milieu. Evidence is growing that trauma-focused cognitive-behavioral therapy is an effective treatment for sexually abused children. Treatment serves several functions including: the reduction and prevention of chronic trauma symptoms; developing and understanding of the meaning of the abusive event; helping family members express their feelings about the sexual abuse openly and exploring methods for coping and getting support. An integrative therapeutic approach taking into account sexually abused children and their relatives is proposed. There are also some suggestions for treatment according to the victimized children age and some indications about how to deal with relatives and with abused children in an integrative treatment. Further research should focus on outcome studies about treatment of intrafamily child sexual abuse with appropriate control groups and long-term follow-ups.

**Behavioral Psychology/Psicología Conductual, 2011,  
Volume 19, Number 3**

**Characteristics of dating violence among Spanish adolescents** (pp. 501-522)

Andrés A. Fernández-Fuertes<sup>1</sup>, Begoña Orgaz<sup>2</sup> and Antonio Fuertes<sup>2</sup>

<sup>1</sup>*University of Cantabria*; <sup>2</sup>*University of Salamanca (Spain)*

This study examined dating violence in a sample of high school students to determine some of the main characteristics of this problem. An incidental sample of 601 adolescents (42% men and 58% women) was surveyed in Salamanca (Spain); participants were between 15 and 19 years old and were either involved in a romantic relationship (44.4% of the sample) or had had at least one serious relationship in the previous 12 months (55.6%), in both cases with a minimum length of one month. Analyses focused on comparing male and female reports of both perpetration and victimization in current dating relationships. The results indicated that the use of abusive behaviours, especially verbal-emotional abuse, is prevalent in Spain. Consistent with previous studies, adolescent boys reported higher perpetration levels of sexual abuse than female did, and adolescent girls reported higher perpetration levels of verbal-emotional aggression than males; there were no differences in self-reports of physical abuse. The implications of findings for future research are discussed.

**Alcohol and tobacco consumption behaviors and their relationship to healthy habits in adolescents** (pp. 523-539)

Elisa Huéscar<sup>1</sup>, Eduardo Cervelló<sup>1</sup>, Lucía Llamas<sup>2</sup> and Juan Antonio Moreno<sup>1</sup>

<sup>1</sup>*Miguel Hernández University at Elche*; <sup>2</sup>*Research Unit in Physical and Sports Education, University of Murcia (Spain)*

The aim of this study was to analyze the relationship between different variables adjusted to a healthy lifestyle, and the consumption of tobacco, alcohol and other drugs in adolescence. 282 students between 15 and 20 years of age participated in the study. They were administered different questionnaires to evaluate habitual physical activity, perceived competence and image, food habits and consumption of tobacco, alcohol and other drugs. The results revealed that the perception of body image was associated positively with alcohol drinking, and fun as a motive for doing sport was associated positively with not smoking. Regression analysis revealed that consumption of tobacco was lower in adolescents who had higher rates of physical exercise. Regarding the consumption of alcohol, perceived competence about sport was lower in those consuming more, while the perceived body image seemed to improve as adolescents consumed larger amounts of alcohol. It is suggested that in order to prevent the consumption of unhealthy substances associated with leisure, initiation to sport should be used as a strategy of social transformation in public health programs.

**Sleep routines and adolescent adjustment** (pp. 541-555)

Alfredo Oliva Delgado, M<sup>a</sup> Carmen Reina Flores, Miguel Ángel Pertegal Vega and Lucía Antolín Suárez

*University of Sevilla (Spain)*

This paper presents the results of a study that describes the sleep routines in a sample of 2400 Andalusian adolescents aged between 12 and 17 years and its relation to three indicators of psychological adjustment such as substance use, and internalizing and externalizing problems, both assessed by the Youth Self Report (YSR; Achenbach, 1991). The results indicate that, particularly among older teens, there is a significant sleep deprivation during school days, and a delay in bedtime hours during weekends. These sleep routines were significantly related to psychological adjustment, since those boys and girls who reported sleeping fewer hours and going to bed later on weekends had a worse emotional and behavioral adjustment. The article suggests the importance of developing some measures to allow teens healthier sleep routines.

**Burnout syndrome, ways of coping and mental health in non-university teachers** (pp. 557-576)

Eloísa Guerrero, Rosa Gómez, Juan M. Moreno, Elena García-Baamonde and Macarena Blázquez

*University of Extremadura (Spain)*

The main objective of the present study was to analyze burnout syndrome, ways of coping with stress, mental health and, specifically, to detect mental health predictors. The sample consisted of 152 non-university teachers between 24 and 58 years of age. We performed a descriptive exploratory study using the Maslach Burnout Inventory (Maslach & Jackson, 1981), the Ways of Coping Questionnaire (Folkman & Lazarus, 1988), and the General Health Questionnaire (Goldberg y William, 1972). The results indicate that the sample of teachers presented a medium degree of burnout. The most frequent strategies of coping with stress are: seeking social support, planning, and positive reappraisal. 40.8% of the sample had mental health problems. It was also found that a high level of stress was significantly associated with the escape-avoidance coping strategy, and that those teachers who were the least satisfied professionally were the most "burnt-out". The variables of job, assessment of stress level, degree of commitment, emotional exhaustion, ways of coping escape-avoidance, and positive reappraisal contribute significantly to predict the teachers' mental health.



**Parenting styles and stress in students of compulsory secondary education** (pp. 577-590)

Manuel J. de la Torre, Pedro F. Casanova, M<sup>a</sup> Cruz García, M<sup>a</sup> Villa Carpio and María Teresa Cerezo

*University of Jaén (Spain)*

The main purpose of this study was to examine any possible existing connection between parenting style, as perceived by a group of teenagers, and the level of concern shown at a group of daily stressors among this stage in development. In addition, it was studied whether the reported level of stress was subjected to change related to gender. 495 students of compulsory secondary education ranging between 12 and 16 participated in the study. The results obtained revealed that those adolescents with parents exhibiting a permissive style showed a lower level of stress compared to those belonging to authoritarian homes. Furthermore, gender-related differences were only found in one of the stressor categories. The results are discussed appealing to an ecological model of human development.

**Bullying and social anxiety in children (I): analyzing their relationship and developing new self-report assessment measures** (pp. 591-609)

Vicente E. Caballo<sup>1</sup>, Benito Arias<sup>2</sup>, Marta Calderero<sup>1</sup>, Isabel C. Salazar<sup>1</sup> and María Jesús Irurtia<sup>2</sup>

*1University of Granada; 2University of Valladolid (Spain)*

This study focuses on the relationship between school bullying and social anxiety in a sample of 1,810 Spanish children between the ages of 9 and 15. The relationships between these two constructs and their dimensions were tested using two new self-report instruments: the "Multimodal Questionnaire on Bullying for Children" (CMAE-1; Caballo, Calderero, and Irurtia, 2010) and the "Social Interaction Questionnaire for Children" (CISO-NIII; Caballo, Irurtia, Calderero, Salazar, and Carrillo, 2010). The results reveal a clear relationship between bullying, particularly relational bullying, and social anxiety (overall and between its six dimensions). These relationships are stronger in boys than in girls, and the regression analyses indicate that global social anxiety and, more specifically, one of its dimensions ("Criticism and embarrassment") can predict bullying, and vice versa, being the victim of bullying is a predictor of social anxiety. Boys scored higher than girls in all the bullying variables associated with the role of bully, while there are no differences between the sexes in the bullying variables related to the role of victim of bullying.

**Bullying and social anxiety in children (II): proposal of a new recreational intervention program** (pp. 611-626)

Vicente E. Caballo<sup>1</sup>, Marta Calderero<sup>1</sup>, Gloria B. Carrillo<sup>2</sup>, Isabel C. Salazar<sup>1</sup> and María Jesús Irurtia<sup>3</sup>

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This paper presents the results of the application of a new recreational program focused on social skills for the intervention and prevention of social anxiety and school bullying. The program "Playing and Learning Social Skills" (JAHSO) was applied at two schools in Granada (Spain) to a total of 193 children aged between 9 and 14. The results show a sharp drop in social anxiety in five of the six dimensions assessed for this construct. Regarding

bullying, the program's positive impact was statistically significant in seven of the ten items assessed, although the impact of the intervention depended on the specific item. Based on the results forthcoming, this program can be extremely useful for treating and preventing social anxiety and bullying in both primary and secondary schools (4th to 9th grades). The aim of the next step in this research, which is already under way, will be to study whether the modifications introduced could improve those issues that have proven to be less effective in the current application.

**Coping and attitudes towards death in parents of children in elementary school** (pp. 627-642)

Fabiana Siracusa, Francisco Cruz-Quintana, M<sup>a</sup> Nieves Pérez-Marfil, M<sup>a</sup> Paz García-Caro, Jacqueline Schmidt-Ríovalle and Mariano Vera-Martínez  
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Death is one of the events that causes more fear during childhood and adolescence, and the way it is treated affects cognitive and emotional development significantly. The aims of this study are: (i) to examine the attitudes and fears towards death in families who have schoolchildren; and (ii) to identify variables related to adaptive attitudes and coping styles regarding death. 224 parents participated in the study, with a mean age of 40.76 years old (SD=5.11). The following instruments were used in the study: a semi-structured interview designed ad hoc, the Multidimensional Scale of Fear to Death, the Revised Profile of Attitudes towards Death, and the Bugen Scale of Coping with Death. Results show that parents with a higher education degree have more adaptive attitudes and lower levels of fear towards death and that women show more fear towards death than men. Education about death can be beneficial for people in all age groups.

**Asperger disorder and autism spectrum disorder: from clarification to intervention in natural contexts** (pp. 643-658)

José-Sixto Olivar Parra and Myriam de la Iglesia Gutiérrez  
*University of Valladolid (Spain)*

Since its appearance in the official classificatory systems, the diagnosis of Asperger's Disorder has been the basis of numerous research studies aiming at its identification and differentiation from other development disorders (e.g., autism disorder). In a second stage, research studies were focused on the most effective intervention programmes to improve recovery. At present, both research and clinical practice are focused on intervention procedures that guarantee the transfer of results with an emphasis on their capacities (strong points), more than on their weaknesses (weak points). This article addresses, using a positive approach, the beneficial effects of the interventions in natural contexts which, starting from the symptoms and clinical characteristics, are focused on the strong points as a means to overcome difficulties.

**Guide to use cognitive restructuring as a shaping procedure** (pp. 659-682)

María Xesús Froján-Parga and Ana Calero-Elvira  
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Behavior modification emerged as an alternative for assessment and treatment founded on strong theoretical and experimental bases. The so-called cognitive revolution marked the introduction of a series of mediational variables that contributed to the progressive deviation of the techniques from these principles. The aim of our line of research is to return to the analysis of the learning processes that presumably underlie intervention, choosing for this work the cognitive restructuring technique and, specifically, the Socratic Method. For this study we analyzed the therapist's and client's verbal behavior during the clinical interaction in 65 fragments of cognitive restructuring from seven different clinical cases. Results of sequential analysis support the shaping hypothesis whereby the Socratic Method could be defined as a process in which the psychologist reinforces the client's verbalizations as they come closer to the final verbalization (rational / adaptive); at the same time, the psychologist punishes and / or extinguishes those verbalizations that move away from such verbalization. Some intervention guidelines for the clinical practice of therapists are suggested based on these results.

**Emotional and affective states in infertility: a comparative study of fertile people** (pp. 683-703)

Carmen Moreno-Rosset, María del Castillo Aparicio, Isabel Ramírez-Uclés and María Dolores Martín Díaz

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The objective of this research is the assessment of emotional maladjustment, positive and negative affect and adaptive resources in infertile patients in a stage previous to medical treatment, as well as the ability to show emotions or alexithymia, and state and trait anxiety, establishing also the gender differences in those variables. The experimental group was formed by 101 patients with fertility problems (51 men and 50 women) who had requested a fertility study in a reproductive assistance center, and the control group was formed by 90 participants with children (36 men and 54 women) from general population. The results concluded that infertile women showed higher levels of emotional maladjustment, state-anxiety and negative affect than fertile women. It was also found that infertile women showed higher levels of emotional maladjustment, trait-anxiety, state-anxiety, and negative affect than infertile men. Finally, men exhibit higher levels of alexithymia than women. The results of this research help to understand the infertility underlying processes.

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(Monographic issue on “Emotional intelligence”)**

**Emotional intelligence and acculturation** (pp. 15-41)

Paul G. Schmitz<sup>1</sup> and Florian Schmitz<sup>2</sup>

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Previous research has shown that migrants develop various styles to adjust to a new culture. The present study was concerned with two questions: (1) Why do some migrants prefer a particular acculturation style whereas others adopt a different one, and (2) why do some migrants reveal a higher level of adjustment than others? In a sample of 349 immigrants living in Germany (199 Turks and 150 North-Africans), we investigated the influence of emotional intelligence (EI) with the Trait-Meta-Mood Scale (TMMS). Acculturation styles were assessed with the Acculturation Attitudes Scale (AAS) as well as specific markers of acculturation behavior. Adjustment was captured by the Satisfaction with life scale (SWLS), the subjective happiness scale (SHS), and the Beck Depression Inventory (BDI) as an inverse marker. Additionally, we assessed perceived unfairness and discrimination. Findings show that EI and its subcomponents are related to beneficial forms of acculturation attitudes and acculturation behavior. EI was also shown to affect acculturation experiences, such as perceived discrimination and perceived unfairness, as well as a number of psychological adjustment variables.

**Emotional perception as a stable predictor of psychosocial adjustment during adolescence** (pp. 43-58)

Raquel Palomera<sup>1</sup>, José Martín Salguero<sup>2</sup>, and Desiree Ruiz-Aranda<sup>2</sup>

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Emotions are a very valuable source of information for our adjustment and well-being. Within our skills to process the emotional information, emotional perception is fundamental to begin such process successfully. Nevertheless, the majority of the studies conducted in this area have used adult or clinical samples. In this work we investigated through a prospective one-year longitudinal study the relation between emotional perception and psycho-social adjustment in a secondary student sample. The results showed emotional perception as a stable predictor of higher personal adjustment and lower emotional imbalance and clinical maladjustment. The emotional perception ability also appeared as a significant predictor of dependent variables, even when the variable criterion at time 1 was controlled. Significant variation was found depending on sex and age. Possible educational implications and future lines of research on emotional perception and emotional intelligence are discussed.

**Adolescents at socio-psychological risk: what is the role of the emotional intelligence?** (pp. 59-75)

María Alicia Zavala<sup>1</sup> and Isaura López<sup>2</sup>

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The purpose of this study was to analyze the role of perceived emotional intelligence (PEI) including its components in the disposition towards socio-psychological risk behaviors in 829

Mexican adolescents from public junior high schools located in low-income areas, aged between 13-15 years. The “Bar-On Emotional Quotient Inventory: Youth Version” (Bar-On EQ-i:YV; Bar-On y Parker, 2004) and the “Millon Adolescent Clinical Inventory” (MACI; Millon, 2004) were used. Negative correlations between PEI and its components with eating disorders, substance abuse, predisposition to delinquency, predisposition to impulsiveness, feelings of anxiety, depression and suicidal tendencies were found. Multiple regression models obtained for each of the risk behaviors emphasized the influence of gender difference as a factor that varies jointly with the emotional quotient and its components in the adolescents’ disposition to the risk behaviors analyzed.

**Gender differences in emotional intelligence: the mediating effect of age** (pp. 77-89)

Pablo Fernández-Berrocal, Rosario Cabello, Ruth Castillo, and Natalio Extremera

*University of Malaga (Spain)*

Are women more emotionally intelligent than men? Today it is widely believed, among the general public and academics alike, that the female gender is linked with better knowledge of emotions. Is this notion correct or yet another stereotype? To address this question, the relationship between gender and emotional intelligence (EI), as assessed using the “Mayer-Salovey-Caruso Emotional Intelligence Test” (MSCEIT), is considered. A new perspective was taken in this research by controlling for age, which is one of the principal sociodemographic characteristics that interacts with gender as well as EI, in order to clarify how gender affects EI. Results showed that the gender differences initially reported for EI are mediated completely by age for the branches of facilitation and understanding, for strategic area and for total score, and partially by age for the dimension of emotional managing. These findings indicate the need for caution when concluding that gender affects EI in the absence of tests for possible interactions between gender and other variables that may influence EI.

**Emotional intelligence in the portuguese academic context: validation studies of “the Emotional Skills and Competence Questionnaire” (ESCQ)** (pp. 91-102)

Luísa Faria<sup>1</sup> and Nelson Lima-Santos<sup>2</sup>

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This study presents the validation of the Emotional Skills and Competence Questionnaire (ESCQ; Tăksić, 2000, 2001) in the Portuguese academic context, comparing it with the original Croatian version. It consists of 45 items divided into three subscales – Perceiving and understanding emotion, Expressing and labelling emotion, and Managing and regulating emotion. This self-report measure of emotional intelligence, based on Mayer and Salovey’s model, has already been tested in different cultures. It was administered collectively during regular academic hours to a Portuguese sample of 730 students, 381 from high-school and 349 from university. Overall, alpha values were good and similar to those of the original version (>.80), except for managing and regulating emotion (.67). Confirmatory factor analysis was undertaken to verify the factor structure of the ESCQ and revealed that the best fit model has two correlated factors (.55; perception and expression), including only 11 items from the original scale ( $r^2 > .30$ ). Both sensibility and discriminative power proved to be satisfactory. The ESCQ revealed promising results, but further validation studies with larger samples are needed

**Emotional intelligence and family environment** (pp. 103-117)

M<sup>a</sup> Trinidad Sánchez-Núñez and José Miguel Latorre Postigo

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The objective of this study was to analyze the relationship between self-reported and perceived emotional intelligence (EI) by the children about themselves and their parents and the family social climate. The theoretical framework is the ability model of Mayer and Salovey (1997) and self-report measures related to it. The sample is composed by 156 children (71 males and 85 females). The scale to assess the EI was the TMMS-24 (Fernandez-Berrocal, Extremera and Ramos, 2004). Also, an adaptation of the TMMS-24 (PTMMS-24) was developed to assess the children's perception of their parents' EI in each of the factors: Attention, Clarity and Repair. Perceived family social climate was assessed with the scale FES (Moos, Moos and Trickett, 1995). The correlation analyses show significant associations between the perceived EI of the parents and the perceived family social climate by the children. Block-stratified regression analysis of each subscale of the FES shows how both the perceived and self-reported EI are good predictors for factors such as Expressivity in the family social climate.

**Perceived emotional intelligence and its relationship with adult attachment** (pp. 119-135)

M<sup>a</sup> del Carmen Aguilar-Luzón, Antonia Calvo-Salguero, and Adelaida Monteoliva-Sánchez

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The aim of this study was to examine the predictive role of attachment on different dimensions (emotional attention, clarity and repair) of perceived emotional intelligence (PEI) when variables such as gender and age were controlled. For this purpose, 144 university students completed the Trait-Meta-Mood Scale (TMMS-24) and the Experiences in Close Relationships (ECR). The results indicated that security in attachment, as opposed to insecurity, was related to higher scores in two of the PEI dimensions (emotional attention and clarity). These results varied depending on whether categorical or dimensional attachment measures were used, particularly when they were compared to emotional repair. The study reveals the need to consider the attachment dimensions of anxiety and avoidance, together with other variables, as PEI predictors.

**Stress management as an emotional intelligence competence in students** (pp. 137-149)

Marta Sáinz, Mercedes Ferrando, Daniel Hernández, María del Carmen Fernández, Carmen Ferrándiz, Rosario Bermejo, and María Dolores Prieto

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This study analyzes the self-perception of stress management depending on the intelligence level (low, medium, and high) in a sample of 679 students (46.50% boys and 53.50% girls) aged between 12 and 18 years of age ( $M= 13.90$ ;  $SD= 1.28$ ). All the students were attending semi-private schools of Compulsory Secondary Education (ESO) in the community of Valencia (Spain). Stress management self-perception was assessed using the Bar-On test of Emotional intelligence (EQ-i:YV, Baron & Parker, 2000); and intelligence was assessed using the Test of Differential Attitudes (DAT-5; Bennett, Seashore & Wesman, 2000). In addition, a total of 406 parents and 103 teachers also informed about their perception of the students' stress management using the EQ-i:YV-O (Bar-On & Parker, in press). The data show

statistically significant differences in the self-perception of stress management according to the participants' intellectual level.

**Analyzing the relations among perceived emotional intelligence, affect balance and burnout** (pp. 151-168)

José M<sup>a</sup> Augusto-Landa, Esther López-Zafra, M. Pilar Berrios-Martos, and Manuel Pulido-Martos

*University of Jaen (Spain)*

The aim of this study was to examine the relationship between Perceived Emotional Intelligence (PEI) and Affect balance (positive and negative) along with their impact in the prediction of the burnout syndrome in a Spanish sample of primary school teachers. Furthermore, a model of relations using structural equation modeling (SEM) analyzing the predictive role of both PEI components and Affect on burnout dimensions is proposed. A sample of 251 teachers completed a set of questionnaires that included the variables of interest. Results show that the model proposed accounts for 37% of the variance in emotional exhaustion, 57% of the variance in depersonalization and 67% of the variance of personal accomplishment. Putting all variables together, the model explained 80% of the latent burnout variable. The implications and limitations of the study are explained.

**Perceived emotional intelligence and involvement in several kinds of bullying** (pp. 169-181)

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The emotional intelligence construct has been introduced in recent years to the field of educational psychology. However, only a few researches have examined this topic in relation to social relationship dynamics in school contexts. Some previous studies have shown that meta-mood about one's own emotions, perceived emotional intelligence (PEI), can distinguish students involved in bullying from those not involved. Specifically, this study aims to look further into this issue by focusing on cyberbullying situations where bullying is mediated by the use of information and communication technologies. Participants were 5759 adolescent students from Andalusia (South of Spain). The results show that PEI can discriminate between the roles young people play in traditional bullying but not for cyberbullying. These results are discussed according to possible differences in emotional management across bullying and cyberbullying.

**Resilient coping strategies and emotion regulation: predictors of life satisfaction** (pp. 183-196)

Joaquín T. Limonero<sup>1</sup>, Joaquín Tomás-Sábado<sup>2</sup>, Jordi Fernández-Castro<sup>1</sup>, M<sup>a</sup> José Gómez-Romero<sup>3</sup>, and Amor Ardilla-Herrero<sup>2</sup>

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This study was designed with two objectives: (1) analyse the relationship between resilience (resilient coping strategies) and life satisfaction; and (2) examine whether this relationship is moderated or mediated by perceived emotion regulation. A sample of 254 undergraduate

psychology students completed the Perceived Emotional Repair (REP) subscale of the Trait Meta Mood Scale (TMMS-24), the Brief Resilient Coping Scale (BRCS) and the Satisfaction with Life Scale (SWLS). The finding showed that people with high scores in BRCS had higher levels of REP and SWLS. Moreover, it was observed that those students who had both high levels of BRCS and REP had higher SWLS. Results revealed a positive correlation between BRCS scores, SWLS and REP. The results do not support the idea of a possible mediating and moderating effect of emotional regulation in the relationship found between resilience and life satisfaction. Implication of these results for life satisfaction and how people cope with adverse or stressful situations are discussed.

**I feel sad, what can I do? Analyses of mood regulation strategies used by emotionally intelligent people (pp. 197-209)**

Natalio Extremera, Vanesa González-Herero, Pilar Rueda, and Pablo Fernández-Berrocal  
*University of Malaga (Spain)*

The main aim of this study was to analyze the frequency and effectiveness of mood-regulation strategies that people use when they feel sad, and to examine how these mood-regulation strategies are associated with the emotion management subscale of an EI ability measure, and with depression symptoms. The sample was composed of 400 participants. The measures used were the Self Regulating Strategies of Mood Questionnaire, the Beck Depression Inventory, and the subscale of Emotion Management of the Mayer, Salovey, Caruso Emotional Intelligence Test. Results showed that the most effective strategy to regulate sadness was “call, talk to, or be with someone”. Higher scores in emotional management were associated with lower scores in depression, as well as the use of different mood-regulation strategies to reduce sadness. Moreover, the emotion management subscale accounted for some of the variance in depression beyond mood-regulation strategies. Finally, the implications of these findings are discussed.

**Emotional intelligence and sense of humor as predictors of subjective well-being (pp. 211-227)**

M. Pilar Berrios-Martos, Manuel Pulido-Martos, José María Augusto-Landa, and Esther López-Zafra  
*University of Jaen (Spain)*

The aim of this study was to analyze the relationship between Emotional Intelligence (EI) and Sense of Humor (SH) and their predictive ability on two dimensions of subjective well-being: Psychological Subjective Well-being (PSW) and Material Subjective Well-being (MSW). Previous studies have noted a relationship between these constructs and emotional intelligence but separately. A total of 113 participants between 18 and 27 years ( $M= 19.6$ ,  $SD= 3.9$ ), have completed an ability measure of EI, a questionnaire about SH and a subjective well-being scale. Our results show that the creating humor, appreciation of humor and use of humor in coping with problems predict the PSW, whereas the appreciation of humor and emotion management predicted the MSW. Our study contributes to knowledge in two important aspects: first, we found that the SH and EI have an impact on the subjective well-being, and secondly, it also provides empirical evidence about the differential effect of the components of the SH and the IE on the PSW and the MSW.



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### **Recreational night life and cocaine and ecstasy consumption in youths** (pp. 245-262)

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A recent phenomenon with a special interest for research is drug consumption among youths, which is an important aspect of night life and “botellon” (street drinking) in Spain. The aim of the present study is to analyze the differences between stimulant users (cocaine and ecstasy) and non-users in their nightlife recreational habits. The sample consisted of 1214 youths between 16 and 25 years old who were interviewed at home or in recreational nightlife places following a random procedure. Results indicated that there are important differences in recreational night life and street drinking characteristics between stimulant users and non-users. Stimulant consumption is predicted by several variables (e.g., frequency of going out at night, money spent when going out, drug use during street drinking, etc.). Therefore, the habits of youths in recreational nightlife partly explain drug consumption.

### **Aggressive behavior among peers and academic achievement in Spanish adolescents** (pp. 263-280)

María S. Torregrosa<sup>1</sup>, Cándido J. Ingles<sup>1</sup>, José M. García-Fernández<sup>2</sup>, José Jesús Gázquez<sup>3</sup>, Ángela Díaz-Herrero<sup>4</sup> and Rosa M. Bermejo<sup>4</sup>

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This study analyses the relationship between aggressive behavior among peers and academic achievement in a sample of 1657 Spanish students (52.2% boys) of Compulsory Secondary Education, ranging in age from 12 to 16 years. Aggressive behavior was assessed by the *Antisocial Behavior Scale* of the *Teenage Inventory of Social Skills*, and academic achievement was measured by means of school records. Results reveal that the percentage of girls with high aggressive behavior and three or more failed subjects is significantly higher than the percentage of girls with low aggressive behavior and the same number of failed subjects in grades 7 ( $d= 0.48$ ), 9 ( $d= 0.38$ ) and 10 ( $d= 0.51$ ). Furthermore, no statistically significant differences in academic performance are found between boys with high and low aggressive behavior for any grade level of compulsory secondary education. The multivariate logistic regression analysis shows that aggressive behavior has an influence on low academic achievement in girls (OR= 2.33; CI 95%= 1.49-1.63). Results are discussed taking into account gender and grade level differences.

### **Emotional intelligence, emotional regulation and personality styles/disorders** (pp. 281-304)

Eulalia Ruiz, Isabel C. Salazar, and Vicente E. Caballo  
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This research examines the relationship between emotional intelligence, emotional regulation and personality styles/disorders (paranoid, schizoid, schizotypal, antisocial, borderline, histrionic, narcissistic, avoidant, dependent, obsessive-compulsive, passive-aggressive, self-destructive depressive and sadistic). 354 subjects (71.2% women) between 18 and 60 years old participated in the study. The “Personality Exploratory Questionnaire-III” (CEPER-III), “Trait Meta-Mood Scale” (TMMS-24) and “Difficulties in Emotion Regulation Scale” (DERS) were applied. Results show that most of the personality styles had different difficulties in the emotional regulation process, being higher in borderline and depressive styles. Borderline, depressive, dependent, avoidant, paranoid, passive-aggressive and self-defeating personality styles had deficits in emotional intelligence, while the histrionic and narcissistic styles showed a higher relationship with perceived emotional intelligence than the other styles. These results support that perceived emotional intelligence and emotional regulation are different concepts, but have a coherent relationship with every each personality style. This is a pioneer study analyzing perceived EI and emotional regulation in individuals with personality styles based in the criteria diagnostic from DSM-IV-TR for personality disorders.

### **Validation of the “Personality Belief Questionnaire-Short Form” (PBQ-SF) in Colombian non-clinical population** (pp. 305-321)

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The purpose of this study was to examine the factor structure of the “Personality Belief Questionnaire-Short Form” (PBQ-SF; Beck y Beck, 1991) in Colombian non-clinical population. The PBQ-SF assesses core beliefs associated to personality disorders: antisocial, avoidant, dependent, histrionic, narcissist, obsessive-compulsive, paranoid, passive-aggressive, schizoid, and borderline. 665 non-clinical participants from three cities in Colombia (Bogotá, Medellín, and Barranquilla) completed the PBQ-SF. Confirmatory factor analyses were employed to assess the structure of the questionnaire. The results confirmed the theoretical structure proposed for the PBQ-SF, obtaining good fit indexes for a nine factor model. The analyses confirmed also the existence of a secondary factor for borderline personality disorder. The alpha coefficients ranged between .68 and .84. There were gender differences for antisocial, histrionic, paranoid, and passive-aggressive personality disorders. The results confirm that PBQ is valid and presents a suitable structure for the non-clinical Colombian population, with nine primary factors, and one secondary factor (borderline).

### **The use of virtual reality and positive psychology strategies for the treatment of adjustment disorders** (pp. 323-348)

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This article presents two case studies of 2 middle-aged women who suffered from an adjustment disorder (AD) with mixed anxiety and depressed mood as a result of their younger brothers being diagnosed with schizophrenia seven and 17 years ago, respectively. The treatment applied is based on cognitive-behavioural techniques supported by the use of

Virtual Reality and positive psychology strategies. After the initial assessment, the treatment was applied in 6 weekly sessions followed by a post-treatment assessment and 4 follow-up assessment periods (1, 3, 6 and 12 months). In order to evaluate the treatment efficacy measures on depressive symptoms, negative and positive affect, emotional distress, interference of the problem, posttraumatic growth degree, and satisfaction with the treatment were obtained. Results indicate that the treatment was effective. Following its application neither participant met AD criteria any more, both improved their clinical symptomatology as well as their levels of functioning and wellbeing in an essential way, and a good acceptance of the treatment was observed.

**Exercise dependence in Spanish users of fitness centres: differences according to gender, age and practiced activities (pp. 349-364)**

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<sup>1</sup>Miguel Hernández University at Elche; <sup>2</sup>University of Almería (Spain)

The objective of this study was to analyse the differences in exercise dependence according to gender, age and physical activities practiced. To achieve this goal, a sample of 531 users of fitness centres (51.4% men and 48.6% women) aged between 16 and 60 ( $M=29.62$ ,  $SD=8.97$ ) was used. The Spanish version of the Exercise Dependence Scale-Revised (EDS-R), which evaluates seven dependence symptoms giving a global indicator, was applied. The results showed that men scored significantly higher in the different dependence symptoms than women. Regarding age, there were practically no significant differences between the age groups of 16-25 and 26-33, but there were differences between these two groups and the group of 34-60 year olds, showing the latter to have a lower score in exercise dependence than the first two. In general, the exercise dependence score in directed activities was significantly lower than in semi-directed and free activities. The results have allowed the identification of some risk characteristics on which intervention should be focused.

**Development and preliminary validation of a questionnaire to assess quality of care for hospital emergency services (365-382)**

Rosa M. Bermejo<sup>1</sup>, M<sup>a</sup> Dolores Hidalgo<sup>1</sup>, Adelia Mas<sup>2</sup>, Pedro Parra<sup>2</sup> and Rafael Gomis<sup>2</sup>

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This paper presents the validation of a questionnaire to assess user perceptions of an emergency department. The study also includes the analysis of social non-modifiable variables in order to assess whether the perceived quality is affected by them. The sample consisted of 860 subject users Emergency Health Service of Murcia during the years 2008 and 2009. The exploratory factor analysis revealed three factors: Professional competence ( $\alpha=.92$ ), Organization ( $\alpha=.60$ ) and Infrastructure ( $\alpha=.63$ ). Factor scores correlated positively with overall patients' satisfaction scores. The lineal regression analysis confirms the relevance of these factors to predict satisfaction. No significant differences by gender and educational level were detected in Professional Competence. The Infrastructure assessment is influenced by sex and Organization for both variables. The questionnaire has proven its utility for detecting areas of improvement and for planning intervention strategies in the areas of organization and infrastructure.

**Satisfaction with Hospitalization Scale: adaptation and psychometric properties** (pp. 383-400)

Antonio Fernández-Castillo<sup>1</sup>, María José Vílchez-Lara<sup>2</sup>, and Emilio Sada-Lázaro<sup>1</sup>

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This investigation presents the development of a scale designed to assess satisfaction with hospital health care services during hospital stays, based on an adaptation of a scale to measure satisfaction with primary health care services. We explored the factor structure and psychometric properties of the scale in a sample of 483 patients hospitalized in 8 hospital centres in Andalusia (Spain). We evaluated the level of satisfaction with the hospitalization stay to determine sex and age differences. The fit indices of confirmatory factor analysis are good and the internal consistency of both the sub-scales and the global measure were satisfactory. Although we did not find any sex differences, satisfaction differed as a function of age. As a main conclusion, the results suggest that this version of the scale is valid and reliable.

**Treatment results in a case of Asperger disorder** (pp. 401-419)

M. Carmen Vives-Montero and Lourdes Ascanio-Velasco

*University of Granada (Spain)*

This article reports on the treatment of an 8-year-old boy who fulfilled the DSM-IV-TR diagnostic criteria for Asperger disorder (APA, 2000). The boy had poor concentration, disobedience and social skills deficits along with problem behaviors. Training in social skills was used together with a multiple-setting intervention for other contexts (parent training and teacher's cooperation in the school context). The boy's parents used a token economy in the family context and were advised to carry out home-based activities intended to facilitate generalization. After treatment he achieved the planned objectives. His improvements were observed by his teacher and parents and were reflected in test results (“Multifactorial Childhood Adaption Evaluation Test” and “Assertive Behavior Scale for Children”). In addition, there was generalization to other behaviors that were not directly treated, as shown by the disappearance of aggressive behaviors. Therefore, this behavioral intervention demonstrated its effectiveness.

**Functions and areas of expertise of clinical psychologists versus general health psychologists: a comment** (pp. 423-435)

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This article reviews several future challenges for clinical and health psychology. Patients are now seeking treatment not only for traditional mental disorders, but also for emotional distress and misadjustment to everyday life. There is an ongoing discussion about the differences in the professional role of clinical psychologists and health psychologists and about the curriculum for the degree in Psychology. The differences between health psychologists and clinical psychologists are discussed in terms of their own expertise and not in terms of their workplace (public sector versus private practice). The need to integrate clinical expertise with the best available external evidence from systematic research is emphasized. Finally, drawing upon the experience of the authors in the field of teaching and research in clinical psychology, some topics are suggested for debate.

**Becoming a clinical psychologist in the United States of America** (pp. 437-447)

Melba A. Hernández-Tejada and Ron Acierno

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This article offers a brief review of the necessary steps involved in becoming a professional psychologist in the United States of America. We describe the training and general models upon which doctoral degree programs are based and describe doctoral programs that are typical of those accredited by the American Psychological Association. These models include the scientist practitioner and practitioner models. We also describe a new professional model, the clinical-scientist, which has been promoted as a response to a presumed lack of scientific rigor in many doctoral programs and supported not by the American Psychological Association, but the Association of Clinical Psychological Science. Some examples of universities and their forms of admission are discussed as well.

**Clinical psychologist and/or general health psychologist** (pp. 449-470)

José Antonio Carrobles

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The recent adoption of the General Act on Public Health (Act 33/2011) with the creation of the new post of General Health Psychologist has produced the particular situation of the existence of two figures of professional psychologists with competences in the field of health: Psychologist Specialist in Clinical Psychology, formed through the Hospital Residential Training Program (PIR) and a General Health Psychologist formed through the Master's Degree in General Health Psychology. This situation is causing much polemic and controversy arising mainly from the different professional functions attributed to them and the intended workplace where future professionals engaged in it may exercise their activity. In this paper we address all these issues and various disputes and conflicts arising, relating mainly to different legal competences conferred on both professionals. The article addresses and discusses possible alternatives of solution to these conflicts and argues for the best solution, including the legal recognition of two different types of professional psychologists, with similar clinical and health skills, but with different training and itinerary of formation: a) the Hospital Residential Training Program (PIR) for the Specialist Clinical Psychologist and b) training through the Public Health Official Master, taught by the University, in the General Health Psychologist. Finally a series of possible alternatives in this situation could help to improve the image and the usefulness of Clinical and Health Psychology that we propose as an integrated solution to overcome these problems.

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**A new self-report assessment measure of social phobia/anxiety in children: the Social Anxiety Questionnaire for Children (SAQ-C24)** (pp. 485-503)

Vicente E. Caballo<sup>1</sup>, Benito Arias<sup>2</sup>, Isabel C. Salazar<sup>1</sup>, Marta Calderero<sup>1</sup>, María J. Irurtia<sup>2</sup>, and Thomas H. Ollendick<sup>3</sup>

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Social phobia/anxiety is a topic that has received considerable attention in adults and, to a lesser extent, in children and adolescents. One of the more widely debated issues in this area of research involves the assessment of social phobia/anxiety with self-report measures. Prior research papers (Caballo et al., 2010, 2012) have developed and validated a psychometrically sound instrument for assessing social anxiety in adults. This paper is the culmination of several years of research aimed at developing a new self-report measure for the assessment of social anxiety in children between the ages of 9 and 15, namely, the “Social Anxiety Questionnaire for Children” (SAQ-C24). The final version of this instrument for children consists of 24 items and almost fully replicates the factor structure of the prior questionnaire for adults, providing only one extra factor (six in total): 1) Speaking in public/Interactions with teachers, 2) Interactions with the opposite sex, 3) Criticism and embarrassment, 4) Assertive expression of annoyance or disgust, 5) Interactions with strangers, and 6) Performing in public. Furthermore, the questionnaire’s other psychometric properties are reported, and the results are compared for girls and boys. This research appears to confirm the structure of social phobia/anxiety centered on five/six dimensions.

**Validation of the Social Phobia and Anxiety Inventory-Brief form (SPAI-B) in Spanish young adults** (pp. 505-528)

José A. Piqueras<sup>1</sup>, Lourdes Espinosa-Fernández<sup>2</sup>, Luis J. García-López<sup>2</sup> and Deborah C. Beidel<sup>3</sup>

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This article describes the psychometric properties of the Social Phobia and Anxiety Inventory-Brief form (SPAI-B) in college young adults and examines the feasibility of the Internet administration. Study 1 included 310 college students. The SPAI-B, the Brief Version of the Fear of Negative Evaluation Scale (BFNE), and the Positive and Negative Affect Schedule (PANAS) were administered. Results supported the original unidimensional structure of the SPAI-B, its internal consistency (0.89-0.94), and the concurrent validity, paired with BFNE (0.60) and negative affect (0.47). Women had significantly higher scores than men in the SPAI-B. For study 2, 76 college students completed the SPAI-B and the Trait Meta-Mood Scale-24 Scale via Internet administration. Results indicated that the online administration was equivalent to traditional paper-and-pencil measure, showing similar factor structure, internal consistency (0.92) and mean scores. Taken together, the findings of studies 1 and 2 provide initial support for the reliability and validity of the SPAI-B for the assessment of social anxiety in college young adults.

**The Spence Children’s Anxiety Scale (SCAS): reliability and validity of the Spanish version** (pp. 529-545)

Francisco Carrillo, Antonio Godoy, Aurora Gavino, Raquel Nogueira, Carolina Quintero, and Yolanda Casado

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This study examined the reliability and validity of the Spence Children’s Anxiety Scale (SCAS) in a sample of 1,636 Spanish students 9-17 years old. The total-score internal consistency (Cronbach’s alpha) was 0.92 and indices of subscales ranged from 0.81 (Panic-Agoraphobia) to 0.61 (Separation Anxiety and Physical Injury Fear). The test-retest reliability

(intra-class correlation) was 0.61 and subscales ranged from 0.62 (Specific Phobias) to 0.51 (Panic-Agoraphobia). All scores decreased slightly from test to retest. SCAS scores showed convergent validity in their high correlation with general and specific anxiety measures. SCAS scores also showed divergent validity in their low correlation with several measures of non-anxiety disorders, including depression. It is concluded that the SCAS is a suitable tool to assess in Spanish children anxiety disorders as they are depicted in DSM-IV.

**Psychometric properties of the State-Trait Anxiety Inventory (STAI) in college students** (pp. 547-561)

Eduardo Fonseca-Pedrero<sup>1,3</sup>, Mercedes Paino<sup>2,3</sup>, Susana Sierra-Baigrie<sup>2</sup>, Serafín Lemos-Giráldez<sup>2,3</sup> and José Muñiz<sup>2,3</sup>

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The aim of this study was to evaluate the psychometric properties of the State-Trait Anxiety Inventory (STAI) in Spanish college students. The final sample was composed of a total of 588 participants (30.8% male) with a mean age of 20.3 years ( $SD= 2.7$ ). The results showed that a high percentage of the sample reported symptoms of anxiety related to fatigue, worry, sadness, distress or nervousness. The STAI showed good psychometric properties. Cronbach's Alpha for the total score was 0.93. The analysis of the internal structure of the questionnaire by means of an exploratory structural equation modeling showed a possible three-dimensional or four-dimensional solution. Statistically significant differences were found in the mean scores of trait anxiety by gender and age. These results are similar to those found in previous literature, and indicate that the STAI is a brief and useful tool for the assessment of symptoms of anxiety.

**The Beck Anxiety Inventory (BAI): psychometric properties of the Spanish version in patients with psychological disorders** (pp. 563-583)

Jesús Sanz, María Paz García-Vera, and María Fortún  
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This study provides reliability, factorial validity, discriminant validity and criterion validity data of the Beck Anxiety Inventory (BAI) in a Spanish sample of 307 adult outpatients with psychological disorders. Factor analyses suggested that the BAI taps a general anxiety dimension composed of two related factors (somatic and affective-cognitive symptoms), but these factors hardly explained any additional variance beyond that accounted for by the full-scale score. Internal consistency estimate for the BAI was high ( $\alpha = 0.90$ ). The BAI was correlated 0.63 with the Beck Depression Inventory-II, but a factor analysis of their items revealed two factors, suggesting that this correlation may be better accounted for by the relationship between anxiety and depression rather than by problems of discriminant validity. In regard to criterion validity, patients with anxiety disorders had higher scores on the BAI than the rest of the participating groups of patients, with the only exception of patients diagnosed with a depressive disorder. In sum, the Spanish version of the BAI is a reliable and valid instrument for detecting and quantifying anxious symptoms in patients with psychological disorders.

**Parenting styles and child to parent violence in Spanish population** (pp. 585-602)

Manuel Gámez-Guadix<sup>1</sup>, Joana Jaureguizar<sup>2</sup>, Carmen Almendros<sup>3</sup>, and José Antonio Carroble<sup>3</sup>

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The aims of this study were to examine the prevalence of child-to-parent violence in a Spanish sample and to analyze the relationship between parenting styles (authoritative, authoritarian, indulgent, and negligent) and child-to-parent violence. Participants in this study were 1343 Spanish university students (74% females; mean age= 21.21; *SD*= 4.21) who reported whether they had used any kind of violence against their parents during their early adolescence. The prevalence of child-to-parent verbal abuse ranged from 2.4% to 69%, depending on the type of verbal abuse considered. For the case of physical aggression against one's parents, the rate was around 5%. As far as parenting styles were concerned, the negligent style increased the probability of physical and verbal abuse against parents. The authoritarian parenting style was significantly associated with child-to-parent verbal abuse, but not with physical abuse. Finally, the indulgent parenting style did not increase the probability of child-to-parent violence, and this finding was in line with those from previous studies with Spanish samples.

**Relationships between parenting styles and psychopathic traits in childhood** (pp. 603-623)

Laura López-Romero, Estrella Romero, and Paula Villar  
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During the last decade, a growing interest has been generated in the analysis and understanding of etiological mechanisms related to the development of psychopathic traits in childhood. Although contextual factors have been poorly studied, some approaches suggest that certain environmental factors, namely parenting practices, may play an important role in the development and expressions of psychopathic personality. In this line, this study aims to analyze, firstly, the relationship between psychopathic traits and parenting practices and, secondly, to what extent the different styles of parental socialization are related to psychopathic personality in childhood. To achieve this objective, data were collected from parents (173) and teachers (113) about 192 children (aged 6-11 years). The results show the existence of statistically significant relationships between parenting practices/styles, and the presence of psychopathic traits, both affective-interpersonal and behavioral, at early ages.

**Development and validation of a new self-report assessment measure of bullying** (pp. 625-647)

Vicente E. Caballo<sup>1</sup>, Marta Calderero<sup>1</sup>, Benito Arias<sup>2</sup>, Isabel C. Salazar<sup>1</sup>, and María J. Irurtia<sup>2</sup>  
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Bullying is a highly topical issue, appearing with some frequency in the mass media, especially in extreme circumstances. It is a difficult problem to address, but in order to do so we must first evaluate it. Yet even its assessment poses a major challenge. Following a review of the self-report instruments available for dealing with bullying today, we decided to build a new one due largely to the shortcomings inherent to many of them. This paper concludes the research that began several years ago for the development of a new measure of bullying and presents the final version of the Multimodal Questionnaire of School Interactions (MQSI-IV),



consisting of 36 items and five factors: a) Intimidating behaviors (bullying), b) Bullying victimization (bullied), c) Active bystander defending the victim, d) Extreme bullying/Cyber bullying, and e) Passive bystander. The paper presents other psychometric characteristics of the instrument, as well as the differences between girls and boys and between different age groups (ages 10 to 15) in the five dimensions of bullying.

**Construction and validation of the Questionnaire of Specific Cognitions related to Eating Disorders (CE-TCA)** (pp. 649-662)

Yolanda Abellán, Eva Penelo, and Rosa M. Raich  
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This paper describes the process of constructing a questionnaire for “Specific Cognitions related to Eating Disorders” (CE-TCA in Spanish), which measures specific cognitions that commonly take place in patients suffering eating disorders, and provides evidence regarding its psychometric properties. The final 26-item version was administered to four population samples: college students ( $n=125$ ), adolescent boys ( $n=124$ ), adolescent girls ( $n=107$ ), and eating disorder female patients ( $n=40$ ). High levels of internal consistency ( $\alpha \geq 0.90$ ) and test-retest reliability indices at two weeks and six months ( $r \geq 0.80$ ) were obtained. CE-TCA scores showed an adequate convergent validity with EAT-40 and CIMEC scores ( $r \geq 0.50$ ). Furthermore, CE-TCA scores predicted EAT-40 scores six months later. Therefore, CE-TCA has proven to be a valid and reliable questionnaire for measuring specific cognitions associated with eating disorders, both in a clinical and community populations.

**The utility of criterion A in the posttraumatic stress disorder** (pp. 663-680)

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The aim of this paper was to study, separately and jointly, the adequacy of the A1 and A2 criteria of posttraumatic stress disorder (PTSD) as proposed in the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV-TR). Four hundred thirty-two college students answered a questionnaire of traumatic events and a PTSD symptom scale. When comparing groups meeting or not A2 –but no groups meeting or not A1 or groups meeting or not A1+A2–, significant differences of moderate degree were found in posttraumatic symptomatology, and significant differences were also found in the conditional risk of PTSD, although the effect size was low. These data show that PTSD can occur with equal probability in response to stressful but not traumatic events, and cast doubt on the usefulness of criteria A1 and A1+A2. We suggest abolishing criterion A1 and broadening criterion A2, but considering it a risk factor rather than a diagnostic requirement.

**Differential effect of brief values and mindfulness-based intervention in chronic pain dimensions for spondylitis and arthritis** (pp. 681-697)

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The multidimensional model of pain emphasizes the influence of emotional and cognitive components in the subjective experience of pain. From this perspective, the successful

management of pain seems to require psychological treatment. The present study examined the differential effects of a brief psychological intervention program based on mindfulness and values in the diverse dimensions of chronic pain associated with rheumatic disease. Ten participants were assessed with the McGill's Pain Questionnaire and a Scale of Worry and Self-efficacy. The results indicate that the intervention program improved the management of pain at post-intervention assessment, showing specific reductions in the following dimensions: evaluative component of pain, perception of actual pain intensity and worry about illness and pain. In addition, a reduction in amount of painful points was found at 8-months follow-up. Despite its methodological limitations, our results suggest that a brief mindfulness and values-based intervention can be useful in the management of pain in patients with chronic rheumatic conditions.

**Role of dysfunctional beliefs about sleep on the poor sleep quality reported by patients with fibromyalgia** (pp. 699-718)

Elena Miró, M. Pilar Martínez, Ana I. Sánchez, Germán Prados, and Fabián N. Diener  
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Most patients with fibromyalgia (FM) have a significant problem of insomnia, which is usually considered as a simple consequence of pain. Dysfunctional beliefs about sleep are one of the main maintenance factors of chronic insomnia. However no studies have analyzed the possible contribution of these beliefs to the sleep problems observed in FM. In the present study, 90 women with FM and 70 healthy women completed several self-report measures about sleep, pain, mood state, and daily functioning. Both groups differed significantly in all the variables. In the clinical group, poor sleep quality correlates with greater pain, depression, anxiety and low level of functioning. In addition, patients with FM showed more dysfunctional beliefs about sleep, which correlate significantly with several measures. Pain intensity, depression and dysfunctional beliefs about the consequences of insomnia for health are significant predictors of poor sleep quality. The implications of these findings for current treatment of FM are discussed.

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**Contribution of cognitive therapy in the treatment of adolescents with generalized social phobia** (pp. 6-23)

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The goal in the current study was to analyze the relative effectiveness of cognitive restructuring (CR) as a component of the treatment protocol Intervention for Adolescents with Social Phobia (AIFS; Olivares, 2005). This program has shown effectiveness in adolescents with this disorder. The sample included 50 Spanish adolescents (74% girls) between 13 and 17 years ( $M= 14.60$ ), who met the criteria for social phobia of the Diagnostic and Statistical Manual of Mental Disorders. The participants were randomly assigned to IAFS multicomponent package or to IAFS multicomponent package without cognitive therapy. Results showed nonsignificant differences between the two experimental conditions after intervention in both specific avoidance/anxiety measures and in other related constructs (assertiveness, self-esteem and adjustment). We conclude tentatively that RC sessions are not the most relevant component to improve social phobia in adolescents who were treated with the AIFS program, given the absence of significant differences. Nevertheless, further research is needed.

**The Social Phobia and Anxiety Inventory - brief report: psychometric properties in a sample of Portuguese adolescents** (pp. 25-38)

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The Social Phobia and Anxiety Inventory - brief report (SPAI-B) is a questionnaire for adolescents developed from the Social Phobia and Anxiety Inventory (SPAI), one of the most studied and used instruments for the assessment of social anxiety in adults which additionally presents excellent psychometric properties. The present study analyzed the factor structure of the SPAI-B, its invariance across gender, as well as its psychometric properties in a sample of 593 Portuguese adolescents (333 girls and 260 boys), with an average age of 16. Results showed that the SPAI-B presented good fit indices for the one-factor model, once two pairs of errors were correlated. The invariance analysis of the factor model suggests that the construct of social anxiety has a similar expression in boys and girls. Furthermore, high values of internal consistency, test-retest reliability, convergent and divergent validity were also found. In conclusion, the SPAI-B presents good psychometric properties for the Portuguese adolescent population, in line with what has been found for the Spanish population.

**Comparative efficacy of two training sessions for university students with difficulties in public speaking** (pp. 39-58)

Rafael Estrella Cañada and Amaia Lasa-Aristu  
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This study compares the efficacy of a training session in public speaking (PST) and a training session in focused attention (FAT) in connection with a control group of university students with difficulties in public speaking. In addition, we prepared a method for evaluating public speaking skills. After the intervention, the results of the PST group exceeded those found in the other two groups. The execution in PST and FAT groups improve relative to the control group, the perceived anxiety decreases in all the groups and the attention in public speaking situations changes in PST and FAT groups. Our results indicate that a brief training for university students with difficulties in public speaking can be very effective for daily activities like class presentations or similar tasks (presentation of a balance of results, an informal talk or a summary of a work meeting).

**Acceptance and commitment therapy and selective optimization with compensation for older people with chronic pain: a pilot study** (pp. 59-79)

Miriam A. Alonso, Almudena López, Andrés Losada, and José Luis González  
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The aim of this study was to assess the efficacy of a treatment program based on acceptance and commitment therapy and training in selection, optimization and compensation (SOC) strategies, with a view to increasing functional autonomy and increasing the quantity of activities of older people with chronic pain living in nursing homes. Participants were ten elderly people aged between 71 and 91, assigned to an intervention group and a control group. Functional performance levels, frequency of use of SOC strategies, pain acceptance, beliefs associated with age and pain, emotional well-being, and the extent to which their pain affected various activities of daily living were assessed before and after the intervention. After the treatment, the belief that medication is the main possible treatment for pain in the intervention group decreased significantly and the satisfaction with the achievement of life goals was significantly higher. The results of our study suggest that such interventions could help older people with pain to improve their functional performance, improve their emotional well-being and reduce negative beliefs associated with pain

**Perfectionism and intolerance of uncertainty: relationship with psychopathology variables** (pp. 81-101)

Manuel González<sup>1</sup>, Ignacio Ibáñez<sup>1</sup>, Anna Rovella<sup>2</sup>, Marisela López<sup>1</sup>, and Leticia Padilla<sup>1</sup>  
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This paper presents the relationship between perfectionism and intolerance of uncertainty with psychopathological variables. This study has a triple aim: firstly, to determine the psychometric properties of a 26-item version of Frost's Multidimensional Scale of Perfectionism; secondly, to verify the dual model of perfectionism; and thirdly, to examine the transdiagnostic process of perfectionism. For this purpose, we used a sample 427 people, which had 64.1% women, 62.0% had higher studies, and the average age was 26.8 years ( $DT=10.6$ ). The results confirm the dual-process model of perfectionism with regard to the trait of worry. With regard to the transdiagnostic process, it is suggested to be a common process shared by the psychopathological variables, uncertainty that generates inhibition. The results are discussed taking into account the dual-process model of perfectionism, and the model of avoidance of worry and the generalized anxiety disorder, as both are supported by Mowrer's (1947) bifactor theory.

**Validation of the Coping with Stress Questionnaire (CSQ) for its use in the Spanish elderly population** (pp. 103-122)

José Manuel Tomás, Patricia Sancho, and Juan Carlos Meléndez  
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Lazarus and Folkman (1984) defined coping as a cognitive and behavioural effort to deal with internal and/or external demands that exceed individual's resources. These authors also defined two types of coping: problem-focused, which is directed at taking steps to remove or to evade the stressor, and emotion-focused, which is aimed at minimizing distress triggered by stressors (Lazarus & Folkman, 1984; Aldwin & Revenson, 1987). These dimensions, in turn, may be divided into several coping strategies, which finally define the items in the coping scales. The current study validates the Coping with Stress Questionnaire (*Cuestionario de afrontamiento del estrés*, CAE; Sandín & Chorot, 2003). An overall result of the research is that this scale has good psychometric properties to be used in the elderly Spanish population. The homogeneity of items and reliability of dimensions were adequate. The confirmatory factor analysis on the items revealed a good model fit, while the dimensions related to criteria as expected. Therefore, it can be concluded that CAE is a reliable and valid questionnaire to measure coping strategies in the elderly.

**Alcohol, tobacco and psychodrugs in university students and non-university youths** (pp. 123-136)

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The aim of this study is to compare the prevalence of legal drugs consumption (alcohol, tobacco and psycho-drugs) in university and non-university youths to see if there are differences in consumption patterns. The sample consisted of 772 students from the University of Cordoba and 2405 non-university youths from the Cities and Drugs Project ("Programa Ciudades ante las Drogas") for the province of Córdoba. Information was collected with a questionnaire adapted *ad hoc* on patterns of consumption of legal substances. The results indicate that the two groups score very highly on habitual alcohol use, tobacco and psycho-drugs, but there are significant differences in the type of relationship they establish with the consumption of substances. University students show a higher consumption of alcohol and psycho-drugs than non-university youths, while non-university youths show a greater habitual tobacco use. It is noteworthy that with experimental use the pattern is reversed: non-university youths have more experiences with alcohol and psycho-drugs, and university students with tobacco. In conclusion, one can say that there are differential patterns of substance consumption depending on the environment.

**Spanish version of the Pain Catastrophizing Scale: psychometric study in healthy women** (pp. 137-156)

María José Lami, María Pilar Martínez, Elena Miró and Ana Isabel Sánchez  
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Catastrophizing plays an important role in pain experience in both chronic pain patients and healthy people. The Pain Catastrophizing Scale (PCS) is a widely used instrument to assess

this characteristic, although it has not been validated for the Spanish general population. Given that women tend to catastrophize more than men, it is especially relevant to assess this characteristic in women. This study aimed to analyze the structure, reliability and validity of the PCS in a sample of 312 healthy women. Exploratory factor analysis of the PCS did not confirm the three-factor structure of the original version but identified a structure with two factors (Rumination and Magnification-Helplessness). According to the confirmatory factor analysis, this two-factor structure is the most appropriate. Both the PCS and the shortened version (PCS-9) have adequate internal consistency, convergent validity and classification capacity. The optimal cut-off points are score 11 in the PCS and score 8 in the PCS-9. Practical implications of these findings and guidelines for future studies are discussed.

**Sexism and bullying among adolescents** (pp. 157-171)

Anastasio Ovejero<sup>1</sup>, Santiago Yubero<sup>2</sup>, Elisa Larrañaga<sup>2</sup>, and Raúl Navarro<sup>2</sup>

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Sexist beliefs from 3193 secondary school students (50.4% men) of Castilla-La Mancha (Spain) are analyzed in the light of ambivalent sexism theory. This research aims to study the relationship between school bullying and adolescent's sexist beliefs, especially among male youths. The Ambivalent Sexism Inventory and the Instrument to assess the incidence of involvement in bully/victim interactions at school were used to gather data. The results show that sexism has significant effects on bullying behaviors. The results are discussed and taken into consideration in the design of prevention interventions.

**Ambivalent Sexism Inventory: standardization and normative data in a sample of the Basque Country** (pp. 173-186)

Maite Garaigordobil and Jone Aliri

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The main goal of this study was to standardize the Ambivalent Sexism Inventory. With regard to this goal, the study analyzes differences in sexism as a function of gender, age, and educational level, exploring the correlations among the scales of the inventory and their factor structure. The sample comprises 5313 participants (2581 men and 2795 women), aged 14 to 70 years, from the Basque Country (Spain). The results confirm significantly higher scores in the men in hostile sexism in all age groups, and in benevolent sexism up to 54 years of age. Sexism increases with age but not linearly; a high score was observed between 14 and 18 years of age, which progressively decreased until the age of 54, and it subsequently increased, with the highest scores observed between 64 and 70 years of age. Inverse relations between sexism and educational level were found. The correlations between the two forms of sexism and the factor structure of the test were confirmed. The study contributes normative data to assess sexism in the Basque Country.

**Clinical Psychology and Health General Psychology: a constructive approach** (pp. 189-200)

Sergio Sánchez Reales<sup>1</sup>, Javier Prado Abril<sup>2</sup>, and José A. Aldaz Armendáriz<sup>2</sup>

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In the previous issue of this journal, Dr. Carrobles reviewed the role and status of the recently created figure of General Health Psychologist, after its recognition in the *Ley General de Salud Pública* (Ley 33/2011), in the area of psychological health care. This author concludes that the best solution for the integration of this new professional is that both clinical psychologists and general health psychologists should share similar clinical roles but with different training programs. Both the arguments and the conclusions have motivated this response. We try to contribute to the ongoing debate in our country about how to develop clinical psychology and the provision of psychological services in the National Health Service. This proposal is based in our specific social context and the legal framework we operate under.

**The need for both clinical psychologists and general health psychologists** (pp. 201-214)

José Antonio Carrobles

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In a previous article published in this journal (Carrobles, 2012) an extensive analysis was made of the current situation in our country of training programs for specialists in Clinical Psychology (PIR) and General Health Psychology, trying to show the characteristics of both and the advantages and disadvantages that the implementation of such programs can entail for the professional practice of psychology in the health sector. Recently a group of PIR Psychologists (Sánchez Reales, Prado Abril, & Aldaz Armendáriz, 2013) have responded to that article expressing some criticism and proposing an alternative model of relationship and skills for both professionals which differs substantially from the one I suggested. In this article, in addition to responding to the alleged criticisms, I take the opportunity to add new arguments and criteria to reinforce my central position on this issue, which is none other than advocating the self-integration of professional Psychology and the social implementation and expansion of our profession in both the clinical and health fields in our country, areas where we still have much to contribute

**Personality disorders in the DSM-5: a lost opportunity for the advancement of the field** (pp. 215-220)

Vicente E. Caballo

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NO ABSTRACT

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**Evaluating a dating violence prevention program: preliminary findings of a pilot study** (pp. 229-247)

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The purpose of this pilot study was to evaluate the effect of a dating violence prevention program on attitudes justifying aggression and on physical and psychological aggressive behaviors. The study was conducted using a convenience sample of 104 high school students (52.9% females), with an average age of 15.44 years ( $SD= 1.12$ ). Participants were assessed through self-report scales administered one week before and one week after program implementation. The results show a significant decrease in attitudes that justify the use of physical and psychological aggression in dating relationships (both when they are perpetrated by a male,  $p < .01$ , and when they are perpetrated by a female,  $p < .001$ ), with no differences as a function of respondents' sex or prior involvement in dating aggression. There were no changes in the levels of actual aggressive behaviors. It is concluded that the prevention program shows promise for preventing dating violence among adolescents. Nevertheless, future research is needed to clarify the long-term effect of the program, especially on aggressive behaviors.

**Psychological treatment of recent and non-recent adult female victims of sexual assault** (pp. 249-269)

Enrique Echeburúa<sup>1</sup>, Belén Sarasua<sup>1</sup>, Irene Zubizarreta<sup>2</sup>, and Paz de Corral<sup>1</sup>

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The purpose of this study was to evaluate an individual 10-session cognitive-behavioral programme for the treatment of adult female victims of sexual assault. 138 Victims (107 recent and 31 non-recent victims) participated in the study voluntarily, and 84 completed treatment. Participants were assessed with the PTSD Severity Scale, the STAI, the MFS-III, the BDI, the HDRS, the Self-Esteem Scale and the Misadjustment Scale. Independent assessments were made at pretreatment, posttreatment and 1-, 3-, 6- and 12-month follow-up. In the treatment completers the success rate in PTSD was of 100% and of 65.6% and 60%, respectively, in emotional trouble and in sexual avoidance at the posttreatment assessment. The results were maintained at 12-month follow-up. When recent and non-recent victims were compared, the success rate was high in both groups, but slightly lower among the non-recent victims at 3- and 12-month follow-up. However, the drop-out rate among non-recent victims was rather high. The proposed treatment was effective, but a future challenge is to design motivational strategies for treatment and to improve the therapy for non-recent victims.

**Adolescents and self-destructive behaviors: an exploratory analysis of family and individual correlates** (pp. 271-288)

Diana Cruz<sup>1</sup>, Isabel Narciso<sup>1</sup>, Marina Muñoz<sup>2</sup>, Cícero Roberto Pereira<sup>1</sup>, and Daniel Sampaio<sup>1</sup>

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Several studies have shown that as many as 20% of European schooled adolescents report self-destructive thoughts/behaviours. Using multinomial logistic regression analysis, the present study investigated the family and individual variables that predict reports of these behaviours. Three groups, one without reports of self-destructive thoughts/behaviours (NSDTB;  $n= 998$ ), one with reports of self-destructive thoughts/behaviours (SDTB;  $n= 268$ ) and a clinical group (CS;  $n= 42$ ) of adolescents with a mean age of 15.88 ( $SD= 2.11$ ), participated in the study. Parenting styles, parental attachment, family functioning, satisfaction with family relationships, self-esteem and internalising and externalising symptoms, were analyzed. The findings suggest that increases in mothers' quality of



emotional bond, fathers' control and family cohesion and decreases in age and mothers' control lead to a decreased likelihood of belonging to the SDTB group. However, being female, perceiving a high level of mothers' inhibition of exploration and individuality, perceiving a high level of fathers' rejection and having a low satisfaction with family relationships increase the probability of belonging to the CS group.

**Risk of violence and psychopathy in different typologies of delinquency: an empirical study** (pp. 289-301)

José Manuel Andreu Rodríguez, José Luis Graña Gómez, María Elena de la Peña Fernández, and Alicia Ballesteros Reyes

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This study focuses on the identification of various criminal typologies through a number of socio-demographic, criminal and recidivism risk variables in a prison sample of the Region of Madrid. The results obtained with 138 participants, assessed with the Violence Risk Appraisal Guide (VRAG) showed significant differences in the risk factors of violence according to the criminal typologies identified previously. Particularly, the severity of the victim's damage, together with antisocial and deviant behaviors (PCL-R, factor 2), were associated significantly with the first criminal typology, while non-violent offenses and an older age in the commission of crime were predictors for the second typology. These results show the relevance and usefulness of the offender typologies' analysis to assess specifically the risk of violence in the prediction, risk management and intervention in prison settings.

**Traumatic events in Psychology college students and current post-traumatic symptomatology, depression, anxiety and stress** (pp. 303-319)

Arturo Bados<sup>1</sup>, Antonella Greco<sup>2</sup>, and Lidia Toribio<sup>3</sup>

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The aim of this work was to study the influence of a history of traumatic events, their type and characteristics, and personal factors on current post-traumatic symptomatology, depression, anxiety and stress among college students of psychology. Four hundred thirty-two college students completed a questionnaire of traumatic events and scales of depression, anxiety, stress and posttraumatic symptomatology. Current symptomatology was associated with the following variables: having a history of traumatic events, having suffered maltreatment/abuse/rape or a traumatic experience that the person refuses to tell, having experienced more than one type of traumatic event or more than one event, and having perceived the worst event as highly traumatic. The last three were the most important variables. Non-sexual violent crimes and intentional traumatic events were not associated with increased symptomatology. Results suggest that most college students, like other people, show great resilience to traumatic events, although this ability is more easily overwhelmed given certain characteristics of the events and the person.

**Dialectical behavior therapy for the treatment of cluster C personality disorders** (pp. 321-340)

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Dialectical behavior therapy (DBT) has been proposed as a useful treatment for a wide range of clients with symptoms functionally similar to those of borderline personality disorder (BPD), having in common pervasive emotion dysregulation. There is a set of personality disorders belonging to cluster C (DSM-IV-TR, APA, 2000) that represent the dialectical opposite of BPD and related disorders. These disorders are characterized also by difficulties in emotion regulation: being emotionally constricted, overcontrolled, cognitively rigid, and behaviorally avoidant; and include obsessive-compulsive personality disorder (OCPD) and avoidant personality disorder (APD). These features are opposite to the features of BPD (i.e., emotional constriction vs emotional dysregulation, overcontrolled behavior vs impulsive behavior, etc.). DBT could be a useful approach for the treatment of these disorders, given that its main targets are emotion regulation difficulties. In this work we present preliminary findings of the efficacy of a six-month DBT-based program for the treatment of four patients with a diagnosis of cluster C personality disorder. Our findings showed a significant improvement in depression, anger, perceived anxiety control, and global functioning.

**Not just right: obsessional doubt revisited** (pp. 341-361)

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In an effort to better understand the causes of obsessive-compulsive disorder, recent developments in cognitive-behavioral models have incorporated classical constructs such as doubt. Obsessional doubt is explained by incompleteness and “not just right” experiences or operationalized as chronic indecisiveness. Specific instruments have been developed to assess these constructs: Obsessive Compulsive Trait Core Dimensions Questionnaire (OC-TCDQ), Not Just Right Experiences Questionnaire (NJRE-Q), and Indecisiveness Scale (IS). A sample of non-clinical participants ( $N= 253$ ) completed the aforementioned questionnaires together with other measures of obsessive-compulsive symptoms, anxiety and depression. Results showed that the Spanish version of the three questionnaires have good psychometric properties. Moderate correlations were found between the constructs under study and with the psychopathological measures. Not just right experiences and feelings of incompleteness (OC-TCDQ), correlated moderately with obsessive-compulsive symptoms, a result which cannot be entirely explained by their association with anxious and depressive symptoms.

**Spanish adaptation of the Coping through Emotional Approach Scale (EAC)** (pp. 363-379)

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Recent research reveals that coping through emotional approach (EAC) can promote well-being and health. Stanton, Kirk, Cameron y Danoff-Burg (2000) have developed the EAC scale to assess this type of coping. This paper presents data on the psychometric properties of the Spanish version of the EAC scale in a sample of 57 women in follow-up phase for breast cancer. Moreover, the study examines the moderating role of social receptivity (SR) between EAC and distress. The results of the exploratory factor analysis confirmed the two-factor

structure proposed by the authors, and the study of internal consistency indicated highly satisfactory values. In addition, the EAC scale shows a high correspondence with the Courtauld Emotional Control Scale (CEC), as well as an improvement in the prediction of clinical distress upon consideration of the Mini Mental Adjustment to Cancer scale (MiniMAC). The SR did not have a modulating effect. We conclude that the Spanish version of the EAC scale emerges as a promising instrument to assess the adaptive emotional coping for cancer patients.

**Anxiety, depression and fibromyalgia pain and severity** (pp. 381-392)

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<sup>1</sup>University of Granada; <sup>2</sup>University of Cadiz (Spain)

We aimed to analyze the relationship of anxiety and depression with fibromyalgia pain and severity. The study comprised 127 women aged  $51.9 \pm 7$  years. Anxiety and depression was assessed by means of the Hospital Anxiety and Depression Scale (HADS) and fibromyalgia severity with the Fibromyalgia Impact Questionnaire (FIQ). Pain was assessed by four indicators: tenderness (tender points count [TPC] and algometer score) and the Short-Form-36 Health Survey (SF36)-pain and FIQ-pain subscales. Perceived pain, as measured by SF36-pain, was worse in the severe anxiety-group compared with the low and mild anxiety-groups and in the severe compared with the low depression-group. Perceived pain, as measured by FIQ, was higher for the severe compared to the low anxiety-group. Tenderness, as measured by algometer score and TPC, did not differ among anxiety and depression categories. HADS-anxiety scores  $\geq 8$  were associated with an increased odds ratio of severe fibromyalgia. HADS-depression  $\geq 8$  were associated with severe fibromyalgia. Overall, women with higher levels of anxiety and depression present increased pain perception and risk of severe fibromyalgia. Consequently, anxiety and depression should be detected and treated properly.

**Subjective and behavioral assessment of motor impulsivity on an emotional Go/No-Go task** (pp. 393-409)

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In this study we explored the relationship between subjective and objective measures of motor impulsivity in Spanish adolescents ( $N=78$ ). We used an emotional Go/No-Go task to investigate the potential modulation of behavioral inhibition by the affective valence of the stimuli, and whether such modulation was influenced by the adolescent's level of impulsivity. Variables related to level of impulsivity, such as self-control and sincerity were also assessed. Our results reveal a significant relationship between subjective and behavioral measures of impulsivity, and suggest adolescents were capable of evaluating themselves on this variable. Additionally, we obtained a positive correlation between impulsivity and sincerity, as well as an inverse relationship between impulsivity and self-control. We also observed a significant emotional modulation in terms of both accuracy (i.e., rates of hits and false alarms) and speed of processing (i.e., reaction times) of the affective images. Emotional modulation, however, was not altered by the adolescents' level of impulsivity, possibly due to the developmental stage of the sample and the relationship between impulsivity and executive function at that stage.

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**Assessing social anxiety through five self-report measures, LSAS-SR, SPAI, SPIN, SPS, and SIAS: a critical analysis of their factor structure** (pp. 423-448)

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The assessment of social anxiety through self-report measures tends to involve the more widely used questionnaires at international level: SPAI, LSAS-SR, SPIN, SPS, and/or SIAS. In this study, these questionnaires have been applied to university students, with an examination made of their factor structure, reliability and internal consistency. The best factor solutions for these self-report measures have been as follows: SPAI, six factors; LSAS-SR Anxiety subscale, five factors; SPIN, three factors; SPS, three factors, and SIAS, three factors. The reliability and internal consistency of these questionnaires is adequate. A comparison is made between the different solutions obtained by the various questionnaires, and a critical analysis is conducted of the factor results recorded in the light of the dimensional structure of social anxiety established for a new self-report measure, namely, the "Social Anxiety Questionnaire for Adults" (SAQ-A30). Finally, consideration is given to the relevance of these analyses for a more efficient assessment of social anxiety both in terms of the general population and at clinical level.

**Multicomponent AIDS Phobia Scale validation with Spanish adolescents** (pp. 449-460)

José P. Espada, María T. González, Mireia Orgilés, and Alexandra Morales

*Miguel Hernandez University (Spain)*

Aids phobia is characterized by a persistent, intense and irrational fear of HIV. This fear is related to the infection stigma and the discrimination against HIV-positive people. The aim of this study was the adaptation and validation of the Multicomponent AIDS Phobia Scale (MAPS) with Spanish adolescents and to examine the structure of this fear among population from Spain and US. A sample of 832 secondary students from 14 to 18 years of age was recruited. The data provide evidence for two-factor structure of the scale, showing a composite reliability of .77. Convergent validity with the scores on HIV/aids knowledge and attitudes was adequate. Low correlations between the MAPS and the scores on health anxiety and social anxiety support the divergent validity. The MAPS has adequate psychometric properties and can be applied to Spanish adolescents for clinical and research purposes.

**Cyberbullying in the Basque Country: sex differences in victims, perpetrators and observers** (pp. 461-474)

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The study aimed to analyze sex differences in cyberbullying, with a sample of 3,026 participants from the Basque Country (Spain), aged from 12 to 18 years, 51.5% female and 48.5% male. The Cyberbullying Test was administered (Garaigordobil, 2013) to assess the frequency with which 15 behaviors had been received, performed and observed during the

past year, and obtaining four psychometric indicators: victimization, perpetration, observation, and aggressive victimization. It was found a significantly higher percentage of female victims (female= 17.6%, male= 12.5%), although the average of behaviors in both sexes was similar. The percentage of perpetrators was similar (male= 7.8%, female= 7.7%), although the average behavior of perpetration was significantly higher in males. The percentage of aggressive victims was similar (male= 5.2%, female= 5.1%), and the mean of behaviors that had been received/performed was also similar. The percentage of female observers was significantly higher (female=38%; male= 27.1%), and the mean of behavior observation by females was also higher. The study provides prevalence rates of cyberbullying in the Basque Country, and supports the need for prevention and intervention.

**Psychopathological profiles in bullying participants at high school (pp. 475-490)**

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Bullying is a physical and / or psychological persecution that one or more students perform against another or others, who are chosen as victims. These situations can have negative consequences, immediate and long term, in the boys involved. The objectives of this paper are to describe psychopathology profiles of the different actors involved in a bullying situation and analyze differences in psychopathology by gender, grade and assumed role. The participants were 1663 secondary school students (846 females and 817 males). The School Life Questionnaire (Ombudsman, 2007) and the Symptom Checklist-90-R (SCL-90-R; Derogatis, 2002) were used. The results obtained show that the participants involved in bullying situations reported greater psychopathology as compared to students not involved in these situations also found differences by grade and gender. Overall, subjects who assume complex roles report higher symptomatological levels and higher rates of distress.

**Body image treatment in eating disorders: differences in treatment response depending on the diagnosis (pp. 491-509)**

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Body image disturbance is a significant maintenance and prognosis factor in eating disorders. Up to now no controlled studies have compared eating disorder treatments with and without a treatment component centred on body image. This paper includes a controlled study comparing cognitive behavioural treatment for eating disorders with and without a component for body image using virtual reality. The objective of this work was to analyze whether both types of treatment produced a clinically significant change in patients also diagnostic of anorexia and bulimia. Thirty-four participants diagnosed with eating disorders were treated and compared with the general population. The results at the end of the treatment and the follow-up indicate that the condition in which body image was treated produced a clinically significant change in anorexia and bulimia nervosa. In the condition without treatment of body image, no significant change in anorexia was produced. On the other hand, the participants diagnosed with bulimia nervosa produced a clinically significant change during follow-up.

**The factorial structure of the “Scale of Attitudes and Beliefs”: a replication of Heman and Niebler’s study** (pp. 511-523)

Miriam Nava<sup>1</sup>, Claudia A. Castillo<sup>1</sup>, Herman F. Littlewood<sup>1</sup>, Arturo Heman<sup>2</sup>, and Leonor Lega<sup>3</sup>

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The main objective of this study was to confirm the psychometric structure of the Spanish version of Elli’s Scale of Attitudes and Beliefs in a sample of 1,286 students belonging to a different Mexican university from the one in the study by Heman and Niebler (2011). In their sample of 800 Mexican college students, Heman and Niebler found a three factor solution (frustration tolerance, demands and approval) with reliability coefficients above .89. Results of factor and reliability analysis in our study confirm the same factors with internal consistency levels  $\geq .78$ . We conclude that the instrument is valid and reliable for the evaluation of the content of irrational beliefs in Mexican students.

**Factor validity and reliability of the Revised Conflict Tactics Scale (CTS2) in a Spanish adult population** (pp. 525-543)

José L. Graña, José M. Andreu, M<sup>a</sup> Elena Peña, and María J. Rodríguez-Biezma  
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In the current study, we analyzed the factor validity and reliability of the *Revised Conflict Tactics Scale* (CTS2; Straus, Hamby, Boney-McCoy y Sugarman, 1996) in a Spanish adult population. The sample was composed by 2330 men and 2220 women from the Region of Madrid aged between 18 and 80 years. The confirmatory factor analysis realized confirmed five factors according to the original scale: Negotiation, Psychological aggression, Physical aggression, Sexual coercion, and Injury. Finally, it is concluded that this scale allows the assessment of violence and victimization in adults’ dating relationships in community samples with appropriate psychometric properties.

**Psychometric properties and clinical applicability of Dyadic Adjustment Scale in a Spanish sample** (pp. 545-561)

José Cáceres Carrasco<sup>1-2</sup>, David Herrero-Fernández<sup>1</sup>, and Ioseba Iraurgi Castillo<sup>1</sup>  
<sup>1</sup>*Deusto University*; <sup>2</sup>*Navarra Health Service (Spain)*

The aim of this study was to evaluate the psychometric properties of Dyadic Adjustment Scale (DAS). The answers of 456 Spaniards (228 couples, 45 of which were satisfied with their relationship) were factor analysed through a confirmatory factorial analysis. It was found that a tetra factorial model, similar to the one proposed by the author in his original study, fitted significantly better than a Hierarchic or monofactorial model. The internal consistency (Cronbach’s  $\alpha$ ) of the first order factors ranged between .60 and .84. Gender-separated analysis determined that the goodness of fit was equally good both in men and women and also between harmony and conflict sample. Cut-off scores for each dimension of the questionnaire were established. The results of this study are similar, as far as cut-off scores and internal consistency are concerned, to those of Spanier’s original study and adaptation studies of the questionnaire in other countries. Its use can be recommended with populations of ill adjusted couples, both in the initial assessment phase, and as a measure of their

evolution, after therapeutic interventions, and to establish possible comparisons with couples in conflict from other countries.

**Personal variables in treatment adherence in allergic patients (pp. 563-579)**

Ana García-León, Alicia Rodríguez Pardo, and Esther Lopez-Zafra

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We analyzed the impact that personal variables (optimism and emotional intelligence) have on adherence and quality of life in people with allergies. We also analyzed their relationship with socio-demographic variables. Sixty people (50% men) who suffer from allergies and undergo a drug treatment (mean age 34.46,  $SD= 9.84$ , range: 20-50 years) completed a battery of instruments measuring the variables of interest. Our results show that optimism predicts adherence and quality of life, whereas understanding of emotions (a component of emotional intelligence) predicts adherence and quality of life (physical and global). Furthermore, three are significant effects of the interaction between optimism and emotional intelligence. There are no differences by sex, age and level of studies.

**The physical self-concept as a determinant of physical activity during adolescence (pp. 581-601)**

Lorena Revuelta, Igor Esnaola, and Alfredo Goñi

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The present study analyzes the role of the physical self-concept as a determinant of physical activity during the early and the late adolescence. The participants were 704 teenagers, 394 (55.96%) male and 310 (44.04%) female, between 10 and 19 years old ( $M= 14.91$ ,  $SD= 2.13$ ). The measurement of the physical self-concept was realized by means of the Physical Self-Concept Questionnaire; and the evaluation of the physical-activity was carried out through a brief questionnaire created ad hoc. The results show that the self-perceptions of physical condition and physical strength are positive determinants of the physical activity of male and female, and the physical attractiveness is a negative determinant of the physical activity of female in early adolescence. In late adolescence, in the male sample only the physical condition appears as a positive determinant. Likewise, in both stages, statistically significant differences were found in the level of physical activity, as well as in the physical self-perceptions in favor of the males.

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**Adaptation and validation of an instrument to assess empathy in children and adolescents: the TECA-NA (pp. 5-18)**

Belén López-Pérez<sup>1</sup>, Tamara Ambrona<sup>2</sup>, and María Márquez-González<sup>3</sup>

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In this study, we describe the process of development and validation of an instrument (TECA-NA) to assess empathy in children and adolescents. The TECA-NA is a 30-item questionnaire which was developed based on the Cognitive and Affective Empathy Test (TECA). The TECA-NA questionnaire has the same four-factor structure than the TECA: perspective taking, emotional understanding, personal distress and empathic joy, which account for 38.88 % of the total variance. The TECA-NA questionnaire and other measures were applied to 670 participants, with ages ranging from 10 to 16 years old ( $M= 13.01$ ;  $SD= 1.99$ ). The results showed that the TECA-NA has adequate internal consistency, and appropriate convergent and discriminant validity. In addition, the results found in the exploratory and confirmatory factor analyses replicated the structure of the questionnaire the TECA-NA is based on, considering the goodness-of-fit indexes. This new measure expands the array of available questionnaires to assess empathy in children and adolescents, considering both the cognitive and affective components of empathy.

**Quality of life in fibromyalgia: the influence of physical and psychological factors (pp. 19-35)**

Eva del Río González, Azucena García Palacios, and Cristina Botella Arbona

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The aim of this paper is to deepen the physical and psychological factors that influence the quality of life (QoL) of patients with fibromyalgia (FM). 63 women with FM and 58 healthy women were evaluated on several measures related to QoL and to physical and psychological symptoms. A significantly lower QoL was found in FM patients vs. the control group; the correlation analyses indicated, on the one hand, a significant inverse relationship between QoL and perceived intensity and interference of pain and fatigue, FM impact and psychopathological symptoms (depression, paranoid ideation, obsessive-compulsive) and somatization, measured by BSI, Brief Symptom Inventory); on the other hand, both physical function and physical role, vitality and mental health correlated positively and significantly with QoL. The regression analysis revealed that two physical variables (pain interference and physical role) and two psychological variables (obsessive-compulsive and paranoid ideation symptoms) presented the strongest relationship with QoL. These results indicate the need to address this syndrome from a multidisciplinary perspective.

**Criteria and norms for interpreting the Beck Depression Inventory-II (BDI-II) (pp. 37-59)**

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This paper reports two studies providing criteria and norms to interpret scores on the Spanish adaptation of the BDI-II. The first study was aimed at validating the original BDI-II cut-off scores to distinguish levels of depression severity and at finding the best cut-off scores for the Spanish adaptation. To get these aims, 215 Spanish patients with a variety of psychological disorders filled out the BDI-II and a clinician-rated scale was administered by their psychologists to assess the severity of patients' depression. The results of these clinician ratings validated the depression levels defined by the original BDI-II cut-off scores; in addition, by means of ROC curves, it was found that cut-off scores for the Spanish adaptation were practically equal to those for the original BDI-II. The aim of the second study was to develop tables of percentiles with three Spanish samples: 712 patients with psychological disorders, 569 adults from the general population and 727 university students. The advantages of the combined use of the proposed criteria and norms are discussed since they provide complementary information.

**An Internet treatment with weekly e-mail contacts used in a tobacco unit: clinical utility and predictors of outcome** (pp. 61-79)

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This work presents preliminary data on the clinical utility and outcome predictors of The San Francisco Stop Smoking Internet Site (SFSSIS) (Lenert *et al.*, 2003) used with weekly e-mail contacts and the usual pharmacological treatment. Fifty smokers participated in the current series of cases, 24 males and 26 females, with an age average of 43.24 ( $SD=10.24$ ) years old. Thirty-two of the participants started the treatment. The abstinence rate in the post-treatment is 78.1% and in the one year follow-up 53.1%. The best outcome predictor in the post-treatment is the Beck Depression Inventory score ( $R^2=0.46$ ,  $\beta=0.51$ ,  $p<0.05$ ), however in the one year follow-up the predictors are the carbon monoxide test ( $\beta_1=0.39$ ,  $p<0.05$ ) and the age at time of starting to smoke ( $R^2=0.60$ ,  $\beta_2=0.43$ ,  $p<0.05$ ). It is important to emphasize that the participants were motivated to start the treatment and satisfied with it at the end. These preliminary results support the clinical utility of the SFSSIS for giving up smoking.

**Efficacy of a brief cognitive-behavioral intervention in caregivers with high depressive symptoms** (pp. 79-96)

Fernando L. Vázquez, Elisabet Hermida, Ángela Torres, Patricia Otero, Vanessa Blanco, and Olga Díaz

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In this study the effects of a brief intervention for the prevention of depression in nonprofessional caregivers were evaluated. 170 participants ( $M_{age}=55.1$  years,  $SD=9.0$ ) with high depressive symptoms were randomized to either a group receiving a cognitive-behavioral intervention ( $n=88$ ) or a usual care control group ( $n=82$ ). The intervention was implemented in five weekly 90 minutes sessions, in groups of 4-5 participants. The analysis of results showed the existence of significant differences between the intervention and the control group in incidence of depression (1.1% vs.12.2%), decrease of depressive symptoms, which had a large effect size ( $d=1.05$ ), and clinically significant improvement (70.5% vs. 24.4%).

Moreover, significant changes in emotional distress in favor of the intervention group occurred. The results suggest the efficacy of the brief cognitive-behavioral intervention for prevention of depression in nonprofessional caregivers.

**Parental styles and indicators of physical activity in children and adolescents** (pp. 97-115)

Emilio J. Martínez-López<sup>1</sup>, Felipe López-Leiva<sup>1</sup>, José E. Moral-García<sup>2</sup>, and Manuel J. De la Torre-Cruz<sup>1</sup>

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This study analyzed the relationship between parenting style and different variables associated to physical activity. In addition, it was explored whether these variables differed according to gender and educational level. 749 elementary and middle school children (10-16 years old) participated in the study. Children's perceptions related to physical activity were found to differ depending on the type of perceived parenting style. Those children raised in permissive and authoritative homes were found to be more intrinsically motivated towards physical education than children raised in authoritarian and negligent homes. They also found the contents of the course more useful and reported to feel more supported by their parents with regards to physical activity. Moreover, scores in task motivation approach, perceived physical competence, performance expectations, intrinsic motivation and utility of physical education, self-efficacy and parental support were higher in elementary school students than in middle school students. No differences based on gender were found. It can be concluded that a more relaxed atmosphere in permissive and authoritative households may encourage a greater tendency to and deeper social values about physical activity.

**Cognitive fusion in dementia caregiving: psychometric properties of the Spanish version of the “Cognitive Fusion Questionnaire”** (pp. 117-132)

Rosa Romero-Moreno<sup>1</sup>, María Márquez-González<sup>2</sup>, Andrés Losada<sup>1</sup>, David Gillanders<sup>3</sup>, and Virginia Fernández-Fernández<sup>1</sup>

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Based on Acceptance and Commitment Therapy, cognitive fusion, or the extent to which we are psychologically tangled with and dominated by the form or content of our thoughts, is a key psychopathological dimension. The aim of this study was to test the factor structure and psychometric properties of the Spanish Version of the Cognitive Fusion Questionnaire (CFQ; Gillanders et al., 2014) in a sample of dementia caregivers. Cognitive fusion, stressors, guilt, depression, anxiety, rumination, experiential avoidance and life satisfaction were assessed in 179 caregivers. Confirmatory factor analysis (CFA) was conducted to test the factor structure of the CFQ and correlational analyses were used to assess the convergent validity of the measure. A uni-dimensional factor structure of the CFQ was confirmed. Good internal consistency and significant associations in the expected directions between the CFQ and other coping and outcome variables were found. The CFQ may be a useful questionnaire to assess cognitive fusion in Spanish speakers in general and in dementia caregivers in particular.

**Family psychoeducational programme for eating disorders** (pp. 133-149)

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This paper describes a psychoeducational intervention programme for relatives of patients with an eating disorder. The pilot study examined the acceptability of the programme among 15 caregivers and whether their difficulties and distress involved in this role changed after intervention. Impact on the 14 eating disorder patients with was also explored. Assessments were undertaken at baseline (T<sub>0</sub>), at the end of the workshops (T<sub>1</sub>) and 3 months later (T<sub>2</sub>). After the intervention programme, the relatives' subjective caregiving experience, their levels of expressed emotion and distress improved. The patients' recovery process was also affected positively-dysfunctional eating behaviours and affective symptoms decreased. These changes were maintained over time. The programme was highly valued by the carers, who expressed to be very satisfied and to have learnt to better recognise and understand the symptoms. The intervention is presumed to be beneficial for both caregivers and patients, although results should be replicated with larger samples.

**Health Psychology: in search of identity** (pp. 153-160)

Javier Prado Abril<sup>1</sup>, Sergio Sánchez Reales<sup>2</sup>, and José A. Aldaz Armendáriz<sup>1</sup>  
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This paper follows the discussion started in previous issues (Carrobles, 2012, 2013; Sánchez Reales, Prado Abril, & Aldaz Armendáriz, 2013) following the creation of the new General Health Psychologist profession. We reflect on curricular itineraries and professional training in the field of Health Psychology, considering the narrative that has accompanied this process and its impact in shaping professional identities of Health Psychology. We emphasize the importance of the historical, contextual and legislative aspects and we deepen on the current status of Clinical Psychology in the National Health System, highlighting current opportunities that allow the construction of a coherent professional training itinerary on Health Psychology.

**Health Psychology: identity and profession** (pp. 161-173)

José Antonio Carrobles  
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Using the right of reply, authors Prado Abril, Sanchez Reales, and Aldaz Armendáriz (2014) criticize my previous article (Carrobles, 2013) in which I tried to bring together two existing figures: the Psychologist Specialist of Clinical Psychology (PSCP) and the Sanitary General Psychologist (SGP), attempting to integrate them and justifying the necessity of both within the current Spanish Health System. These authors reject my arguments, rather than refute them, and adopt a defensive and belligerent position against the future professional figure of the SGP. This new figure is attributed all kinds of problems and possible wrongdoings as regards the future of the profession, mainly of the PSCPs represented by the said authors. In the present article center my attention focuses on the dismantling of this unjustified position, which seems to be largely a result of job insecurity and problems of professional identity that they may be suffering but which they mistakenly attribute to the threat that they seem to perceive derived from the consolidation of the figure of the GSP for their own personal and

corporative status. This article insisting on my clear and well well-known position on this subject and adds new arguments and reasons to convince Spanish psychologists as a whole, not just PSCPs, of the necessity to fight jointly for the definitive establishment of Clinical and Sanitary Psychology and the raising of its profile in Spain.

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**Personality and anxiety sensitivity as a vulnerability factors in panic disorder** (pp. 185-201)

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Personality and psychopathology differences were explored among a clinical sample of 52 patients with Panic Disorder (PD), with Agoraphobia (PDA) or without Agoraphobia, and two nonclinical samples, one with 45 participants with high anxiety sensitivity (AS) scores, and 55 with low AS scores. The clinical sample was evaluated according to DSM-IV-TR (APA, 2000) criteria. The participants in nonclinical samples were assigned depending on the "Anxiety sensitivity index" (ASI; Reiss, Peterson, Gursky, & McNally, 1986) scores. The "Brief symptom inventory" (BSI; Derogatis & Melisaratos, 1983) was used to assess general psychopathology and the "NEO personality inventory- revised" (NEO-PI-R; Costa & McCrae, 1992) was used to measure personality, both in the three samples. The results show that the only statistically significant differences between the participants with high AS scores and PD/PDA patients were in the psychopathological scales, phobic anxiety and paranoid ideation, and in the personality facet, social anxiety.

**Relationship between subtypes of obsessive-compulsive symptomatology and those of perfectionism in adolescents** (pp. 203-217)

Tíscar Rodríguez-Jiménez, Lorena Blasco, and José A. Piqueras

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The objective of this study was to analyze the relationships between types of obsessive-compulsive symptomatology and dimensions of perfectionism (self-oriented or socially prescribed) in adolescents. The sample consisted of 326 adolescents (12-18 years old), 180 boys and 146 girls. Overall, adolescents with more obsessive-compulsive symptoms had higher levels of perfectionism. Checking, obsession and order subtypes were the most associated dimensions with both dimensions of perfectionism, order showing a higher relationship with self-oriented perfectionism. Similarly, female gender was a significant predictor for the presence of obsessive-compulsive symptoms in general and in all subtypes, except neutralization. We suggest that the different degrees of association between dimensions of obsessive-compulsive symptomatology and perfectionism, and gender differences in adolescents can be of interest to design more effective intervention programs.

**Spanish version of the Connor-Davidson Resilience Scale (CD-RISC) for chronic stress situations** (pp. 219-238)

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The aim of this study was to evaluate the psychometric properties of the Spanish adaptation of the Connor-Davidson Resilience Scale (CD-RISC) in chronic stress situations. The scale was administered to 111 non-professional caregivers of elderly dependent relatives. When calculating the reliability of the scale and the correlation item-scale, it was found that four items were affecting its reliability negatively and were removed. The reduced 21-item version showed good reliability ( $\alpha = .90$ ). Exploratory factor analysis yielded four factors (55.31% explained variance): coping and persistence in stress situations; strengthening effect of stress and orientation to targets; positive appraisal; and confidence. Factors 1-3, but not factor 4 (with only 2 items) showed adequate reliability ( $\alpha = .75-.86$ ). Regarding convergent and divergent validity, CD-RISC global scorings showed significant, direct correlations with self-esteem and perceived self-efficacy as caregiver measurements; and significant, inverse correlations with depression, anxiety and caregiver's burden. In conclusion, this new CD-RISC version offers a reliability and validity that enables its use in caregivers.

**Effectiveness of cognitive behavioral treatment for posttraumatic stress disorder on women victims of intimate partner violence** (pp. 239-256)

Marta Santandreu and Victoria A. Ferrer  
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This study evaluates the effectiveness of a cognitive behavioral treatment for posttraumatic stress disorder (PTSD) on women victims of intimate partner violence. Women victims of intimate partner violence ( $N = 129$ ) were grouped by type of violence experienced: psychological (21), physical and psychological (43), sexual (30), and psychological, physical and sexual (35). The assessment consisted of a semi structured interview session and the evaluation with two psychometric tests to obtain posttraumatic and depressive symptoms data. Treatment was applied in 12 individual sessions and a follow up session three months later. Results showed that PTSD symptoms are more common in cases where there has been physical violence and sexual violence as compared to cases of psychological violence. This suggests that the physical aggression to the victim (of any kind) could precipitate such symptoms unlike other forms of violence. This study provides further evidence of the effectiveness of cognitive-behavioral therapy for PTSD in all cases of intimate partner violence.

**Information and communication technologies in the treatment of small animals phobia in childhood** (pp. 257-276)

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Some of the fears present during childhood remain and cause significant distress and interfere in the child's daily life, including specific animal phobias. Well-established treatments based

on exposure are available for this problem (Davis, May, & Whiting, 2011). However, one of the main problems treatments face is the frequent rejection by patients because they consider them too aversive. Information and Communication Technologies (ICTs) have managed to develop new procedures which are being implemented successfully in the treatment of specific phobias in adults. However, there is little research in the use of ICTs in children. The aim of this paper is to assess in a N= 1 study whether the use of images, computer games, and Augmented Reality can facilitate the treatment of fear to small animals and help to prepare the children to be able to conduct in vivo exposure to the feared animal.

**Psychometric properties of the Spanish version of the Mindful Attention Awareness Scale-Adolescents (MAAS-A)** (pp. 277-291)

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Trait mindfulness has received considerable attention in recent years because several studies indicate that the training in mindfulness reduces the symptoms of several psychological problems such as depression. Recently, the training in mindfulness has been extended to samples of adolescents. Therefore, the measurement of trait mindfulness in adolescents has become relevant. In this study the psychometric properties of the Mindful Attention Awareness Scale-Adolescents (MAAS-A) are evaluated in Spanish adolescents. For this purpose, 1215 adolescents (597 girls and 618 boys) aged between 14 and 18 years old participated in this study. The adolescents completed the MAAS-A and measures of depression, antisocial behavior, anger, drug abuse and lack of self-control. The results confirm the one-factor structure of the MAAS-A. The trait of mindfulness is negatively correlated with symptoms of depression, antisocial behavior, anger, drug abuse and lack of self-control. Furthermore, the adolescents who display severe depressed mood score significantly lower on mindfulness than the adolescents without symptoms or with mild and moderate depressive mood.

**The meaning in life as mediating variable between depression and hopelessness in patients with borderline personality disorder** (pp. 293-305)

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Borderline personality disorder (BPD) is associated with high incidence of suicide. Positive thoughts and beliefs can act as buffers that protect people against eventual suicide, despite the existence of important risk factors for suicide. Several studies have found a strong relationship between low levels of meaning in life and suicide risk. The aim of this research is to analyze the mediating role of meaning in life in the relationship between the risk factor depression and hopelessness. 80 patients with BPD participated. The results indicate that the meaning of life showed partial mediation effect between depression and hopelessness, 61% of the total effect of depression on hopelessness was mediated by the meaning of life. The results of this study confirm the hypothesis and indicate that meaning in life is a buffering factor for the risk of suicide. This result emphasizes the importance of meaning in life in the assessment and treatment for patients with BPD.

**Muscle dysmorphia: historical review and updates in its diagnostic, assessment and treatment** (pp. 307-326)

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The growing scientific production related to Muscular dysmorphia (MD) makes it clear that men also suffer body image pressures. This article aims to describe the historical background and recent studies that clarify its diagnostic conceptualization and different etiological models; also, an update on the assessment tools and treatment is presented. According to the DSM- 5, the MD represents a specific type of body dysmorphic disorder. However, the new scientific findings relate MD more closely to eating disorders, both in the clinical profile and the proposed treatment. In turn, the etiological models underscore the importance of assessing body image in the development of MD, which is modulated by psychosocial factors. Also, in recent years specific instruments have been developed to assess male body dissatisfaction and DM. However, the lack of consensus on its classification hinders evaluation and understanding, and the description provided by DSM-5 is still insufficient.

**PNA-10, a short scale for the evaluation of positive and negative affect in Spanish** (pp. 327-343)

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The aim of this paper is to analyze the psychometric properties of a short version of the “Positive and Negative Affect Scale” (PNA; Warr, Barter and Brownbridge, 1983). The participants were 1601 individuals (61.6% women) with a mean age of 33.27 years. Confirmatory factor analysis evidenced better indicators of adjustment for a reduced version of the instrument (PNA-10) composed of 10 items. The internal consistency (Cronbach's alpha) of the subscales was adequate: .84 for PA and .81 for NA; composite reliability of .88 for PA and .82 for NA. Further analysis showed significant relationships of PA and NA with sex, marital status, length of the relationship and number of children, and also with loneliness (social, family and romantic). These results, as well as the low correlations of the instrument with Social Desirability, confirmed the good psychometric properties of PNA-10, which we consider to be an appropriate instrument for assessing the emotional component (PA and NA) of subjective well-being.

**Bullying: Family socio-situation as risk or protective factors** (pp. 345-359)

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The relationship between bullying and social and family conditions has been investigated in recent years; however, few researchers have examined such conditions as risk or protective factors. This study analyzes the differences in family social situation between individuals involved and not involved in bullying, and investigates its relation as risk or protective factors in this dynamic. 2,793 Students from 17 public schools in 8 Brazilian States (53.67% females) from 10 to 18 years old ( $M= 14.53$ ;  $SD= 2.04$ ), completed a self-evaluation questionnaire about bullying. Data were analyzed by contingency and multivariate analyses. We found that 31.3% pupils were involved in bullying. Those involved are more likely to

belong to extended and non bi-parental families. Belonging to a bi-parental family, having fewer siblings, that the father completed elementary education and that the mother was born in the state where the family lives are protective factors against bullying. These results highlight the need to continue research in this line, which will help to reduce the high prevalence of bullying.

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**Assessing social skills: the factorial structure and other psychometric properties of four self-report measures** (pp. 375-399)

Vicente E. Caballo<sup>1</sup>, Isabel C. Salazar<sup>2</sup>, Pablo Olivares<sup>3</sup>, María Jesús Irurtia<sup>4</sup>, José Olivares<sup>3</sup>, and Rafael Toledo<sup>5</sup>

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The self-reporting of social skills continues to be assessed through the assertiveness inventories developed in the 1970s, such as the Rathus Assertiveness Schedule (RAS), the Assertion Inventory (AI), and the College Self-Expression Scale (CSES). The study reported here involved 421 university students (76.5% women) and obtained the factor structures of the aforementioned instruments, plus the new Social Skills Questionnaire (SSQ-I) (*Cuestionario de habilidades sociales*, CHASO-I). The factorial solutions obtained were 6, 8, 11 and 12 factors, respectively. The reliability (Guttman split-half and Cronbach  $\alpha$ ) of all the questionnaires was high, and the correlations between the CHASO-I and all the other questionnaires were moderate. The sex differences found involved the total scores of the RAS and the factors “Speaking or performing in public/Interacting with figures in authority”, “Interacting with persons I am attracted to”, and “Interacting with strangers”, with men being more skilled than women, and the factor “Apologizing/Recognizing their own mistakes”, with women being more skilled than men. The study concluded by recognizing certain common problems affecting the self-report measures of social skills, as well as certain advantages of the new CHASO-I.

**The relationship between social skills and social anxiety and personality styles/disorders** (pp. 401-422)

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The relationship between social skills and social anxiety has been addressed conceptually but studied little empirically. Scarcer still are the studies on the relationship between social skills and personality styles/disorders. This paper uses a sample of mostly university students to find possible relationships between social skills, on the one hand, and social anxiety and personality styles/disorders, on the other. The correlations of the total scores for the



instruments of social skills and social anxiety were moderate-to-high and negative; that is, the lower the social skill, the greater the social anxiety, and vice versa. This same level of correlation was also obtained by analyzing the specific dimensions of each construct, which shows that there are shared aspects between social skills and social anxiety. Furthermore, the relationship between social skills and personality disorders varies depending on the specific personality style/disorder. Most correlations are negative, except for histrionic, narcissistic, obsessive-compulsive, and antisocial styles/disorders. These results provide support for a significant part of the interpersonal characteristics of each personality disorder.

**Intervention on dimensions of social anxiety through a social skills training program** (pp. 423-440)

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This study aimed to evaluate the effectiveness of a social skills training program (SST) in reducing social anxiety. The participants were 32 university students with significant social anxiety symptoms that completed the “Social Anxiety Questionnaire for Adults” (SAQ-A30) and the “Liebowitz Social Anxiety Scale-Self-report” (LSAS-SR). The 10-session intervention program addressed issues such as anxiety management, assertiveness, relaxation techniques, interpersonal relations, public speaking and expression of feelings. Mean differences and effect size showed that there was a significant change in the post-treatment scores on the two measures compared with the pretreatment ones, both globally (SAQ-A30 and LSAS-SR) and in the five dimensions of the SAQ-A30. These data further support the SAQ-A30 sensitivity to measure changes over time and the validity of this new measure of social anxiety. We conclude that the SST program is highly effective in reducing social anxiety of university students and that the SAQ-A30 is an appropriate measure for assessing social anxiety disorder.

**Social skills training and treatment of adolescents with generalized social phobia** (pp. 441-459)

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The objectives of this study were 1) comparing the magnitude of the deficit in social skills of adolescents in the sample as compared to those reported in other studies, and 2) providing evidence on which effects generated by the programme for “Intervention for adolescents with social phobia” (IASP) can be attributed to the component of social skills training (SST). Accordingly, we designed an investigation with a treatment group in which the entire program applies IASP (G1) and another group (G2) in which the SST component was removed. The sample consisted of 41 Spanish adolescents with a mean age of 14.95 years (SD: 1.3, range: 14-18), with a majority of girls (63.41%). All met the criteria required for the diagnosis of Generalized Social Phobia (GSP). The results show that: (i) The subjects in our sample show deficits in social skills similar to those found for the population with GSP magnitudes; (ii) Statistically significant differences between groups in favor of G1 were found. The intra-group effect sizes were much higher in the group with SST. The role of SST is very relevant.

**Social skills training for people with schizophrenia: what do we train?** (pp. 461-477)

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This paper gives a broad definition of the characteristics and incidence of schizophrenia, and introduces the various deficits in social skills and social function faced by patients with this disorder. The role of Social Skills Training (SST), which can be used to improve some of these deficiencies in social skills, social function, cognition and competence, including the history and efficacy of such training, is addressed. An outline is given of the Brief Cognitive-Behavioural SST for schizophrenia patients, designed by our clinical research group (University of Barcelona and General Hospital of Igualada, Spain), along with the parameters of the study, risk factors for certain patients and results. We then indicate future directions focusing on the use of virtual reality as a modern technology to enhance treatment and highlighting potential areas for further study.

**Assessment of social skills in adults with intellectual disability: calibration of the SPSS-R Scale with Rasch model** (pp. 479-500)

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This study aims at calibrating the Social Performance Schedule Scale Revised (SPSS-R) in a sample of 181 adults with intellectual disability using the Rasch-Andrich Rating Scale Model with the purpose of elucidating its structure, dimensionality, and psychometric properties. In order to obtain a version with a clear factorial structure and coherent with the analysed construct (social skills), it was necessary to proceed with a drastic reduction of the scale. The resulting scale, composed of 24 items, showed the emergence of two distinct dimensions. Its psychometric properties (reliability and validity) turned out to be adequate, and it showed correct items and individuals fit to the Rasch model. According to their difficulty, the items concentrated in the mean zone of the analysed dimensions, which makes it advisable to include, in future studies, items in the high and low range of the latent variable.

**Assertiveness and health of family caregivers of patients with severe mental illness** (pp. 501-521)

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At present, empirical evidence is scarce related to assertive behavior of family caregivers of patients with severe mental illness (SMI) and to the effects related to their deficits. The aim of this study was to examine the assertiveness of 140 family caregivers of 94 patients with SMI, and to examine the relationship between assertiveness and physical and psychological health. The Assertion Inventory (Gambrill and Richey, 1975), the Beck Anxiety Inventory, the Beck Depression Inventory II, the Perceived Stress Scale, and the Health Questionnaire SF-36 were used. 77.1% of the participants were assertive and there were no significant differences in base to socio-demographic variables. Assertiveness was related to anxiety, depression, stress, and general wellbeing as well as six (out of eight) areas assessed by the SF -36. The lack of assertiveness was a risk factor for all these variables. These findings support the importance

of including assertiveness training in the treatment of the families of patients with SMI by staff at mental health units.

**Assertiveness and its relationship to emotional problems and burnout in healthcare workers** (pp. 523-549)

Isabel C. Salazar<sup>1</sup>, Gloria M. Roldán<sup>2</sup>, Laura Garrido<sup>1,2</sup>, and Juan M<sup>a</sup> Ramos-Navas Parejo<sup>3</sup>  
<sup>1</sup>*FUNVECA Clinical Psychology Center, Granada*, <sup>2</sup>*Virgen de las Nieves Hospital University*; <sup>3</sup>*La Caleta Health Center, Granada (Spain)*

The main aim of this study was to examine the relationship between assertiveness and emotional problems (depression, anxiety and social anxiety) and burnout in physician, nurses, orderlies and ambulance drivers in the Critical Care and Emergency Services (CCES). 315 Healthcare workers completed the Assertion Inventory, the Beck Depression Inventory II, the Beck Anxiety Inventory, and the Maslach Burnout Inventory. The results show that 17.7% were not assertive, 16.6% had social anxiety, 12.9% suffered from depression, and 11.7% from anxiety. There were some sex differences. Furthermore, 52.7% had depersonalization, 46.7% felt a lack of personal accomplishment, and 24.4% suffered from emotional exhaustion. Assertiveness was significantly associated with social anxiety, exhaustion and lack of personal accomplishment. Regression analysis indicated that the lack of assertiveness was a risk factor for these three psychological difficulties. These results support the importance of including assertiveness training as part of the training of CCES professionals.

**Social skills intervention: effects on emotional intelligence and social behavior** (pp. 551-567)

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This study had two objectives: 1) evaluating the effects of an intervention program to develop social skills (communication, empathy, emotional regulation) in behavioral, cognitive and emotional variables; and 2) exploring whether the program affects differentially by gender. The sample comprised 148 adolescents, aged 13-16 years (83 experimental, 65 control). The study used a quasi-experimental repeated measures pretest-posttest design with a control group. Before and after the program four assessment instruments were administered: Social Attitudes and Cognitive Strategies (Moraleta et al. 1998/2004), Empathy Questionnaire (Merhabian & Epstein, 1972), Emotional Quotient Questionnaire (Bar-On & Parker, 2000), and Questionnaire of cognitive strategies of social interaction. The ANCOVAs pretest-posttest confirmed that the program significantly stimulated ( $p < .05$ ) an increase in: 1) positive social behaviors (social conformity, help-collaboration, self-assurance-firmness), 2) empathy, 3) emotional intelligence (intrapersonal, interpersonal, general mood), and 4) cognitive strategies of social interaction assertive. The discussion focuses on the importance of implementing programs to promote social-emotional development during adolescence.

**Changes in the perception of violence and aggressive behavior among children based on a program of social and emotional skills** (pp. 569-584)

Patricia Murrieta<sup>1</sup>, Norma A. Ruvalcaba<sup>1</sup>, Vicente E. Caballo<sup>2</sup>, and Maryurena Lorenzo<sup>3</sup>  
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The aim of this research was to examine changes in the frequency of victimization, aggressive behavior and positive behavior among children after participating in the program “Child Friendly Communities”. 302 children between 9 and 15 years of age participated; the children, who at the time of the intervention were completing the fifth and sixth grades of basic education in two public schools with high levels of marginalization, in the metropolitan area of Guadalajara (Mexico), were evaluated using Orpinas’ (2009) scales of victimization, aggression and positive behaviors. We observed changes in their perception of the violence performed against them and a growing recognition of the aggression exercised by them against peers in those children who prior to the intervention reported not being aggressive or who obtained a low score on levels of aggression. Likewise, children who tend to be aggressors showed a significant decrease in aggression exerted against others, both direct and relational. Results suggest that the program Child Friendly Communities helps to decrease the normalization of violence against children as well as the aggressive behavior against peers.

**Social skills for the new organizations** (pp. 585-602)

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Social skills are becoming increasingly important for new organizations. This article presents some present-day contexts that require stronger interactive and relational resources from workers. The first is the rapid and unpredictable interactive change in organizations that demand enhanced technical competences and social skills. Likewise, new technologies, the importance of teams and collective decision making have continued to expand and have made the competence and the ability to communicate more necessary and complex. Besides, in current approaches to organizational health and healthy organizations, social skills constitute essential mechanisms. Moreover, the competitive dynamics present in organizations has created a multitude of contexts that can act as risk factors for the health of workers and organizations. In this situation, social skills have served as factors promoting balance and recovery. Finally, new organizations are characterized by their intercultural, global, and virtual nature, which makes it necessary to develop and learn new social skills.

**The predictive ability of assertiveness in drug addicts relapse** (pp. 603-616)

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The aim of this study was to examine the effect of assertiveness and severity of drug addiction on the risk of relapse among drug addicts during a six months treatment. 90 Drug addicts completed the Research Interview on Addictive Behavior and the Rathus Assertiveness Schedule (RAS). The results showed that global assertiveness and Confrontation (a dimension of the RAS) are directly related to the risk of relapse, indicating that the higher the scores on these two variables the greater the risk of relapse. Other dimensions of the RAS (Defense of Rights and Personal Interests, Avoidance of Personal Confrontation, and Spontaneity) and the chronicity of drug use showed an inversed relationship to the risk of relapse, indicating that the higher the scores on those dimensions and on the chronicity of drug use the lower the risk of relapse. These results suggest caution when including assertion training for relapse

prevention in drug addiction, and advise also caution when choosing the assessment instruments for assertiveness.

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**Social skills training for schizophrenia** (pp. 5-24)

Juan A. Moriana<sup>1</sup>, Robert P. Liberman<sup>2</sup>, Alex Kopelowicz<sup>2</sup>, Bárbara Luque<sup>1</sup>, Adolfo J. Cangas<sup>3</sup>, and Francisco Alós<sup>1</sup>

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Social skills training involves a set of interventional procedures including behavior modification principles and techniques that lead to the acquisition of basic learning experiences. Its main objective is to facilitate the development of a code of conduct aimed at enabling people to live independently; it has been applied in the treatment of schizophrenia and other serious mental disorders. We review the efficacy of such interventions using meta-analyses and randomized clinical trials, and analyzing advantages and disadvantages of recent developments. We discuss the types of training that have achieved the best results and those contributing to their application and/or adaptation to different areas of daily life as part of the multidimensional and psychosocial treatment of schizophrenia.

**Couple relationships and social skills: the interpersonal respect** (pp. 25-34)

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Couple relationships and social skills are closely related. Love components (intimacy, desire and commitment) have nuclear issues in the area of interpersonal relationships. A key aspect in relationships and in the social skills area is Interpersonal Respect, the ability to harmonize personal rights with the other's rights. Respect is related with submissive, dominant, passive-aggressive and fair response styles. This study compared three groups of people (one with a tendency to submission, a second with a tendency to dominance, and a third of balanced people) to check perceptions of couple relationship. The results indicate that submissive and dominant people attach a more negative value to their relationship (and their partners) than balanced people.

**Resilience profiles and their relationship to social skills in persons with physical disabilities** (pp. 35-49)

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The present study is aimed to identify different profiles in resilience. In addition, significant differences in social skills domains among profiles previously identified are also analyzed. The Resilience Scale (Wagnild and Young, 1993) and Social Skills Scale (Gismero, 2002) were administered to 116 people with physical disabilities, aged 20 to 45 years ( $M= 22.25$ ,  $DT= 4.33$ ). Cluster analyses allowed identifying four different resilience profiles: a group of people with a high resilience profile, a group with low resilience, a group with predominance of high scores in self and life acceptance and, finally, a group of people with high social competence. Results also revealed significant statistical differences in most domains of social

skills among profiles. Results suggest the need of broadening the knowledge about knowledge and designing social skills programs for people with disabilities.

**Validation and psychometric properties of the “Exploratory Questionnaire of Personality-III” (CEPER-III) in Colombia** (pp. 51-64)

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The aim of this research was to analyze the convergent validity of the “Exploratory Questionnaire of Personality-III” (CEPER-III; Caballo, Guillen, Salazar, & Irurtia, 2011) in a sample of 565 participants of Colombia. The questionnaire assesses 14 personality styles that follow the diagnostic criteria of the DSM-IV (APA, 1994) and DSM-III-R (APA, 1987), although they are not disorders. The alpha Cronbach coefficients of the scales ranged from .75 to .87, indicating an adequate internal consistency. Pearson correlations obtained between the CEPER-III (subscales) styles and the Million Clinical Multiaxial Inventory-III (MCMI-III; Million, Davis and million, 2007) disorders (subscales) ranged from .40 to .70, supporting the convergent validity of the CEPER-III. These results indicate that the CEPER-III has adequate psychometric properties to be used in Colombian population and that their items are well understood without problems of cultural appropriateness.

**General and affective symptom disturbance in personality disorder: influence of severity vs. type of disorder** (pp. 65-83)

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Several models focused on the severity of personality disorders (PD) have been proposed as an alternative to the traditional categorical approach, confirming their high predictive value in the evaluation of social functioning and comorbidity with other disorders. In this work, we examined the relationship between personality severity (accumulation of different traits of pathological personality and intensity of each of them) and degree of symptomatic disturbance in a sample of 142 patients. The bivariate analysis confirms that the high personality severity group has higher level of affective ( $p= 0,036$ ) and general ( $p= 0,013$ ) disruption. However, multivariate analysis found that the intensity of schizotypal, self-destructive and passive-aggressive traits explains symptomatic disturbance better than the accumulation of traits. These findings are discussed in the context of conceptual and evaluative complexity of the personality disorder construct. The search for an appropriate index of severity is still pending in the effort to improve the planning and objective provision of social and health resources.

**Predictors of methadone reduction in outpatients** (pp. 85-106)

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Methadone reduction treatment after a substitutive maintenance treatment still has a clinical interest in the care of patients with opioid addiction. Recent studies about agonist drugs and success in methadone detoxification have provided relevant information, but it is also

interesting to explore the possible influence of other factors. The main goal of this research was to analyze the variables that can better predict achieving a zero dose of methadone. Three years monitoring of methadone detoxification in a sample of 81 outpatients treated at 16 clinics is presented. The findings suggest that agreement between the clinic-staff and the patient, low scores on perceived stress before starting dose reduction, drugs support and social care during the intervention are the group of variables with more advantages for achieving a zero dose of methadone. These results could facilitate a prognosis, guide clinicians in prescribing intervention, and improve procedures.

**Effects of thought stopping and cognitive defusion on discomfort and the ability to deal with negative thoughts** (pp. 107-126)

Tatiana Fernández-Marcos and Ana Calero-Elvira  
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Modern behavioral therapies have claimed that thought stopping is an ineffective technique. This study compares the effectiveness of thought stopping and cognitive defusion on self-reported discomfort and the ability to deal with negative thoughts. 60 participants were randomly assigned to three groups: thought stopping, cognitive defusion and control group. Results from our study indicate that both techniques significantly reduced self-reported discomfort compared to the control group and there were significant differences between techniques in self-perceived ability to deal with thoughts and in self-perceived usefulness, with better results for thought stopping. Our results support that thought stopping, if properly trained, is at least as efficient as cognitive defusion. The authors discuss the mechanisms underlying both techniques and highlight the relevance of functional analysis to select the techniques to be applied to deal with negative thoughts.

**Differences in the prevalence of partner aggression according to the Revised Conflict Tactics Scale: individual and dyadic report** (pp. 127-140)

María L. Cuenca, José L. Graña, and Natalia Redondo  
*Complutense University of Madrid (Spain)*

In the present study, the reliability and validity of the maximum dyadic report in the estimation of the prevalence of partner aggression was examined by means of the Revised Conflict Tactics Scale. The participants were 590 heterosexual couples from the Madrid Autonomous Community. The maximum dyadic report identified more aggressive behaviors and similar prevalences, in men and women, of psychological aggression (80.7% vs. 81.4%) and physical aggression (16.8% vs. 17.6%), except for sexual aggression (26.8% vs. 16.1%). The internal consistency of the Psychological Aggression Scale was similar and comparable in magnitude to the reliability of the perpetrators' and the victims' individual reports, although the same pattern was not observed in the remaining scales. The correlations between the scales of Psychological and Physical Aggression in the maximum dyadic report were significant. Lastly, the results reveal the existence of a bias in men's and women's self-report measures and also the relevance of the maximum dyadic report in legal and clinical contexts when assessing couples' level of aggression.



**Profiles of emotional intelligence and social behavior in Spanish adolescents** (pp. 141-160)

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This work had two objectives. First, to identify different profiles of emotional intelligence (EI), and second, to verify the existence of significant statistical differences between the profiles identified in relation to social behavior. The participants were 1071 Spanish adolescents (50.2% girls), ranging in age from 14 to 17 years, who completed the Trait Meta-Mood Scale-24 (TMMS-24) and the Socialization Battery BAS-3. Cluster analysis identified four EI profiles: a group of adolescents with a low EI profile, a group with high scores in perception, a group with predominantly high emotional regulation, and a group of adolescents with high EI. The results also indicated statistically significant differences in the profiles in most of social behaviors. The students from the groups with high general EI scores and high scores in emotional regulation also show higher scores in several positive social behaviors. Findings are discussed in terms of their practical implications for Spanish adolescents.

**Educational parenting practices and premeditated and impulsive aggression in teenagers** (pp. 161-179)

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This paper analyzes the relationship between the educational strategies developed by parents and the premeditated and impulsive aggressiveness that adolescents demonstrate in order to verify the existence of differential correlates between both forms of aggression. The mixed situation, in which the two forms of aggression appear simultaneously in the same individual, is also discussed to check if educational practices are similar or different with respect to the pure forms of aggression. The results indicate that the correlates of both forms of aggression are different: while the factors predicting impulsive aggression are rejection and rigid discipline exercised by the mother, those predicting premeditated aggression are a lack of revelation and an indulgent father discipline. Similarly, the data indicate that the mixed aggression is associated with more negative educational practices than those of adolescents with pure aggression. We conclude that parenting practices differ in premeditated and impulsive aggression, and note the existence of a mixed form of more harmful aggression.

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**Social skills in learning teams in a university context** (pp. 191-214)

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The social skills in a team environment is one of the most important variables related to group effectiveness in cooperative learning situations. In this research we have set two objectives: First, building a Questionnaire of Social Skills Learning Teams (CHSEA in Spanish) in a university context and analyzing its psychometric properties. Secondly, we aim to demonstrate how teamwork with cooperative learning techniques influences the social skills in a team. This research involved 1040 students aged 18 to 44 years from a Spanish University. Three factors of the CHSEA were obtained through various factor analysis and structural equation analysis: “Self-assertion skills”, “Skills of information reception” and “Skills of information production”. We can point out the CHSEA has very acceptable psychometric characteristics, adequate convergent and nomological validity. The latent variables in the three factors found are well defined. The multigroup analysis supports the equivalence of the factorial structure of CHSEA by gender. Finally, we verified that teamwork with cooperative learning techniques influences the social skills of the team and these serve as input to be effective in other cooperative work..

**Efficacy and clinical utility (effectiveness) of treatments for adult victims of terrorist attacks: a systematic review** (pp. 215-244)

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A review of the efficacy and clinical utility (effectiveness) of the treatments for mental disorders in adult victims of terrorism is presented. A search in PsycINFO, PILOTS and MEDLINE found eight studies, all of them on posttraumatic stress disorder (PTSD): seven on trauma-focused cognitive-behavioral therapy and one on exposure therapy in combination with a selective inhibitor of serotonin reuptake, but none on other medications, other non-cognitive-behavioral psychological therapies or other mental disorders. The results of this review suggest that: (a) trauma-focused cognitive behavioral therapy is not only efficacious and useful in clinical practice for the treatment of PTSD in victims of terrorism, but also currently the therapy of choice, and (b) future research should develop, adapt and test treatments for other mental disorders that victims of terrorism may suffer from (e.g., depressive and anxiety disorders, complicated grief) and for victims of non-developed, non-Western countries that are the countries that suffer most from terrorism.

**Depressive symptomatology in adolescents and variables associated to school and clinical environments** (pp. 245-264)

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The present study analyzes the prevalence of depressive symptomatology in a sample of adolescent school students and how it is related to other factors in the school and clinical environments, with the ultimate aim of obtaining a predictive model for depressive symptomatology in the school environment. The sample was made up of 1285 students aged 12 to 16. Participants filled out the Children’s Depression Scale (CDS) and the Behavior Assessment System for Children (BASC S3), while their class teachers provided information on the academic performance of each student. The study found a prevalence of 3.8% of participants with severe depressive symptomatology, with significantly higher scores in girls,

though there were no differences by age. The most prominent predictors in both sexes were: social stress, atypicality, anxiety, feelings of incompetence and somatization. For boys, external locus of control was also a predictor, and in the case of girls, self-esteem. We discuss the implications of these findings and proposals for future research.

**Participants' preferences regarding three computer-based exposure treatments for fear of flying** (pp. 265-285)

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This study analyses participants' preferences regarding three computer-aided exposure treatments for fear of flying (FF): virtual reality exposure treatment assisted by a therapist (VRET), computer-aided exposure with a therapist present throughout exposure sessions (CAE-T), and self-administered computer-aided exposure (CAE-SA). Sixty participants with FF were randomly assigned to one of these treatments. At the end of a treatment, a demonstration of the other two treatment options was given and patients were asked to rate their preferences. At post-treatment, assessment data on treatment preferences were obtained from 48 participants (CAE-T  $n=14$ ; CAE-SA  $n=16$ , and VRET  $n=18$ ). Participants favoured VRET as the most effective, the most recommended, but also they valued it as the most aversive. Attending to the specific treatment condition received by the participants, results showed that in VRET and CAE-T, participants assessed their own treatment as more preferred, more efficacious and more recommendable. Results suggest relevant features regarding the efficiency of computer-based treatments, and offer insights into improving computer-aided psychological interventions.

**Factor structure and psychometric properties of the Spanish version of the "Dysfunctional Attitude Scale-Revised"** (pp. 287-303)

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The Dysfunctional Attitude Scale (DAS) is a 40-item measure of dysfunctional schemas, a key construct of the cognitive model of depression. Most research has relied on the total score because of the mixed results of previous exploratory factor analyses conducted on the DAS. Accordingly, a revised, 17-item version of the DAS (hereafter, the DAS-R) has been recently proposed using confirmatory factor analysis (CFA) and containing two factors: Perfectionism/Performance evaluation and Dependency. This study analyzes the factor structure and psychometric properties of the Spanish version of the DAS-R with a total of 629 participants. The DAS-R showed good internal consistency, temporal stability, and discriminant and convergent validity. CFA supported the two-factor solution found in the original scale; however, a hierarchical factor model with two first-order factors and a general factor showed the best fit of the data. The DAS-R provides general and specific measures of dysfunctional schemas that are theoretically meaningful.

**The Perceived Stress Scale: unrestricted approach to its psychometric properties in non-clinic population and treated substance-addicts** (pp. 305-324)

Eduardo J. Pedrero-Pérez<sup>1</sup>, José M. Ruiz-Sánchez de León<sup>1,2</sup>, Paz Lozoya-Delgado<sup>2</sup>, Gloria Rojo-Mota<sup>1,3</sup>, Marcos Llanero-Luque<sup>1</sup>, and Carmen Puerta-García<sup>1</sup>

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The Perceived Stress Scale (PSS) is currently one of the most used self-reports to estimate the extent to which people feel that they control the challenges of life or are overwhelmed by them. An unrestricted exploratory factor analysis over a sample of participants from the general population ( $n= 1023$ ) and a confirmatory analysis in a clinical sample of drug addicts in treatment ( $n= 542$ ) were performed. From the three versions (14, 10 and 4 items), the results suggest that the 10-item version is the one has better psychometric fit indicators in both samples. Addicted people showed higher levels of perceived stress in all age groups, which was associated with passive coping strategies (avoidance) and higher levels of prefrontal behavioral symptoms in everyday life. In conclusion, the 10-item version of the PSS presents enough psychometric properties for its use in estimating the perceived stress, applied both to general population and clinical samples. Its use allows to estimate a crucial variable in the study of stress-related conditions such as prefrontal dysfunction and strategies that the people used to cope with the difficulties of life.

**Self-efficacy among outpatient drug abusers in treatment** (pp. 325-343)

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The aim of this study was to examine the self-efficacy of outpatient drug heroin and alcohol abusers in treatment for their addiction, using the theoretical models proposed by Bandura and Annis. The sample consisted of 162 participants, who were assigned to one of three treatment groups: methadone, drug-free and alcohol. The Self-Efficacy Scale (Sherer et al., 1982), the Inventory of Drug-Taking Situation (IDTS; Annis & Martin, 1985) and the Interview for Research on Addictive Behavior (EICA; López-Torrecillas, 1996) were used to assess them. Methadone and the drug-free groups had higher scores of self-efficacy (general and total score) than the alcohol group. Methadone group showed lower scores in situational confidence than free drug and the alcohol groups, the latter showing highest scores. The results suggest that the models refer to different aspects of self-efficacy. More research is necessary to analyze the nature of this difference.

**From emotional competence to self-esteem and life-satisfaction in adolescents** (pp. 345-359)

María del Carmen Reina Flores and Alfredo Oliva Delgado  
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In this study we analyzed the associations between competences or components of empathy and emotional intelligence, as well as their relationships with two variables referred to adolescent development and psychological adjustment, namely, self-esteem and life satisfaction. The study was conducted on a sample of 2,400 adolescents between 12 and 17

years of age. Participants were selected from 20 schools in Western Andalusia. The results showed significant correlations between some of the emotional competencies with self-esteem and life satisfaction. Moreover, two types of relationships were found between these competences related to empathy and emotional intelligence, one at emotional level and another at cognitive level. Furthermore, gender differences were in favor of girls in empathy and emotional attention, whereas boys scored higher on clarity, emotional repair, and self-esteem.

**A normative study of the Ekman 60-faces test in Spanish adolescents** (pp. 361-371)

Clara Molinero, Saray Bonete, M<sup>a</sup> Mar Gómez-Pérez, and M<sup>a</sup> Dolores Calero  
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The Ekman 60 Faces Test is widely used to assess emotion recognition ability from facial expressions. Its extended use in Spain contrasts with the absence of normative criteria for Spanish population. This study evaluates the psychometric characteristics of the test and generates adjusted normative scores for Spanish adolescents. Participants were 1039 men and women aged between 11 and 18 years of age from different autonomous communities in Spain. Results showed significant differences in test scores (total score and individual emotion scores) according to sex and age. Distinction among two ranges of age was made: 11-14 years of age and 15-18 years of age. The article includes descriptive analyses of the scores, percentiles and performance cut-off score to determine impairment, for the total score as well as for each emotion score, divided by sex and age. Reliability indexes were satisfactory for the total score and for each emotion score. These results allow the utilization of this test in Spanish adolescent population.

**Personal resources associated with different indicators of success in active job search: a systematic review** (pp. 373-392)

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The study of the different resources that will help active job search has led to identify a number of psychological and social factors which will increase the probability of being successful in searching for a job. However, we must take into account the variety of measures used and the quantity of the different psychological and social aspects in the design of social and labour guidance programmes. Therefore, in order to summarize these main psychological aspects associated with active job search, we have carried out this systematic review. The English and Spanish keywords used in this research have identified a total number of twenty studies which found a relevant positive relationship between different aspects such as active job search, personality, learning orientation, self-esteem, self-efficacy, locus of internal control, self-regulation strategies, social support and motivation. After discussing these results, new proposals were considered to have in mind in future research and in the design of new training for active employment search in the future.

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**Effectiveness of a social skills play-based training program intervention for childhood social anxiety** (pp. 403-427)

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Social anxiety (SA) is a common experience for many children when faced with social situations. This study presents the application of a play-based school program in social skills training (SST) for children aged between 9 and 12. The experimental group consisted of 87 students from disruptive classrooms. From this group we further analyzed a subgroup of children with high SA ( $n= 34$ ). A reference group of 25 students, belonging to a non-disruptive classroom from the same school served as a comparison group for the program's social validation. SA was assessed with the "Social Interaction Questionnaire for Children" (SAQ-CIII), giving an overall score of social anxiety and specific ratings in each of six dimensions. Results at post-intervention and at 6-month follow-up showed an improvement in the experimental group and, in particular, the high SA subgroup, with large effect sizes. In addition, this subgroup of high SA decreased their social anxiety at post-intervention to the same level as the reference group in four dimensions of the SAQ-CIII and on the overall social anxiety score of this questionnaire. These results provide initial support for the effectiveness of SST with children for decreasing SA.

**Physical and psychological violence inflicted in teen dating: its relationship with self-concept and peer violence** (pp. 429-446)

María Jesús Cava, Sofía Buelga, and Laura Carrascosa

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Physical and psychological teen dating violence is a major problem due to its serious consequences. A first objective of this study was to analyze the prevalence of physical and psychological teen dating violence, both occasional and frequent. A second objective was to analyze its relationship with self-concept and peer violence. 672 adolescents (48.4% boys; 51.6% girls) from 12 to 19 years old ( $M= 14.45$ ,  $SD= 1.62$ ) completed the Conflict in Adolescent Dating Relationships Inventory, the Self-Concept AF-5, and the Scale of Aggressive Behavior. Results indicate that adolescent boys and girls who are frequently involved in dating violence, physical and/or psychological, also show more peer violence and lower family self-concept. Boys show lower social and emotional self-concept, while girls show lower academic self-concept. These variables may be relevant to the prevention of teen dating violence.

**The unified protocol for transdiagnostic treatment of emotional disorders in group format in a Spanish public mental health setting** (pp. 447-466)

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The unified protocol for transdiagnostic treatment of emotional disorders (UP) includes therapeutic techniques and methods that have proven their efficacy and it is focused specifically on emotion regulation. Although the efficacy of UP has been proven in individual format, it is important to evaluate the delivery of the UP in other formats with the aim of improving cost-benefit. The aim of this pilot study was to evaluate the effectiveness and feasibility of UP in group format. Eleven patients with emotional disorders who attended a public mental health unit participated in the study. Primary outcomes were anxiety and depression symptoms, and secondary outcomes were positive and negative affect, impairment, general functioning, quality of life, and personality dimensions. At 12-month follow-up, 100% of the participants no longer met the diagnostic criteria for their main diagnosis, significant improvements were achieved in the primary outcomes and also in most secondary outcomes, including neuroticism scores. The administration of UP in a group format could be a suitable approach to treat emotional disorders in public mental health settings.

**Psychometric properties of the Five Facets Mindfulness Questionnaire (FFMQ-M) in Mexico** (pp. 467-487)

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The aim of the present study was to analyze the psychometric properties of the Five Facets Mindfulness Questionnaire in Mexico (FFMQ-M) solving previous methodological limitations. A transversal study was carried out with 1210 Mexican students and a multigroup confirmatory factor analysis was performed in Mplus 7.0. A confirmatory factor analysis in the calibration sample ( $n_1=620$ ) indicated as best model a total of 19 items structured into four first order factors (Nonreacting against internal experiences, Nonjudging internal experiences, Acting with awareness, Describing own experiences), without Observing dimension, loading in a second order factor (mindfulness). This model also exhibited good model fit in a second confirmatory factor analysis in the validation sample ( $n_2=590$ ). The invariance test indicated the existence of strict invariance. Finally, the concurrent validity between the indicators of mindfulness and the self-reported measures of life quality, life satisfaction, positive and depressive affect and the perception academic stressors was analyzed. These results provide information about the components of mindfulness and their relationship with health.

**Psychometric properties of the Aggression Questionnaire in Chilean adolescents: a comparison of different versions** (pp. 489-505)

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The objective of this research was to analyze the psychometric properties of the Aggression Questionnaire (AQ), in its 29, 20 and 12-item versions, in a sample of 898 Chilean students from 14 to 17 years of age. The confirmatory factor analysis identified that the 12-item version was the one showing a more suitable fit to the four-factor model proposed by the authors of the scale. The internal consistency of the four dimensions was acceptable, ranging between .67 and .78. The results also revealed positive and statistically significant correlations

between scores of AQ-12-item version and trait and state dimensions of the State-Trait Anger Expression Inventory for Children and Adolescents (STAXI-NA), ranging from .20 (Hostility-State anger) to .57 (AQ total score-Trait anger). These results indicate that the AQ-12-item version is an instrument that shows reliability and convergent validity for evaluating aggressive behaviors in Chilean adolescents.

**Bullying and its relationship with the drug use and eating disorders: a comparison between Chilean and Spanish adolescents** (pp. 507-527)

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The objective of this study was to analyze the association of bullying, eating disorders and drug use in adolescents from Chile and Spain. A secondary and high school sample of students ( $N= 960$ ) from Chile ( $n= 666$ ) and Spain ( $n= 294$ ) participated in the study. Results indicate that students from both countries who act as bullies show a significant higher drug use than non-bullies. On the other hand, victims show a higher risk of eating disorders. Based on the effect size values, the strength of these associations are large and medium. On the contrary, to be a bully was not associated with eating disorders and to be a victim was not associated with drug consumption, except for tobacco use. On the other hand, while the prevalence of bullying is similar in both sub-samples, Spanish students show a higher use of substances and a higher risk of eating disorders. In conclusion, this study shows the connection between being a bully and drug use and between being a victim of bullying and eating disorders.

**An adaptation of the Positive and Negative Affect Schedules (PANAS) in a Spanish general sample** (pp. 529-548)

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The Positive and Negative Affect Schedule (PANAS) have been widely used to measure affect. This study aimed to analyze the psychometric properties, structure and factorial invariance of an adaptation to Spanish in a general sample from Spain ( $N= 1071$ ). Cronbach's alpha was .92 for Positive Affect Scale and .88 for Negative Affect Scale. Exploratory and confirmatory factor analyses revealed a two-factor structure of the PANAS. Factorial invariance analyses confirmed the invariance of this adaptation by sex and age. Furthermore, significant correlations were found in different samples between the scales of the instrument and other measures of affect, depression, anxiety and well-being. Overall, this new version of the PANAS has good psychometric properties in the samples analyzed.

**Correlates and program completion of family only and generally violent perpetrators of intimate partner violence** (pp. 549-569)

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The present study examined correlates and program completion rates of Family only violent (FO) versus Generally violent (GV) male perpetrators of intimate partner violence mandated to batterer intervention programs. Probation records of 456 men sentenced to probation in Lake County, Illinois between 2006 and 2008 were examined, and the men were categorized as FO ( $n= 269$ ) or GV ( $n= 187$ ) by graduate student raters. GV men were younger, had more extensive criminal histories, greater substance use, and greater demographic risk factors related to education and employment. GV men were less likely to complete a mandated partner abuse intervention program and were deemed by probation officers to be at higher risk to reoffend as compared to FO men, even after controlling for racial differences. These findings highlight the utility of a reliable, easy to administer dichotomous categorization system for probation officers to use to differentiate between FO vs. GV men that had differential correlates and was associated with differential program completion rates. Implications for treatment of partner violent men are discussed.

**Emotional dependency and early maladaptive schemas in adolescents and youth dating relationships** (pp. 571-587)

Irache Urbiola and Ana Estévez

*Deusto University (Spain)*

Emotional dependency is defined as the extreme need of affection that someone feels towards his/her partner. In childhood and adolescence early maladaptive schemas that could affect dating relationships are formed. Therefore, the aim of this study was to analyze emotional dependency by sex and age and its association with early maladaptive cognitive schemas in youth and adolescents who have maintained at least one dating relationship. Emotional dependency, early maladaptive schemas and variables associated with dating relationships in young adolescents were examined in 1092 participants from different school and colleges. Emotional dependency was found to be significantly higher in boys depending on age. Early maladaptive schemas also showed a significant correlation with Emotional Dependency. These results provide insights into adolescents' dating relationships and how emotional dependency affects them.

**Behavioral Psychology/Psicología Conductual, 2016,  
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**Prevention program for disordered eating and obesity among Mexican university students** (pp. 5-28)

Iraís Castillo, Santos Solano, and Ana R. Sepúlveda  
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The aim of this study was to examine feasibility and acceptability of a disordered eating and obesity prevention program called “StopOBEyTA” among Mexican university students. A pilot study pre/post-intervention and follow-up with a two-control group was conducted with 45 university students. The experimental group received an intervention of eight sessions, aimed at promoting healthy eating habits and positive body image. The control group was divided, one half of the group received eight sessions directed to improve learning skills, and the other half did not receive any intervention. A battery of questionnaires was completed pre, post-intervention and at three months follow-up. There was a reduction of unhealthy eating behaviors, improved self-esteem and body satisfaction, perfectionism, and overall levels of psychopathology were reduced in the experimental group compared to the other two groups. These changes were maintained at three months follow-up. The program was highly valued by the participants, who expressed their satisfaction and learned new tools for daily life. This intervention promises benefits to prevent these types of pathology, although a replication of results with larger samples is needed.

**Social anxiety in adolescence: psycho- evolutionary and family factors** (pp. 29-49)

Olga Gómez-Ortiz<sup>1</sup>, Carmen Casas<sup>1</sup>, and Rosario Ortega-Ruiz<sup>1,2</sup>  
*University of Cordoba (Spain); <sup>2</sup>Greenwich University (United Kingdom)*

Research on protective or risk factors of social anxiety in adolescence has advanced significantly in last decades. However, there is scarce evidence about the role of family and social context in the development of this problem. The aim of this study was to analyze the predictive value of parenting styles, parental discipline, social competence and self-esteem, in the development of social anxiety during adolescence, taking into account the gender and age of adolescents. The sample consisted of 2060 Andalusian teenagers who were studying Obligatory Secondary Education (52.1% boys). Multiple regression analyses were performed. These analyses explained between 27.7% and 33.8% of the variance of social anxiety and highlighted its positive relationship with negative self-esteem, normative adjustment and parental control, and its negative relationship with social adjustment. These results are discussed emphasizing the importance of focusing on supporting the development of self-esteem and social competence of youths and working with their parents to promote positive parenting practices, adapted to the developmental level of the children, to prevent social anxiety in adolescence.

**Parenting stress as a predictor of psychological symptoms in mothers from at-risk families** (pp. 51-71)

Javier Pérez-Padilla and Susana Menéndez Álvarez-Dardet  
*University of Huelva (Spain)*

The aims of this study were to explore parenting stress in mothers of at-risk families as a predictor of psychological symptoms and to examine moderating effects with variables which are related to parenting stress. To accomplish these objectives 109 mothers receiving family preservation intervention were interviewed. Their average age was 35.55 years ( $DT= 7.25$ ), they had at least one children and their level of risk was medium. Psychological symptoms (GHQ-28), parenting experience (PSI-SF, PSOC, PLOC) and coping strategies were assessed (COPE). Analyses showed that most of the mothers exceeded the clinical limit indicated by the GHQ-28 y PSI-SF. Significant relations were observed between psychological symptoms and poverty, stressful life events, parental locus of control and avoidance. Parenting stress was a relevant predictor of psychological symptoms, especially the parental distress scale. Parental satisfaction, problem-focused coping and avoidance moderate this relationship.

**Validation of the Balanced Measure of Psychological Needs (BMPN) in Spanish and Portuguese: method effects associated to negatively worded items** (pp. 73-91)

Laura Galiana<sup>1</sup>, Melchor Gutiérrez<sup>1</sup>, José M. Tomás<sup>1</sup>, and Patricia Sancho<sup>2</sup>

<sup>1</sup>University of Valencia; <sup>2</sup>Catholic University San Antonio de Murcia (Spain)

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**Design and validation of the Internet Emotional Intelligence Scale (IEIS) for adolescents** (pp. 93-105)

Joaquín González-Cabrera<sup>1</sup>, Carlota Pérez-Sancho<sup>1</sup> and Esther Calvete<sup>2</sup>

<sup>1</sup>International University of La Rioja; <sup>2</sup>Deusto University (Spain)

Emotional intelligence is a widely studied construct, but there are very few works that have related it to online contexts. Nowadays it is argued whether a different emotional process exists for situations in which there is physical contact or virtual interaction. The aim of this study was to design and validate the Internet Emotional Intelligence Scale (IEIS). The IEIS is based on the Trait Meta-Mood Scale-24 (TMMS-24), which is composed of three dimensions: attention, clarity, and online emotional repair. A sample of 535 adolescents (50.3% boys and 49.7% girls, with an average age of  $15.00\pm 1.67$ ) completed the IEIS, the TMMS-24 and a measure of peer-harassment. The confirmatory factorial analysis done through a maximum likelihood robust method reflects a good fit model. There is high reliability for the total of the scale ( $\alpha = .89$ ), and the values for the alpha Cronbach for the dimensions are in between .75 and .89. The stability of the measurement has been calculated through a test-retest ( $r = .77$ ). Convergence indicators have been obtained with the TMMS-24, and the Screening of Peer-Harassment (technological scale).

**Negativity, anxiety and social withdrawal as predictors of symptoms of attention deficit hyperactivity disorder** (pp. 107-125)

José Antonio Lora-Muñoz and Inmaculada Moreno-García  
*University of Sevilla (Spain)*

Predictive ability of anxiety, socialization, self-esteem and negativism for attentional deficiencies and hyperactivity was analyzed, considering firstly a normal population and then individuals with suspected attention-deficit/hyperactivity disorder (ADHD). 259 children ( $M=13.05$ ,  $SD=1.92$ ) and 241 girls ( $M=12.90$ ,  $SD=2.04$ ) have participated in this study. Two groups have been differentiated from the information provided by teachers through the ADHD Rating Scale-IV (DuPaul, Power, Anastopoulos y Reid, 1998). The results show variance explained rates between 33.5%,  $F(6, 349)=30.854$ ,  $p=.008$ , inattention score and 45.2%,  $F(3,102)=29.901$ ,  $p=.008$ , combined symptoms. Symptoms of negativism, state anxiety and social withdrawal stand out, as the most relevant variables that tend to increase scores on inattention and impulsivity. The school esteem and consideration to others are the main moderating variables of overactive symptoms.

**Sociability and behavior problems in adolescents with social exclusion risk** (pp. 127-139)

Sara Mata<sup>1</sup>, Miguel Conrado-Montes<sup>2</sup> and M<sup>a</sup> Dolores Calero<sup>1</sup>

<sup>1</sup>*University of Granada;* <sup>2</sup>*Salesiano School Sagrado Corazón de Jesús (Spain)*

Social exclusion is a phenomenon that particularly affects children. Growing up in environments at risk of social exclusion can affect social competence or the ability to cope with social situations successfully. The aim of the study was to analyze in a Spanish population whether living at risk of social exclusion is related to socialization problems, with a lesser ability to solve interpersonal problems and/or behavioral problems. The analysis takes into account the sex modulating function in this regard. The participants were 126 adolescents between 13 and 17 years, 40 of which had a report issued by the Social Services and Child Protection. All were evaluated with tests of socialization, resolution of interpersonal problems and behavioral problems. The results showed that participants with social report underperform in interpersonal solving problems skills and behavior problems compared to children without a report.

**Personality development: relationship with anxiety sensitivity, stiffness and regulation verbal** (pp. 141-158)

Dyanne Ruiz Castañeda<sup>1</sup>, Azucena García-Palacios<sup>2</sup> and Inmaculada Gómez-Becerra<sup>1</sup>

<sup>1</sup>*University of Almería, Spain,* <sup>2</sup>*Jaume I University, Spain*

The aim of this study is to analyze the correlation between sensibility to the anxiety, perfectionism (rigidity vs. flexibility pattern), and verbal regulation in children with certain dysfunctional personality patterns. The sample consisted of 123 participants (53% girls and 47% boys), aged between 12 and 15 years at the time of the study, who were enrolled in two schools. Strong to moderate relationships between psychological variables and scales measures, as well as with clinical syndromes were found. Specifically a clear relation is observed between sensitivity to anxiety and perfectionism, as well as a significant relation between the instructional tendency of the participants and variability in the tests of

personality. The study confirmed that the inflexibility variable presents the highest predictive value in the variability in personality tests. These results point toward some guidelines for the development of programs of prevention for problems of dysfunctional personality in children and youth population.

**Behavioral dialectic therapy for a case of cocaine dependent disorder** (pp. 161-178)

Rubén Rodríguez-Cano<sup>1</sup>, Juan J. Olivencia-Lorenzo<sup>1</sup>, Francisca López-Ríos<sup>2</sup> and Gregorio Gómez del Pulgar Arrufat<sup>1</sup>

<sup>1</sup>*Clinical Psychology Center Psicolivencia;* <sup>2</sup>*University of Almeria (Spain)*

The aim of the current study is to describe and analyze the application of the TDC in a client with cocaine addiction. Luis comes for consultation because of family problems. Cocaine use has continued for 10 years, in addition to alcohol, smoking and gambling behavior. He suffers emotional difficulties, impulsivity problems, poor distress tolerance and deterioration of main areas in his life. The emotional dysregulation and low distress tolerance skill, as central dimensions in cocaine disorder, have led to the application of dialectical behavior therapy (DBT). A DBT skills training program has been applied for 12 months, both individually and in group. There has been 12- and 24-month follow-up. The patient has presented continuous abstinence for 12 months of treatment and at 12- and 24-month follow-up. Also, he showed a general symptomatic reduction, increased alternative activities to consumption and a greater acceptance and a better regulation of emotional states. The TDC is presented as an appropriate long-term treatment for the cocaine addiction of Luis, as it helps him to maintain abstinence, provides him a better emotional regulation and generates an alternative life against consumption.

**Malpractice in Clinical and Forensic Psychology in Spanish courts: an exploratory analysis** (pp. 179-196)

Enrique Esbec<sup>1</sup> and Enrique Echeburúa<sup>2</sup>

<sup>1</sup>*Complutense University of Madrid;* <sup>2</sup>*University of Basque Country (Spain)*

This paper reviews the most relevant ethical and malpractice issues in Clinical and Forensic Psychology arising in Spanish courts of justice. The main issues related to malpractice include: a) lack of informed consent regarding diagnosis and psychological treatment, b) mistakes in diagnosis because of professional negligence, c) violation of the professional secrecy and disclosure of confidential information without the consent of the individual in various circumstances, d) clinical negligence in preventing harm to patients or other people (suicide or homicide), e) negligence in protecting clinical records regarding the ownership of psychological records and data, f) involuntary psychiatric hospitalization and risk management with suicidal or violent patients and g) contradictory expert reports in courts. Suggestions for good practice in this field are considered.

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**Distorted thoughts and attribution of responsibility among convicts for gender violence** (pp. 207-220)

Mónica Guerrero-Molina, Juan Manuel Moreno-Manso, Eloísa Guerrero-Barona, and Beatriz Cruz-Márquez

*University of Extremadura (Spain)*

Given the current prevalence of gender-based violence and the interest in criminal behavior, the investigation aims to identify distorted thoughts and the lack of attribution of responsibility in a sample of 129 convicts. The scale of measurement Attribution of Responsibility and Minimization and the inventory Distorted Thoughts about Woman and Violence was applied. The main conclusions show that aggressors assume the responsibility given that they do not justify the aggression although they blame the victim to a greater extent. There is also a low frequency of distorted thoughts among convicts, although they tend to interpret violence as a suitable resource to resolve conflicts. A link was found between distorted thoughts about women and violence, the lack of attribution of responsibility, and the justification of damage. In addition, distorted thoughts about women and violence predict the lack of attribution of responsibility.

**Cyber dating abuse: its link to depression, anxiety and dyadic adjustment** (pp. 221-235)

Erika Borrajo<sup>1</sup> and Manuel Gamez-Guadix<sup>2</sup>

<sup>1</sup>*Deusto University*; <sup>2</sup>*Autonomous University of Madrid (Spain)*

Although the study of cyber dating abuse has increased in recent years, there is still limited knowledge about the variables associated with victimization in these behaviors. This study has two objectives: (1) to analyze the relationship of the main forms of online victimization of cyber dating abuse (control and direct aggression, and the interaction between them) with depression, anxiety and dyadic adjustment; and (2) to study the moderating role of sex in these relationships. The sample consisted of 782 youths between 18 and 30 years. The results showed that online victimization is related to both higher levels of depression and anxiety as well as to a worse dyadic adjustment. Furthermore, the relationship between depression and anxiety with direct aggression was moderated by control. Sex, in turn, moderated the relationship between direct aggression and dyadic adjustment. These findings have important implications for prevention and intervention on cyber dating abuse.

**Parental care in childhood and borderline personality disorder** (pp. 237-252)

Ekaterina Kokoulina Cherevach<sup>1</sup> and Rafael Fernández Martínez<sup>2</sup>

<sup>1</sup>*“El Castro” Medical Center, Vigo*; <sup>2</sup>*Organization Structure of Integrated Management at Vigo (Spain)*

Instability in interpersonal relationships is one of the central features of the borderline personality disorder (BPD). Adverse conditions in the family environment in childhood/adolescence, such as parental rejection and neglect and the various forms of abuse, interfere with the formation and maintenance of secure attachment. These difficulties could be

an important precursor in the life trajectories of people with BPD. The aim of the study is to compare a group of patients with BPD ( $n= 31$ ) and a group of patients with various psychopathological conditions ( $n= 278$ ) in self-reported experiences in childhood and adolescence (up to 17 years) of negative parental care and physical maltreatment, emotional abuse, sexual abuse and witnessing domestic violence. The results indicate a greater burden of family adversity among patients with BPD, who showed father antipathy and physical and sexual abuse as the self-reported experiences with a greater weight in predicting the disorder. We discuss the results within the framework of Bowlby's attachment theory (1989).

**Are emotionally intelligent students more resilient to stress? The moderating effect of emotional attention, clarity and repair** (pp. 253-272)

Sabina Hodzic<sup>1</sup>, Pilar Ripoll<sup>2</sup>, Hilda Costa<sup>2</sup>, and Franck Zenasni<sup>1</sup>

<sup>1</sup>*Paris Descartes University (France)*; <sup>2</sup>*University of Valencia (Spain)*

The current study aims to examine the moderating effect of different dimensions of Trait Meta Mood Scale (TMMS) in the relationship between perceived stress and life satisfaction and mental health. We believe that the three TMMS dimensions (emotional attention, clarity and repair) will have different moderating effects. 835 university students from Spain, Portugal and Brazil participated in the investigation completing the short version of the trait metamood scale (TMMS24), Perceived Stress Scale, Satisfaction with life scale and General Health Questionnaire. The hierarchical regression analyses indicated different interactive effects of different TMMS-24 dimensions and stress in predicting life satisfaction and mental health. The only TMMS-24 dimension found to interact significantly with stress in predicting life satisfaction was emotional repair. When students perceive increased stress, the ones with lower emotional repair reported less satisfaction with life.

**Aesthetic model, body image, self-esteem and eating disorders symptomatology in Mexican and Spanish adolescents** (pp. 273-283)

Lucero Munguia, Marisol Mora, and Rosa M. Raich

*Autonomous University of Barcelona (Spain)*

The objective of the research was to analyze the relationship between country of origin, body image dissatisfaction, influence of the aesthetic body shape model and self-esteem on the development of eating disorders (ED) symptomatology in Mexican and Spanish adolescents. The participants were 117 female adolescents, 68 from Mexico and 49 from Spain ( $M_{age}= 15.34$  years old,  $SD= 0.51$ ), who completed the Eating Disorder Examination Questionnaire (EDEQ), the Body Shape Questionnaire (BSQ), the Aesthetic Body Shape Influence Questionnaire (CIMEC-26, in Spanish) and the Rosenberg Self-Esteem Scale (RSES). Regarding the symptomatology of ED, the interactions of the country with the rest of the variables did not show a significant influence ( $p= .721$ ), the body image dissatisfaction ( $p < .005$ ) and the influence of the aesthetic body shape model ( $p= .002$ ) showed a positive and significant effect, while self-esteem and country of origin did not show any significant effect. According to these results there is no difference between the influence of the risk factors and the development of ED symptomatology in both countries.

**Self-esteem, cognitive functioning and perception of cognitive deficits in schizophrenia. An application of Mind Training Program** (pp. 285-304)

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<sup>1</sup>*Therapeutic Community of the Jaen Hospital Complex;* <sup>2</sup>*University of Jaen (Spain)*

The purpose of this paper is to analyze the relationship between self-esteem, symptomatology, cognitive functioning and self-reported cognitive deficits in patients with schizophrenia, and evaluate the effectiveness of a Mind Training Program specifically designed to work self-esteem through cognitive exercises in these patients. The 83 patients with schizophrenia who participated were assessed with the Scale of Positive and Negative Syndrome, the Rosenberg Self-Esteem Scale and the "MATRICS Battery". Subsequently, 40 of these patients were randomized to one of two experimental groups: one that was trained for 10 weeks with a "Mind Training Program" and another that received no training. The results indicate the existence of a negative correlation between self-esteem and self-reported cognitive deficits, so that patients with higher self-esteem have a lower perception of their cognitive deficits. On the other hand, the Mind Training program was not effective in improving symptoms, cognition and self-esteem of these patients.

**Psychometric properties of the Spanish version of the Brief COPE Inventory (COPE-28) in a sample of teenagers** (pp. 305-318)

Ana Isabel Mate, José Manuel Andreu, and María Elena Peña

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The aim of this study was to analyze the psychometric properties of the Spanish version (COPE-28) of the Brief Cope Inventory (Carver, 1997) with 1204 adolescents ( $M= 15.3$  years,  $SD= 1.8$ ). An exploratory factor analysis showed a solution of eight factors that explains 54.19% of the variance ( $KMO= .752$  and Bartlett's test was significant,  $\chi^2= 6625.262$ ,  $df= 378$ ,  $p < .001$ ). The internal consistency for the total score of the COPE-28 was .78. Concurrent validity was obtained with the Aggression Questionnaire (AQ; Buss & Perry, 1992) and Reactive and Proactive Aggression Questionnaire (RPQ; Raine et al., 2006). The most significant correlations were between Self-incrimination (COPE-28) and Hostility (AQ) ( $r= 0.414$ ), Disconnection (COPE-28) and Proactive aggression (RPQ) ( $r= .315$ ), and finally Substance use (COPE-28) with Reactive aggression (RPQ) ( $r= .360$ ), Proactive aggression (RPQ) ( $r= .455$ ) and Physical aggression (AQ) ( $r= .392$ ). These data support the reliability and validity of COPE-28 but point to the need for further studies.

**Factorial structure of the Coping Strategies Inventory and its relationship with emotion regulation, anxiety and depression** (pp. 319-340)

Paula Jauregui<sup>1</sup>, David Herrero-Fernández<sup>2</sup>, and Ana Estévez<sup>1</sup>

<sup>1</sup>*Deusto University;* <sup>2</sup>*University of the Basque Country (Spain)*

Coping and emotion regulation are related but differentiated constructs, which may underlie different psychological disorders. The Coping Strategies Inventory (CSI; Tobin, Holroyd, Reynolds, & Wigal, 1989) is one of the most relevant instruments to measure coping. It presents a factorial structure of eight primary factors, four secondary factors and two tertiary factors, which has not been validated in its Spanish adaptation. The aim of this study was to validate the factorial structure of the CSI in Spanish population, and to study the predictive value of coping and emotion regulation in relation with anxious and depressive



symptomatology. The sample comprised 498 participants from universities and via on line. Confirmatory factor analyses (CFA) were carried out, which supported the original structure of the instrument in its Spanish adaptation, and a hierarchical regression analysis was also carried out, which showed the differentiated predictive value of coping and emotion regulation in relation to depressive symptomatology. These results support the validity of the complete structure of the CSI and allowed to obtain a better knowledge of the relationship between coping and emotion regulation.

**Child raising practices and the reduction of problematic child behavior** (pp. 341-357)

Silvia Morales Chainé<sup>1</sup>, María José Martínez Ruíz<sup>2</sup>, Raúl Martín del Campo Sánchez<sup>2</sup>, and Javier Nieto Gutiérrez<sup>1</sup>

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The goal of the study was to assess parents and children behavior on the basis of their participation in a raising practices program. 128 parents from 8 public health institutions in Mexico were assessed with self-reports about their behaviors and their children's, and a direct observational system was used to determine the use of raising practices and parents behaviors. A factorial design of two (before and after assessment) by two (low and middle use) was used. The results suggest that the parental behaviors that change in function of higher use of the child raising practices are praising, social interaction and following instructions; and the report of lower use of punishment, more use of the ignoring technique, problem solving, establishment of rules and academic social interaction. Additional studies should confirm the engaged adoption process associated with child raising practices and the reduction of problematic behavior in children.

**Forensic neuropsychology in an intimate partner violence case** (pp. 361-376)

M<sup>a</sup> Isabel Marín Torices<sup>1</sup>, Natalia Hidalgo-Ruzzante<sup>2</sup>, Vicente Tovar Sabio<sup>3</sup>, and Miguel Pérez García<sup>2</sup>

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Women suffering Intimate Partner Violence show psychological problems including anxiety, depression or post-traumatic stress disorders. Nevertheless, neuropsychological consequences are rarely evaluated considering the high frequency with which women are beaten in the head by batterers. Furthermore, these neuropsychological deficits are not normally considered during the forensic procedures for establishing imputability or economic compensations. Our objective is to describe the case of Ana, a woman accused of murdering her husband, who suffer intimate partner violence during 3 years with very frequent blows on the head. A comprehensive neuropsychological battery was administrated to assess the main neuropsychological domains such as perception, attention, memory, language, executive functioning and malingering. The forensic neuropsychological assessment showed that Ana suffered attention and executive function problems concerning her working memory, flexibility and decision making functioning. Malingering was ruled out. Considering the neuropsychological report, the jury decided to declare Ana as unfit to plead for the murder. To our knowledge, this is the first case in which neuropsychological deficits caused by intimate partner violence are considered to in a case of murder to declare the crime unpunishable.

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**Cognitive behavioral intervention group in adjustment disorder** (pp. 389-403)

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The goal at this research is to study the effectiveness of a cognitive behavioral group therapy program in patients with Adjustment Disorder. The sample is made up of 102 patients from two Mental Health units and a Primary Care Center in Valencia (Spain). The treatment was a cognitive behavioral group intervention of one hour and a half session per week during eight weeks. Patients were evaluated at the beginning and end of the program. Monitoring was performed at three months. The resources used were: the Symptom Checklist-90-Revised (SCL-90-R), the Suicide Risk Scale (RS) and the SF-36 Health Survey (SF-36). The results show significant differences between previous and following treatment measures on key dimensions of the applied scales, maintaining these results at 3 months follow-up. The results suggest that cognitive-behavioral group therapy could be used as a first level of attention to Adjustment Disorder because of its effectiveness and efficiency.

**Experiential learning of therapeutic skills and analysis of their usefulness depending on the personality** (pp. 405-422)

José Ruiz, Arturo Bados, Adela Fusté, Eugeni García-Grau, Carmina Saldaña, and Teresa Lluh

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The perceived utility of two training methods of therapeutic skills was compared in the training of General Health Psychologist: the peer counseling (the student who plays the client role relates a personal experience and therefore the therapist works with real experiences), and the role-playing (the student who plays the role of patient always plays a role). The degree of discomfort that sharing intimate personal experiences may involve for students was also examined, as well as the relationship between personality and utility perceived. The participants, 149 students of the Master in General Health Psychology at University of Barcelona, completed the NEO-FFI and an ad hoc questionnaire to assess the teaching methodology. The peer counseling was considered more useful than role-playing to learn therapeutic skills and the utility of both was predicted mainly by the dimension of Responsibility. The discomfort experienced was significantly lower than anticipated. These results have important implications for training in therapeutic skills.

**Social skills training in the university formal context: effect on the social skills to work in teams and on social anxiety** (pp. 423-438)

Santiago Mendo Lázaro, Benito León del Barco, Elena Felipe Castaño, and María Isabel Polo del Río

*University of Extremadura (Spain)*

The competences of social interaction are very important for education professionals. In this paper, we propose as main objective to study the effect of a program on social skills training in the formal university context, on the social skills to work in teams learning and on the social anxiety of students. It was also analyzed whether the level of social anxiety affects the success of the training. For this purpose a quasi-experimental research cutting control group, in which 149 students of the degree in social education participated. Pretest-posttest measures were taken through self-exploring basic social skills for learning teamwork, and social anxiety. The results confirmed the effectiveness of the training conducted in university students of social education, and support the relevance of social anxiety control variable in training in social skills, as well as its power to limit the capabilities and skills of social interaction during training).

**Fibromyalgia: effect of a cognitive behavioral treatment with and without biofeedback on psychopathological symptoms** (pp. 439-457)

Maite Garaigordobil<sup>1</sup> and Leila Govillard<sup>2</sup>

<sup>1</sup>*University of Basque Country*; <sup>2</sup>*Deusto University (Spain)*

The purpose of the study was to design two cognitive behavioral treatments (CBT) for people with fibromyalgia (FM): therapy with electromyographic biofeedback (T1) and therapy without biofeedback (T2); and to assess their effects on psychopathological symptoms. The study was carried out with 88 people diagnosed with FM, aged between 26 and 65 years; 33 received T1, 33 received T2, and 22 were assigned to a control group without treatment. An evaluation was performed before and after a treatment of 10 sessions with the “Symptom Checklist-90-Revised,” the “State-Trait Anxiety Inventory,” the “Beck Depression Inventory” and “State-Trait Anger Expression Inventory”. The results showed that participants who had received a treatment decreased symptoms of hostility, state-anxiety, trait-anxiety, depression, trait-anger, and anger expression ( $p < .05$ ). The effects of the two treatments were similar, and no significant group differences were found for any variable. The control group decreased less the symptoms, increasing anxiety and anger. This work provides an efficacious tool to reduce psychopathological symptoms and negative feelings in people with FM.

**Global clinical benefits of cognitive-behavioral therapy for insomnia and mindfulness-based therapy applied to fibromyalgia: systematic review and meta-analysis** (pp. 459-480)

M. Pilar Martínez, Elena Miró, and Ana I. Sánchez

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Cognitive-behavioral therapy focused on insomnia (CBT-I) is useful to improve sleep and other manifestations of fibromyalgia (FM). It has also been suggested that mindfulness-based therapy (MBT) may help alleviate insomnia, but it is unknown whether its clinical benefits are higher than CBT-I on FM. This review analyzes the value of the MBT to address sleep, pain, depression and impairment in FM and its differential efficacy regarding CBT-I. The MEDLINE, PsyARTICLES, SCOPUS and Cochrane Library databases for the period 2000-2015 were examined, and randomized controlled trials that implemented CBT-I or MBT in patients with FM were selected, and 11 studies were identified. CBT-I achieved higher changes than MBT in sleep but lower changes in pain, and both therapies achieved significant improvements in depression and impairment, although favorable magnitude to CBT-I. The

possibility of extending the clinical benefits that enable CBT-I on the FM incorporating the principles of mindfulness is suggested.

**Child-to-parent violence: frequency and reasons for the aggressions against parents** (pp. 481-495)

Esther Calvete and Izaskun Orue  
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In the present study, we developed a new version of a self-report that assesses child-to-parent aggressions, the Child to Parent Aggression Questionnaire-Revised. This questionnaire, in addition to evaluating the frequency of various forms of physical and psychological child to parent aggression, also evaluates the reasons for the aggressions. A total of 1274 adolescents (654 boys and 620 girls, between 14 and 18 years) took part in the study. The results showed that girls carried out more child to parent aggressions and that these attacks are more common against the mothers than against the fathers. Furthermore, the results indicate the most frequent reasons for those attacks, which are grouped into three factors: instrumental, affective and defensive. The three factors have excellent internal consistency. Numerous differences emerged according to the sex of the adolescents. For example, home arrival time is mentioned more often by girls than by boys in reference to attacks against the mother. Girls also indicate self-defense and feeling misunderstood as the most frequent reasons for aggression.

**Differential effect of paternal and maternal parenting style during adolescence** (pp. 497-511)

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The main goal of the present study was to analyze the differential effect of paternal and maternal parenting styles on aggressiveness during adolescence. The sample was made up of 271 students, aged 10-14, who completed questionnaires. The analysis of the data shows that boys display higher scores in physical and verbal aggressiveness than girls, with physical aggressiveness increasing with age. A high level of coincidence between paternal and maternal parenting style's dimensions was found, as well as higher scores for mothers than fathers in all the dimensions. Correlation analysis shows significant negative values in almost all dimensions of paternal and maternal parenting styles. Regression analysis reveals differences in paternal vs. maternal parenting style regarding aggressiveness. The effect of psychological control and promotion of autonomy on the level of aggressiveness during the transition from childhood to adolescence is discussed.

**Design and validation of the Compulsive Obsessive Symptoms Scale for Parents (CESOC-P)** (pp. 513-529)

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The aim of this study was to develop an instrument for the detection of obsessive compulsive (OC) symptoms through parent information. 492 parents of schoolchildren answered the

41 preliminary items of the “Questionnaire for the evaluation of obsessive compulsive symptoms- parent” (CESOC-P). A first exploratory factor analysis (EFA) was made to reduce the number of items, and with the items that obtained loads equal to or higher than 0.50 and some items considered clinically relevant another EFA using the Oblimin rotation method was performed. The 13 items selected made up the final version, which showed a single factor (KMO= .86 index, GFI= .96) and adequate reliability ( $\alpha$ = .84). CESOC-P scores were significantly related to OC diagnoses and Child Symptoms Inventory-4 OC scores. A cut-off score of 3 presented adequate sensitivity and specificity. The CESOC-P is a quick, reliable and valid tool for the detection of obsessive-compulsive symptoms and can be useful to supplement the information reported by children and/or teenagers.

**Cross-Cultural adaptation of Executive Function Tests for Assessments of traumatic brain injury patients in Southeast Iran** (pp. 531-554)

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The Delis-Kaplan Executive Function System (D-KEFS) is a “greatest hits” collection of commonly used tests of executive functioning. We mainly aimed to develop a Persian version of D-KEFS for brain-damaged patients in Zahedan, Iran, and to provide preliminary validation evidence, applying a normal sample with demographic traits of the patients. In the judgmental phase, in order to conduct several local field studies and non-standard pilot administrations, we made various cross-cultural adaptations. For the statistical phase, the provided materials along with four tests from the Behavioral Assessment of the Dysexecutive Syndrome (BADs) were administered to 75 healthy individuals. Within 12 to 30 days, 24 subjects were retested. Relatively high reliabilities were obtained for most of the D-KEFS measures. In validity analysis, strong correlations were found among the majority of the scores within the tests; correlations between various D-KEFS tests were in the range of weak to moderate; and significant correlations were found between the majority of D-KEFS executive scores and BADs scores. In conclusion, the adapted tests show acceptable psychometric properties in assessing the complex, multidimensional construct of executive functioning.

**Validating the temporal Satisfaction with Life Scale in the Spanish elderly: a bifactor model application** (pp. 555-567)

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The purpose of this research is to disentangle how much of life satisfaction is due to its stable dimension and how much is due to temporal dimensions on a Spanish elderly sample, studying the Temporal Satisfaction with Life Scale's (TSLs) factorial structure. It is a panel design of 737 people attending the University of Valencia available programs for long life learning (response rate 77.54%). Good levels of internal consistency of the scale were found, alpha for the TSLs was .91, and .83, .81 and .86 for the subscales. Criterion-related and nomological validity evidence was adequate too. Confirmatory models showed that a bifactor (one general dimension of life satisfaction and three domain specific factors of past, present and future satisfaction) structure represented the data more appropriately. TSLs incorporates

the time axis measurement with psychometric guarantees, as shown in this first validation of the Spanish version with elderly population.

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**Development and validation of a new social skills assessment instrument: The Social Skills Questionnaire (CHASO) (pp. 5-24)**

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The assessment and training of social skills constitutes a continuous hot topic both in clinic and research settings. However, social skills assessment has been since its beginnings a difficult area to address. One ongoing issue is that even today self-report instruments for social skills published in the 1970s are still profusely used. The main objective of this study has been to develop a new questionnaire to assess the main dimensions or response classes included in the construct of social skills. The third version of the Social Skills Questionnaire (CHASO-III), comprising 76 items, was administered to 826 participants from various Spanish regions. The exploratory factor analysis yielded 10 coherent factors with little overlap between them. The best four items from each factor were selected in order to establish the final version of the CHASO. The psychometric properties obtained for this final version, including its internal consistency, its reliability and its validity, were very adequate, thus offering a new and updated social skills self-report instrument.

**Severity and change in personality disorders (pp. 25-45)**

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The varied course of evolution of personality disorders (PD) and patients' different responses to therapeutic interventions position the concept of severity of PD amongst the greatest concerns to clinicians and researchers. In a previous study (Ramos, Sendra, Sánchez, & Mena, 2015) we proposed an index of severity of PD based on the overlap of pathological traits; now we analyze the change in severity after 6 months of specialized treatment. In 93 patients who completed the program (51.4% of the total sample) we found a reduction in general ( $d=1.193$ ) and affective ( $d=0.990$ ) disturbance, also in PD traits and severity ( $d=0.753$ ). Nevertheless, interaction effects between change and severity did not appear; neither did severity by itself predict therapeutic results. We discuss the data in the light of other findings. The stability of the PD does not seem to reside in the fulfillment of diagnostic criteria, but in a core of vulnerability shared by all the patients, independently of the prototypical categorization and the symptomatology fluctuation.

**Parental care in childhood and borderline personality disorder (pp. 47-64)**

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The aim of this study was to analyze the presence of postpartum depression and its related variables in a 99 women sample. These women were evaluated during pregnancy and 6-8 weeks after delivery. Assessment included a questionnaire with sociodemographic and

clinical information, the Edinburg Postnatal Depression Scale (EPDS) and the State-Anxiety Inventory (STAI-S). Results indicated a rate of postpartum depression of 22.2%. Women who have fewer years of education ( $p = .047$ ), who do not work ( $p = .017$ ), who have more depressive symptoms during pregnancy ( $p \leq .001$ ) and a higher level of anxiety ( $p \leq .001$ ) have a higher percentage of postpartum depression. The most noteworthy predictor of postpartum depression was depression during pregnancy ( $OR = 17.50$ ). These results confirm the importance of assessing psychosocial risk factors at regular controls of pregnancy, because that assessment generates the opportunity to detect women at risk for postpartum depression and to advise them to seek the appropriate professional help.

**The predictive role of psychological abuse and emotional regulation in emotional dependency** (pp. 65-78)

Janire Momeñe, Paula Jáuregui, and Ana Estévez

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Emotional dependency is defined as a need for affection and continuous and excessive contact with the partner. The aim of this study was to analyze the relation between emotional dependency, emotion regulation, and psychological abuse in couple relationships, as well as to analyze differences in these variables regarding gender. The sample comprised 303 participants (232 women and 71 men) aged between 18 and 75 years old ( $M = 25.93$ ,  $SD = 8.66$ ). Results showed that women had greater emotion regulation difficulties than men, whereas there were no significant differences amongst men and women in psychological abuse and emotional dependency. Psychological abuse, emotion regulation and emotional dependency were found to correlate. Psychological abuse and difficulties in emotion regulation were predictors of emotional dependency. These results may provide new keys to the incorporation of emotion regulation and emotional dependency in prevention and intervention in psychological abuse.

**Motivation Questionnaire to Adopt a Healthy Lifestyle: Adaptation of the Treatment Self-Regulation Questionnaire** (pp. 79-97)

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The purpose of this study was to develop a Motivation Questionnaire to Adopt a Healthy Lifestyle (CM-EVS) for adolescents, an adaptation of the Treatment Self-Regulation Questionnaire (TSRQ) to the Spanish context. Two independent studies were carried out, in 858 and 344 post-compulsory secondary education students (aged from 16 to 21) participated, respectively. The factorial structure of the instrument was tested in the first study. Results showed unsuitable fit indices because of item ten. After a new wording of this item, results gave support to a four-subscale structure (self-determined motivation, introjected regulation, external regulation, and amotivation). There was invariance across sex and physical exercise. Except for introjected regulation, internal consistence (Cronbach's alpha and composite reliability) of the rest of subscales was acceptable ( $> .70$ ). Results showed evidence of reliability and validity of the TSRQ in order to measure motivation to adopt a healthy lifestyle in Spanish adolescents.



**Withdrawal behaviors and mental health among college students** (pp. 99-109)

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Youth social withdrawal has raised clinical concerns, and prevention of withdrawal behavior is important yet difficult. While human evaluation of withdrawal behavior can be subjective, technology provides objective measurement for withdrawal behavior. This study aims to examine the association between withdrawal behaviors (home-stay and non-communication) and mental health status (stress, depression and loneliness). The open-access StudentLife dataset, including the location and conversation information derived from the sensor data, stress levels, and pre- and post-questionnaires of depression (PHQ-9) and loneliness (RULS) of 47 college students over 10 weeks was used. Multilevel modeling and functional regression were employed for data analysis. Daily duration of home-stay was negatively associated with daily stress levels, and the interaction effect of daily duration of home-stay and non-communication were positively associated with daily stress levels and changes in PHQ-9 and RULS scores. Smartphone data is useful to provide adjunct information to the professional clinical judgement and early detection on withdrawal behavior

**Determinants of condom use among young adults: The role of preparatory behavioral strategies in the theory of planned behavior** (pp. 111-128)

Catherine Potard<sup>1</sup>, Emmanuelle Caballero<sup>2</sup>, and Robert Courtois<sup>2</sup>

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This study tested a modified version of the theory of planned behavior (TPB) in condom use that incorporated preparatory behavioral strategies (PBS) in a sample of French young adults (n= 350, Mean age= 22.31, SD= 2.49, Age range= 18-30 yrs.) This extended model was able to explain 42% of the variance of behavioral intention and 44% of condom use. In accordance with the TPB, condom use was predicted by intention. Perceived behavioral control (PBC), entourage norms and attitudes were significant predictors of intention, whereas socio-cultural norms had no effect on intention but had a direct effect on behavior. Intention had a direct influence on condom use and was also influenced by PBS, especially active PBS. The effect of PBC on condom use was significantly related through active PBS. The current study provides support for the importance of planning strategies to improve compliance with condom use in young adults.

**Gender differences in the use of the Internet in Spanish adolescents** (pp. 129-146)

Sandra Golpe Ferreiro<sup>1</sup>, Patricia Gómez Salgado<sup>1</sup>, Sion Kim Harris<sup>2</sup>, Teresa Braña Tobío<sup>1</sup>, and Antonio Rial Boubeta<sup>1</sup>

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The use of the internet among adolescents is an opportunity for personal development, but also a potential source of problems and risks. Social and cultural aspects related to gender could, a priori, determine patterns of internet and social networks usage, as well as the resulting consequences. The aim of the present study was to explore the possible gender differences regarding internet usage habits, reasons for its use, online risky behaviors, problematic internet use (PIU) and parental role. To achieve this goal, a sample of 40,955 Spanish Compulsory Secondary School students aged 12-17 was analyzed. The results obtained confirmed relevant gender differences in the reasons for using it, in social networks,

mobile phone and instant messaging use. Differences in prevalence of PIU, in risky practices such as cyberbullying and in parental role were also detected. These findings allow for discussing some interpretative keys from a gender perspective.

**Application of cognitive remediation therapy in adolescents with an eating disorder: A pilot study** (pp. 147-164)

Sandra Peinado, Yolanda Quiles, and María J. Quiles  
*Miguel Hernández University at Elche (Spain)*

Recent studies have shown that patients with an eating disorder have deficits in neuropsychological functioning. Cognitive remediation therapy (CRT) was developed to improve these cognitive deficits. The objective of this study was to apply a CRT to a group of adolescents with an eating disorder ( $n= 11$ ), whose age ranged between 13 and 19 ( $M= 16.18$ ,  $SD= 1.99$ ). Central coherence and cognitive flexibility were analyzed by means of the Rey Complex Figure Test and the Trail Making Test, and other clinical measures. Ten weekly 45-minute sessions were designed. The results of this study indicated that CRT is outstanding to improve central coherence in patients with an eating disorder. Further research is needed to evaluate the efficacy of CRT in this clinical population. Future research may incorporate randomized controlled trials with control groups as well as the use of a transdiagnostic perspective.

**Hypochondriasis and intrusive illness-related thoughts: Development and validation of an assessment instrument** (pp. 165-186)

Sandra Arnáez, Gemma García-Soriano, and Amparo Belloch  
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The aim of the present study was to develop and validate the Illness-related Intrusive Thoughts Inventory (INPIE), a self-report that evaluates the frequency of intrusions with an illness-related content, the associated emotional reactions and appraisals, and the control strategies developed to control the intrusions. Two different studies were conducted. In the first study, 330 university students completed the newly developed questionnaire. The structure of the first part of the questionnaire consisted of five factors, and the second part had six factors. The internal consistency was excellent. In the second study, 56 participants completed a battery of measures that included the revised version of the inventory (INPIE-R). The INPIE-R was mainly associated with hypochondriasis attitudes and anxious and depressive symptoms. The INPIE-R seems to be a useful instrument for evaluating intrusions related to illness, an understudied area that is relevant as an element of psychopathological vulnerability. Results are similar to those observed for obsessional content, supporting the transdiagnostic role of intrusive thoughts.

**New controversies in Health Psychology: A noise free analysis** (pp. 189-200)

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Practice in health related issues in psychology has been increasingly regulated over the past few years in Spain. New professional profiles such as General Health Psychologist have caused confusion over skills and competences with other existing professionals such as Clinical Psychologists. This circumstance has sometimes caused conflicts among psychology professionals due to misinformation (noise) from academic and professional bodies (COP) over recent legal discussions. Our manuscript tries to carry out a noiseless analysis of the current unresolved controversies surrounding psychology in the health sector that would inevitably affect the development of psychology in this area in Spain. Issues such as the boundaries between both professions, their role and functions in the health sector, the accreditation of new health specialties and the regulation of the Psychology Degree arise. Leaving aside the noise generated by particular interests, this article tries to analyze the options, opportunities and consequences of decision making about these yet to be solved matters. Finally, we encourage all psychology sectors to engage in an open and transparent debate as the only way to achieve a real solution for the critical position of psychology in Spain.

**On the future of Clinical/Health Psychology in Spain: Controversies and ways of integration** (pp. 201-226)

José Antonio Carrobes

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The strange situation created in the applied field of Clinical Psychology in Spain, with the erratic attempt to adjust it by the Ministries of Health and Education, have given rise to two parallel figures of health professionals, the Specialist Psychologist in Clinical Psychology (PEPC) and the General Health Psychologist (PGS). Additionally, the process of regulation of the own Faculties of Psychology, imposed by the need for convergence and integration in the European Higher Education Area, has led to a confusing situation which faces numerous difficulties and controversies to which we are forced to respond today. In our article we analyze and try to find solutions to some of these controversies, such as Clinical Psychology versus Health Psychology, skills and competencies of the PGS and the PEPC, Clinical Psychology in Primary Health Care, the studies of the Degree in Psychology, and the possible and necessary integration between the PGS and the PEPC.

**A psychological analysis of Donald Trump** (pp. 227-249)

Vicente E. Caballo

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The election of Donald Trump as president of the United States has elicited numerous opinions from mental health professionals, both in the media and in specialized magazines. Many of these observers assert that Trump clearly exhibits a Narcissistic Personality Disorder (NPD). This article attempts to draw links between each of the DSM-5 NPD diagnostic criteria and Donald Trump's typical behavioral patterns. However, this is not an attempt to offer a clinical diagnosis of the current occupant of the White House. That would require a personal clinical interview and other procedures. This discussion has a dual purpose: it can serve to develop a better understanding of the statements/tweets, actions, and policies of a

man who is often characterized as erratic and unpredictable. Secondly, for professionals interested in the field of NPD, it takes a close look at Trump's behavioral patterns that are illustrative of the DSM-5 criteria for the NPD. Finally, it is argued that some other typical Trump's behaviors could be added to a new prototypical description of the NPD.

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### **Course and aging in institutionalized schizophrenia: a comparison of cognitive performance profiles** (pp. 259-274)

Nuria Miguel-de Diego<sup>1</sup>, Emilio González-Pablos<sup>2</sup>, Rosa Sanguino-Andrés<sup>1</sup>, José A. López-Villalobos<sup>1</sup>, and Pedro M. Paulino-Matos<sup>2</sup>

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Neurocognitive deficits in schizophrenia have been studied extensively, but there is no consensus about their course or their analysis in aging population. The objective of the present study is to compare neurocognitive profiles between people over (group A) and under (group B) 65 years of age with schizophrenia and between aging individuals with schizophrenia and healthy individuals of the same age (group C). 90 people enrolled in the study (44 male, 46 female), divided into 3 age groups. The participants were assessed with the Cambridge Cognitive Examination-Revised (CAMCOG-R) and the Memory Subtests of the Barcelona Test - Revised Edition. Worse scores were found ( $p < .05$ ) when comparing group A with B (except in memory subtests; no difference) and group A with C, being Language the area where more effect size is observed ( $\chi^2 = 0.481$ ). We conclude that the aging process produces more cognitive deficits in schizophrenia than in healthy population and that, in general, the deficits in patients with schizophrenia intensify with age.

### **The mediating role of early maladaptive schemas between parenting styles and depression symptoms** (pp. 275-295)

Reyna Lucadame, Soledad Cordero, and Leticia Daguerre  
*Catholic University of Uruguay*

Several studies have identified a relationship between early parenting styles and the development of depression symptoms. The aim of this study was to analyze whether early maladaptive schemas (EMS) (Young, 1999) act as mediators between the domains of early parental styles proposed by Young (1999), and the development of symptoms of depression. A sample of 310 Uruguayan university students completed the questionnaire. The following assessment instruments were applied: the Young Parenting Inventory (YPI; Young, 1999), the Schema Questionnaire-Short Form (SQ-SF; Young & Brown, 1994), and the Brief Symptom Check List (LSB-50; De Rivera & Abuín, 2012). The results of multiple regression analysis showed that for both parents the EMS of abandonment, social isolation and insufficient self-control mediate the relationship between early perceived parenting styles (from the domains of Disconnection and rejection and Impaired autonomy) and symptoms of depression for both parents. These results confirm the findings of previous research indicating that EDT mediates the relationship between parental styles and symptoms of depression.

**Sexismo y agresiones en el noviazgo en adolescentes españoles, chilenos y colombianos** (pp. 297-314)

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<sup>3</sup>*Catholic University of Maule (Chile)*

The relationship between hostile sexism and benevolent sexism, and mild and severe verbal/psychological and physical aggressions perpetrated and suffered was examined among 815 adolescents, 382 males and 433 females, 12 to 19 years old, selected from secondary schools in Seville (Spain), Talca (Chile) and Tunja (Colombia). The most frequent type of aggression found was verbal/psychological, followed by mild physical and severe physical aggression and males had significantly higher scores on hostile sexism than women. Colombian participants had significantly higher scores in both hostile and benevolent sexism. We found more statistically significant correlations between hostile sexism and exercised and suffered aggressions, particularly among males, although none of these correlations were moderate or high, varying by country. The results indicate that sexist beliefs might be involved but they don't have a significant weight in perpetration or victimization. However, the differences between men and women in sexism should be considered at preventive level.

**Intimate partner violence and emotional-behavioral childhood adjustment: the mediating effect of parenting stress** (pp. 315-330)

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Maternal reports of 317 women were used to investigate the mediating effect of parental stress in the relationship between intimate partner violence and emotional-behavioral childhood adjustment (6 to 8 years old). Results showed that parental stress is a mediator in the relationship between intimate partner violence and children's problems related to emotional and behavioral adjustment. Intimate partner violence had a direct and indirect effect on childhood adjustment confirming that children of women who have experienced high levels of violence perpetrated by their partner are more prone to reporting more emotional and behavioral problems. Furthermore, we confirmed that intimate partner violence increases parental stress among women. As a consequence, women decrease gradually their maternal skills. Finally, through structural equation modeling, we confirmed that the stress resulting from family interactions affects directly the emotional development and behavior of children. Based on these results, any behavioral and emotional intervention with children must consider the parental level of stress.

**Efficacy of brief person-centered cognitive behavioral therapy to facilitate self-management for patients with rheumatoid arthritis: a mixed methods case series feasibility study** (pp. 331-347)

Heidi Lempp, Elizabeth Wearn, Patience Duffort, Fowzia Ibrahim, Beatrice Osumili, Renee Romeo, Carol Simpson, Veronica Thomas, and Andrew Cope

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The psychological consequences of living with rheumatoid arthritis (RA) are common. The objectives of this study were: (i) to investigate views of patients with RA about the provision of psychological support; (ii) to study the efficacy of a person-centred cognitive behavioural therapy (CBT) self-management approach, including a health economic investigation. A

mixed method was applied: a formative qualitative interview study and a quantitative CBT intervention formed the case series feasibility study design, including a health economic investigation. The qualitative study highlighted that patients welcome emotional support. The CBT intervention from a small sample suggested that participants may have benefitted from the intervention at the endpoint of the follow-up. The results of the economic component need to be interpreted with caution in relation to service gaps. A broad approach in the delivery of a psychological intervention may benefit patients with long-term conditions. The practice implications are that RA patients may benefit from psychological interventions to cope better with their condition through personal intervention, and a flexible appointment system. Intervention studies need to test this question in detail in the future.

**The Lifestyle Related Assertiveness Questionnaire (LRAQ) in patients with metabolic syndrome: development and validation** (pp. 349-369) *Open access article*

Jaqueline Garcia-Silva<sup>1</sup>, Vicente E. Caballo<sup>1</sup>, María Isabel Peralta-Ramírez<sup>1</sup>, Paola Lucena-Santos<sup>2</sup>, and Nuria Navarrete Navarrete<sup>3</sup>

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The aim of this paper is to present the psychometric properties of the "Lifestyle-Related Assertiveness Questionnaire" (CACEV) in a sample of patients with metabolic syndrome. The total sample was 136 subjects, of whom 79 completed the study (48 from the treatment group and 31 from the control group), with follow-up at 6 and 18 months. Socio-demographic, anthropometric, physiological and biochemical data of the participants have been included, as well as the CACEV and the Assertiveness Inventory (AI) scores. The results of the exploratory factor analysis of CACEV have revealed a 3-factor structure: Expressing preference for exercise and healthy eating, Saying no to unhealthy food consumption and Saying no to activities that interfere with physical exercise. The internal consistency ( $\alpha=0.925$ ), test-retest reliability and sensitivity to change were adequate. From the psychometric properties found in the CACEV, we can conclude that it is a valid and reliable questionnaire to evaluate lifestyle-related assertiveness in people with metabolic syndrome.

**Validation of the Alcohol Use Disorders Identification Test (AUDIT) among Spanish adolescent population** (pp. 371-386)

Antonio Rial Boubeta<sup>1</sup>, Sandra Golpe Ferreiro<sup>1</sup>, Manuel Araujo Gallego<sup>1</sup>, Teresa Braña Tobío<sup>1</sup>, and Jesús Varela Mallou<sup>1</sup>

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One of the instruments for the screening of problematic alcohol consumption with more empirical evidence is the Alcohol Use Disorders Identification Test (AUDIT), however there is no study in Spain that reports its psychometric properties among adolescents. This has been the aim of this paper. A correlational method was used by administering an individual interview to a sample of 569 adolescents aged between 12 and 18 years ( $M=14.71$ ;  $SD=1.79$ ). A subscale for the diagnosis of alcohol use disorder of the Adolescent Diagnostic Interview (ADI) was included as well as the subscale of Substance use and abuse of the Problem Oriented Screening Instrument for Teenagers (POSIT) and the CRAFFT Substance Abuse Screening Test. The AUDIT presents an adequate psychometric behavior when it is applied to adolescents, both in terms of internal consistency ( $\alpha=0.82$ ), as well as sensitivity (86.4%) and specificity (89.8%), using "4" as cut-off point. Factorial analysis has confirmed

two factors as the most satisfactory solution. Henceforth, the AUDIT may be used in Spain with adolescents with psychometric guarantees.

**Psychometric properties of the Automatic Thoughts Questionnaire (ATQ) in family caregivers** (pp. 387-403)

Patricia Otero<sup>1</sup>, Fernando L. Vázquez<sup>2</sup>, Vanessa Blanco<sup>2</sup> y Ángela Torres<sup>2</sup>

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Although there is evidence that the depression level in caregivers is associated with their negative thoughts with the Automatic Thoughts Questionnaire (ATQ) being the most widely used instrument to assess these negative thoughts, there is no data of the psychometric properties of the ATQ in caregivers. In the current study, trained independent evaluators administered the ATQ and assessed the level of depressive symptoms and the diagnosis of major depressive episodes in 592 family caregivers (87.2% women, mean age of 55.4 years). The internal consistency of the ATQ was .96. Three factors explained 56.3% of the total variance. There was a significant correlation between depressive symptomatology and negative thoughts ( $r = .684, p < .001$ ). The ATQ differentiated between depressed and non-depressed caregivers, correctly classifying 86.8% of cases. A score of 52 was an adequate cut-off to differentiate depressed caregivers from non-depressed caregivers (sensitivity= 80.9%, specificity= 75.5%). The results indicate that the ATQ is a reliable and valid instrument to evaluate negative thoughts in the family caregiver population.

**Family relationships and psychological adjustment in Spanish undergraduate emerging adults** (pp. 405-417)

M<sup>a</sup> del Carmen García-Mendoza, Águeda Parra e Inmaculada Sánchez-Queija

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The aim of this study was to analyze the quality of family relationships and their influence on the adjustment of young people during emerging adulthood. Special attention was paid to sex differences and living inside or outside the family home. Our sample consisted of 1502 undergraduate students between the ages of 18 and 29 years ( $M = 20.32, SD = 2.13$ ). Results showed that boys and girls perceive positive family relationships. However, girls perceive better family relationships than boys. Furthermore, girls perceive differences in family relationships depending on whether they live inside or outside the family home. Positive family relationships are significantly related to the high level of young people's well-being. These results support the idea that, in addition to childhood and adolescence, the quality of the relationships with parents remains an essential element for psychological adjustment of young people during their thirties.

**Migratory stress and mental health** (pp. 419-432)

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The migration process involves dealing with multiple stress situations that affect many areas of life. Stress can extend for years and is intense and relevant. The main resource of migrants is their physical and mental health, which may be damaged in the process of migratory adaptation. In this study, the level of symptoms and self-esteem of 65 immigrants resident in Guipuzcoa attending a psychological support program are presented. In addition, differences

depending on the legal situation and the residence time were analyzed. The results show that migrants have high levels of migratory stress, clinical symptoms and low self-esteem. Irregular migrants have less family support, lower income and more migratory stress. People who have five or more years of residence feel less vulnerable but display higher levels of hostility. These results suggest the need to provide psychological support and counseling as a primary prevention.

## **Behavioral Psychology/Psicología Conductual, 2017, Volume 25, Number 3**

### **Effectiveness of mindfulness-based interventions for the treatment of anxiety in children and adolescents: A systematic review** (pp. 445-463)

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The use of mindfulness-based interventions for different mental disorders has increased considerably in recent years. However, there is still little empirical evidence, as well as a strong controversy, concerning the efficacy of this modality of intervention in children and adolescents. In the specific case of anxiety, 20-50% of the children affected do not improve with traditional cognitive-behavioral therapy. Thus, this work aimed to present a systematic review on the effectiveness of Mindfulness-based interventions for the treatment of anxiety in children and adolescents. The search obtained a total of 15 articles, of which only seven fulfilled the inclusion criteria. All studies indicated that Mindfulness-based interventions provide positive results, such as a significant decrease in symptoms of anxiety and an improvement in the overall functioning. In short, it should be noted that Mindfulness-based interventions may be effective in children and adolescents with anxiety symptoms and/or disorders. However, it is still a developing field, comprising studies with multiple limitations, thus requiring further research.

### **Short-term treatment response, attrition and recidivism in a partner-violent men typology compared with a control group** (pp. 465-482) *Open access article*

José L. Graña Gómez<sup>1</sup>, Natalia Redondo Rodríguez<sup>2</sup>, Marina J. Muñoz-Rivas<sup>2</sup>, and María L. Cuenca Montesino<sup>1</sup>

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The goal of this study is to analyze the short-term effectiveness of a cognitive-behavioral treatment program in a sample of partner violent men, compared to a waiting-list control group. The sample consists of 347 men: 303 in the experimental group -divided into three subtypes according to the level of partner violence and the presence of psychopathology- and 44 in the control group. The dropout rate was 12.2%. Results reveal greater reduction of the levels of self-reported violence in all three subtypes, compared to the control group. Regarding police recidivism, the experimental group subtypes obtain better results than the control group. Lastly, higher level of justification of violent partner behavior after participating in the program and having attended fewer therapy sessions, predict higher levels of recidivism. Results highlight the benefit of participating in the treatment program, and the need to adapt programs to participants' characteristics.



**Daily hassles in childhood and their relationship with symptomatology and adaptation**  
(pp. 483-502)

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This study analyzed the relationship between daily hassles and psychological symptoms (externalizing and internalizing symptomatology) and school, social and family adaptation in childhood. The participants were 552 (53.4% boys and 46.6% girls), aged between 10-12 years ( $M= 10.91$ ). Patients receiving treatment in mental health services and a community group were compared. Self-report questionnaires were administered: Children's Hassles Scale (CHS), Strengths and Difficulties Questionnaire (SDQ-Cas), Modified Depression Scale (MDS), School Adaptation Scale and Family Adaptation Scale. The average of daily hassles was 11, with six of them experiencing distress. Daily hassles were related to an increased presence of symptoms and lower levels of adaptation ( $p < .01$ ). The association between daily hassles and depressive symptoms were stronger in the clinical group than in the community one. Daily hassles explain from 21 to 39 percent of variance in symptomatology and from 5 to 41 percent in adaptation. Daily hassles are relevant for planning prevention and intervention strategies in childhood.

**The relationship between social anxiety and intellectual abilities in Spanish students of Compulsory Secondary Education** (pp. 503-516)

Beatriz Delgado<sup>1</sup>, David Aparisi<sup>1</sup>, José M. García-Fernández<sup>1</sup>, Ricardo Sanmartín<sup>1</sup>, and Cándido J. Inglés<sup>2</sup>  
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The aim of this study was to analyze the relationship between social anxiety and intellectual abilities (verbal comprehension, spatial visualization, reasoning, numerical calculation and word fluency) in a sample of 2,022 Spanish adolescents (51.1% male) from 12 to 16 years. Social anxiety was assessed using the *Social Phobia and Anxiety Inventory* (SPAI) and the *Primary Mental Abilities Test* (PMA) was administered for the analysis of intellectual abilities. Results showed that students with high scores on social anxiety have lower scores on verbal comprehension, spatial visualization and word fluency than their peers with low social anxiety. Also, results obtained by logistic regression analysis showed that, on the one hand, social anxiety is a negative predictor of these abilities and, on the other hand, students are less likely to have high social anxiety as the subscale scores of Word Fluency and Spatial Visualization increase. The relevance of the theoretical and practical implications of the relationship between social anxiety and intelligence in adolescence is discussed.

**Autonomy support among students, perceived stress and fear of negative evaluation: The relationship with satisfaction with life** (pp. 517-528)

Elisa Huéscar Hernández and Juan Antonio Moreno-Murcia  
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The aim of this work was to design and validate the Scale of Support for student autonomy, and determine the predictive power of the variables support student autonomy, fear of negative evaluation and perceived stress on satisfaction with life. The sample consisted of 332 college students (male and female) in second year of several Degrees of Health Sciences. The Support for student autonomy scale presented adequate psychometric properties through a

CFA and internal consistency. The linear regression analysis indicated that the style support for autonomy predicted positively life satisfaction of students in higher education while fear of negative evaluation and perceived stress did so negatively. The results of this work point to the recommendation of diagnosing autonomy support among students with the aim of reducing the negative symptoms detected among this group.

**Binge drinking in Galician adolescents: Prevalence, implications and related variables** (pp. 529-545)

Sandra Golpe Ferreiro, Carmen Barreiro Couto, Manuel Isorna Folgar, Patricia Gómez Salgado, and Antonio Rial Boubeta  
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The phenomenon of *botellón* (binge drinking) among adolescents has contributed to the expansion and consolidation of a worrying pattern of alcohol consumption. However, there are few studies that analyze it, being this the objective of the paper. The results obtained with a sample of 3,419 adolescents aged between 12 and 18 years ( $M= 14.94$ ,  $SD= 1.89$ ) put the prevalence of *botellón* at 38.4%. Its practice involves consumption rates of other substances significantly higher, being up to 16 times higher in the case of binge drinking, as well as higher risk consumption levels. Likewise, it is associated with several high-risk practices such as fights, accidents or unprotected sex. Variables such as expectations, peers consumption, curfew or spending money have been shown to be associated with this practice. All this reinforces the convenience of developing comprehensive preventive work that includes both variables of a personal nature and those more closely related to the establishment of norms and limits by the parents.

**Sexual Coercion Scale (ECS) in dating relationships: Psychometric properties in Spanish youth population** (pp. 547-561)

Marina Muñoz-Rivas, Natalia Redondo, María Dolores Zamarrón, and María Pilar González  
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Sexual violence in youths' dating relationships does not fit the explanatory models existing in adults, hence the need to have instruments to analyze this particular type of behavior. In this study the psychometric properties of the Sexual Coercion Scale (ECS), generated by the authors, were analyzed in a sample of 3665 youngsters between 16 and 24 years old. The sample was divided into two different subsamples, with an exploratory and confirmatory factor analysis for each one. Only one factor was found. The reliability of the scale was adequate, as well as the convergent validity, with positive and significant correlations with the Modified Conflict Tactics Scale (M-CTS; Neidig, 1986) that measures physical and verbal violence. Significant differences were also found in the ECS according to age and sex, as was expected. ECS is an appropriate instrument to evaluate sexual coercion in dating relationships in Spain.

**Quality of life and depressive symptoms in vulnerable adolescent women** (pp. 563-580)

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This paper analyzes the relationship between quality of life and depressive symptomatology in 230 vulnerable adolescent women, with mean age of 12.5 ( $SD= 2.1$ ). The adolescents were

evaluated with KIDSCREEN-27 and Children Depression Inventory. The prevalence of depressive symptomatology was 20 percent, and in the quality of life all domains of KIDSCREEN were greater than 50. Physical health was lower in adolescents with higher schooling and anhedonia; the psychological dimension of quality of life diminishes with anhedonia, negative self-esteem, mood, and interpersonal problems; the family sphere is impacted negatively by anhedonia and negative self-esteem; social support decreases with personal problems and ineffectiveness, while the school dimension of quality of life affected negatively by the presence of anhedonia and ineffectiveness. It is concluded that the high prevalence of depressive symptomatology in this population and its negative effects on the quality of life constitute a valuable input for directing subsequent health actions, implementing programs for the prevention of depression and promoting mental health.

**Looking for psychological adjustment through emotional intelligence: Does teacher gender make a difference? ?** (pp. 581-597)

Sergio Mérida-López, Natalio Extremera, and Lourdes Rey  
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In the last decades, research has given a key role to emotional intelligence (EI) as predictor of health and psychological adjustment. Nevertheless, previous studies have shown gender differences in the impact of EI on several adjustment indicators. Our study aimed to analyze the potential role of gender as a moderator in the relationship between perceived EI (PEI) and depressive, anxious and stress symptomatology. The sample consisted of 310 teachers (55.9 percent were female) from several educational levels in the province of Malaga. Results show that gender moderates the link between PEI and depressive and anxious symptomatology, with men presenting higher association values. Our findings suggest the relevance of including a gender perspective in further research and intervention programs. Finally, we discuss our results in terms of the need of future research to analyze the specific effect of EI on men and women and its implications for teachers' psychological adjustment.

**Parenting behaviors and psychological disorders in Colombian adolescents** (pp. 599-621)

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This study analyzed the influence of adolescents' perception of parenting behaviors on externalizing and internalizing disorders. The controlled variables (and their possible effects) were: sex of parents and children, age, family structure, and the perception of economic problems within the family. The participants were 284 adolescents (156 female and 128 male) ranging between 11 and 19 years of age. Multiple regression analyses results showed that the punitiveness of parents was related to internalizing and externalizing disorders, while low monitoring was associated to externalizing disorders only. Withdrawal of paternal affection was related to internalizing disorders. Other predictive variables were the perception of economic problems, sex, age of children and the existence of a reconstituted family. In non-reconstituted households, the paternal monitoring was related to fewer externalizing disorders and maternal induction with fewer internalizing disorders. The importance of fostering positive parenting behaviors as well as working with families who are in a process of separation or reconstitution is discussed.

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**The Worry Anxiety Questionnaire as a screening tool for generalized anxiety disorder: Diagnostic properties** (pp. 5-22)

Manuel González, Ignacio Ibáñez, Livia García, and Víctor Quintero  
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In this paper, we present the diagnostic capacity of the Worry and Anxiety Questionnaire (WAQ) in the Spanish version, which evaluates the criteria of generalized anxiety disorder (GAD) according to DSM-5 (APA, 2013). The ROC curves were performed to know the diagnostic accuracy of the WAQ and logistic regression, to analyze the classification of each of the items that comprise it. The questionnaire was administered to a sample of 94 people with no disorder and 33 individuals with generalized anxiety disorder, aged between 19 and 66 years, along with other GAD measurement tests. The results suggest a cut point above 56, which provide an adequate balance between sensitivity (86.7%) and specificity (89.4%). These results support the diagnostic utility of WAQ as a screening tool for the early detection of GAD in community, primary and secondary care contexts. The results are discussed taking into account the divergences of the work reviewed and the recommendations of the National Institute for Health and Care Excellence on the use of ultra-short tests as screening tools.

**Self-esteem and its relationship with social anxiety and social skills** (pp. 23-53)

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This paper examines self-esteem and its dimensions using the Revised Janis-Field Feelings of Inadequacy Scale (RJFFIS) and the Rosenberg Self-Esteem Scale (RSES) in a sample comprising mostly university undergraduates ( $n = 826$ ). We analyzed their relationship with social anxiety (SA) and social skills (SS), assessed with the Social Anxiety Questionnaire for adults (SAQ), the Social Skills Questionnaire (CHASO) and the Rathus Assertiveness Schedule (RAS). The heptafactorial solution for the RJFFIS explains 59.65% of the common variance and supports a multifactorial concept of self-esteem, including facets that have to do with physical appearance and abilities, social relationships, and academic or work skills. The moderate correlations with the RSES support the convergent validity of the RJFFIS. On the other hand, we found that self-esteem is moderately related to SA and SS. Subjects with high SA show significantly lower self-esteem than those with low SA and the opposite occurs regarding HHSS. There are gender differences in terms of self-esteem, with men showing higher scores than women. These results support the multidimensional nature of self-esteem and the need to investigate its role in the areas of both SA and SS.

**Relationship of anxiety and depressive symptomatology in adolescents with two transdiagnostic mechanisms: Perfectionism and rumination** (pp. 55-74)

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Transdiagnostic treatment is a new approach in clinical psychology, in which rumination and perfectionism have been proposed as transdiagnostic factors involved in development and

maintenance of emotional disorders. The present study aims to analyze whether the presence of general and specific symptoms of anxiety and depression, assessed by the Spanish version of the Revised Children's Anxiety and Depression Scale (RCADS), are related to rumination (reflection and negative rumination) and perfectionism (self-oriented and socially oriented perfectionism), assessed by the Spanish versions of the Ruminative Responses Scale (RRS) and Child and Adolescent Perfectionism Scale (CAPS). The sample consisted of 314 adolescents (145 boys and 169 girls) aged between 12 and 17 years. The results confirmed that both perfectionism and rumination were associated with general anxiety and depression symptoms, and with specific symptoms of each disorder. The findings have implications for implementation of transdiagnostic cognitive-behavioral therapy-based preventive interventions for anxiety and depression among youths.

**A structural analysis of school context and its impact on bullying** (pp. 75-99)

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This research examined two structural equation models with the purpose of measuring the impact of relationships with teachers, school physical conditions, school environment, exclusion, organization, relationships with peers, and academic behaviors on bullying among adolescents. A total of 185 middle school students living in a semi-rural community in the State of Mexico participated in this research. The measurement model provides significant information about the impact of latent variables (peer relationships, school climate, and influence of teachers) on victimization and bullying. Results showed that the most significant effects were between peer relationships and victimization followed by the influence of teachers and school climate. Besides, the final model showed that peer relationships and influence of teachers contributed directly with bullying.

**Does body mass index moderate the relationship between parental support, fitness, and physical activity practice in adolescents?** (pp. 95-113)

Manuel J. de la Torre-Cruz, Alberto Ruiz-Ariza, Sara Suárez-Manzano, and Emilio J. Martínez-López

*University of Jaen (Spain)*

The present study aimed to determine whether the relationship between parental support and level of physical fitness and the amount of physical activity (PA) is moderated by the body mass index (BMI) of adolescents. A total of 748 pairs, which consisted of a parent and his/her adolescent child (13-17 year olds), took part in this study. Self-report measures related to parent support, weekly frequency of moderate-to-vigorous physical activity (MVPA) and enjoyment with PA, such as objective physical fitness (aerobic capacity, speed, and long broad jump) were used. Moderation regression analyses with PROCESS were used. Results showed that BMI moderated the relationship between instrumental support and aerobic capacity, as well as, between guided support and long broad jump. Additionally, parental support (instrumental and emotional) contributed to the explanation of the highest percentage of variance in the variables of weekly frequency of MVPA and enjoyment with PA. It is concluded that parental support can contribute to the improvement of the physical fitness and weekly MVPA of adolescents.

**Update of a tentative model of selective mutism** (pp. 115-140)

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Selective mutism is a disorder of early-onset behavior (usually between 3 and 5 years) consisting in a resistance to speech or its inhibition in specific social situations, characterized by the presence of strangers, people who are not spoken to or to whom the child has stopped talking, places where the child doesn't speak or where the child thinks he/she can be heard by unwanted people, etc. Its low prevalence makes it a rare behavior disorder and the review of the literature confirms that anxiety is the prominent alteration in those who present it, which has led to the result that in the last edition of the Diagnostic and Statistical Manual of Mental Disorders of the American Psychiatric Association (DSM-5) the behavior has been reclassified as an anxiety disorder. This fact, as well as the advances in its research and the challenges that it poses regarding its evaluation and treatment, make it necessary to review and update the existing explanatory proposals. This is the framework of the work presented here.

**Prediction of cognitive damage in patients with schizophrenia: A thirty-one year retrospective** (pp. 141-158)

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The purpose of this study is to find out which tests from the Wechsler Intelligence Scale define the most detailed cognitive model that is able to predict the relevant cognitive impairment in elderly people with schizophrenia. A group of 30 institutionalised women who were diagnosed with schizophrenia were assessed with MEC-35; they had been previously assessed 31 years before using the WAIS. It was found that 53.3% of the patients showed significant cognitive impairment and 31 years ago their scores were lower in all the subtests from the WAIS. Those differences are significant ( $p < .05$ ) in all of the IQ measurements. Throughout the logistical regression analysis we found that the cognitive model that made the best prediction was produced from the following subtests: Similarities, Puzzles and Arithmetic, classifying 96.7% of the cases and showing an excellent criterion validity, a sensitivity of 93.8% and a 100% of specificity. We conclude that the increase of the cognitive impairment in elderly patients with schizophrenia seems to be associated with previous low fluid intelligence.

**Behavioral problems in people with dementia: Efficacy of a training program for caregivers** (pp. 159-175)

Jorge Bravo-Benítez<sup>1</sup> and Elena Navarro-González<sup>2</sup>

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The main objective of the research has been the elaboration of a training program for formal caregivers of people with dementia in order to reduce their behavior problems and improve professional skills in the management of behavior modification techniques. Participants were

30 elderly people with dementia and five formal caregivers from a Day Care Center who were assigned to a treatment group or a control group. Older people were evaluated before and after the intervention program was carried out. The variables assessed were neuropsychiatric symptoms, memory and behavior problems, and the satisfaction of the caregivers with the training program received. The data reveal that older people in the treatment group showed a decrease in their behavioral problems compared to the control group in all variables studied. This evidence demonstrates the importance of the training of caregivers in the management of behavioral problems in the elderly population with dementia.

**Prevalence of psychopathological features in South American prisons using the Personality Assessment Inventory** (pp. 177-194)

Carlos Burneo-Garcés and Miguel Pérez-García  
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There is insufficient information available regarding the psychopathological characteristics of the prison population in low-middle-income countries. This study aimed to estimate the current prevalence of psychiatric symptoms and pathological personality traits among sentenced male prisoners from two Ecuadorian prisons. A sample of 675 individuals aged 18-75 years ( $M= 35.58$ ;  $SD= 10.57$ ) was assessed using the Spanish adaptation of the Personality Assessment Inventory (PAI). Current prevalence was 69.9% for at least one of the studied clinical syndromes. The most prevalent clinical syndromes were Alcohol problems (33.6%), Mania (32.3%), Drug problems (27.9%), Antisocial features (23.8%), Paranoia (21.4%), Schizophrenia (19.5%), and Somatic complaints (17.7%). Comorbidity was found in 49.8% of the sample. Taken together, Alcohol problems and Drug problems accounted for the highest prevalence (55.8% to 71.4%) among individuals with clinically significant scores in each of the syndromes analyzed. Further studies regarding the influence of the variables related to the prison context on the mental health of inmates will increase the usefulness of the findings.

**Spanish validation of the Type D personality scale (DS14)** (pp. 195-209)

Silvia Alcaraz, María D. Hidalgo, Carmen Godoy, and Encarna Fernández  
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Type D personality, which encompasses two dimensions, Negative Affectivity (NA) and Social Inhibition (SI), has been identified as a risk factor for cardiovascular disease, and its link to other conditions has become a focus of research in recent years. The main study objectives were to assess the psychometric properties behind the Type D Personality Scale (DS14) in the Spanish population and to evaluate type D personality presence taking into account sociodemographic as well as clinical variables. A total of 1257 subjects (41.1% men and 58.9% women) participated in this study. Ages ranged from 18 to 80 years. The Spanish version of the DS14 and a sociodemographic questionnaire were administered. Cronbach's alpha coefficients for the DS14 subscales were .84 (NA) and .81 (SI). The original scale's factor structure was replicated. Type D personality presence was 29.7% in the total sample and 56.5% in patients presenting both hypertension and heart disease. The Spanish version of the DS14 shows high internal consistency and adequate evidence of internal and external validity when assessing type D personality.

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**Sexting in adolescence: prevalence and association with victimization of cyberbullying and dating violence** (pp. 225-242)

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The main objective of this study was to expand the current empirical evidence on the frequency of sexting in adolescence and its relationship with different types of victimization: cyberbullying (sexual and psychological) and dating violence. Participants were 303 adolescents (51.7% females) between 14 and 18 years old ( $M= 15.3$ ,  $SD= 1.01$ ) from three high schools. The results showed that more than one third of the participants reported having practiced sexting at least once, without significant differences between boys and girls. Sexting was associated with cyberbullying victimization (both psychological and sexual) and, for girls, with dating violence victimization. It is concluded that sexting is a common practice among adolescents, so it would be important to develop educational interventions to improve adolescents' knowledge about its potential risks and consequences.

**Persuasion strategies perceived by adolescents in situations of online grooming** (pp. 243-262)

Patricia de Santisteban, Carmen Almendros, and Manuel Gámez-Guadix  
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Online grooming is the process by which an adult sexually victimizes a minor using the means offered by the Internet. The objective of this study was to analyze the prevalence of persuasion and influence strategies used by aggressors to manipulate and involve minors in online grooming, as well as gender differences. The initial sample consisted of 2731 adolescents between 12 and 15 years old (50.6% girls) who completed a questionnaire on sexual solicitations and interactions with adults and another on persuasion based on the principles of influence of Cialdini (2001). 408 Minors (14.9%) were involved in grooming during the last year (61.3% girls, mean age= 14.23,  $DT= 0.92$ ). It was found a highly frequent use of the principles of influence, being the principle of sympathy the most experienced (up to 50.9%). Girls experienced more frequently all the principles of influence except the principle of authority, in which there were no sex differences. These findings provide useful information for understanding and preventing sexual victimization of minors on the Internet.

**Bullying and cyberbullying on primary education** (pp. 263-280)

Juan M. Machimbarrena and Maite Garaigordobil  
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The prevalence of bullying/cyberbullying has been well established, nonetheless identifying its onset and prevalence at an early age is necessary for prevention. Therefore, this study had two aims: (1) to study the prevalence of bullying/cyberbullying in the fifth and sixth grade of elementary school; and (2) to explore the level of victimization, perpetration and in students of the fifth and sixth grade of elementary school. 1,993 students from the Basque Country (51.5% attending fifth grade, 48.5% sixth) participated. The "Cyberbullying. Screening of Peer Harassment" test was administered. The results revealed that: (1) a significantly higher



percentage of bully/victims was found in fifth grade, no differences were found for pure-victims, pure-bullies and bystanders as a function of age, (2) a higher percentage of pure-cybervictims, pure-cyberaggressors, cyberbully/victims and cyberobservers was found in sixth grade; (3) face-to-face victimization and aggression was greater in fifth grade (4) cybervictimization and cyberobservation was significantly higher in sixth grade. These data emphasize the importance of implementing programs to prevent bullying/cyberbullying at this stage.

**Validation of the Personality Belief Questionnaire Short-Form (PBQ-SF) with clinical sample** (pp. 281-301)

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The purpose of this project was to validate the "Personality Belief Questionnaire, brief version" (PBQ-SF), using a clinical sample (n= 343) and a non-clinical sample (n= 355), with participants between 18 and 60 years of age. Through a confirmatory factorial analysis the factor structure of the nine factor model (schizoid, paranoid, antisocial, narcissistic, histrionic, avoidant, dependent, obsessive compulsive and aggressive passive), and the structure of the seven factors model (dependent/avoidant, obsessive compulsive, narcissistic, autonomous, paranoid, histrionic and schizoid) was tested. The model for measuring the belief factor associated with borderline personality was evaluated separately, since it is composed of items included in the other factors. Conclusion: The best adjustment indicators were those in the nine factor model. The internal consistency of all PBQ-SF scales was good (between 0,71 and 0,90). The clinical sample obtained higher scores than the nonclinical sample in all dysfunctional beliefs, except for the antisocial and narcissistic scales. Men scored higher on the paranoid, antisocial and narcissistic scales.

**Argentinean adaptation of the Frustration Intolerance Scale** (pp. 303-321)

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The Intolerance to Frustration Scale (IFS; Harrington, 2005) assesses a series of beliefs that promote intolerance to annoyance, exertion, injustice and uncomfortable emotions. Despite the importance of this instrument, there is no Spanish version of the EIF. In this work, the equivalence of a translation from the FIT was assessed by a panel of experts. Subsequently, by means of confirmatory factorial analysis (n= 799) it was concluded that the FIT has a multidimensional structure of four factors: Emotional Intolerance, Right, Intolerance to Discomfort and Achievement. However, 11 reagents had to be removed, which affected the internal consistency of some dimensions. The invariance of the instrument was also examined considering the age, sex and educational level of the participants, and evidence of validity was obtained by correlating the PIT with self-esteem levels. Psychometric results were acceptable, although some limitations to be considered before professional use were identified.

**Body dissatisfaction and disordered eating attitudes among adolescents from Portugal and Spain** (pp. 323-335)

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Cross-cultural studies comparing eating attitudes among adolescents from southern-European countries are scarce. We aimed to compare body-dissatisfaction, disordered-eating attitudes, awareness and internalisation of the unrealistic-body-ideal, self-esteem, perfectionism and impulsivity among adolescents from Spain and Portugal. Participants were 249 Spanish and 206 Portuguese adolescents (51.2% girls) aged 12-15 ( $M= 13.3$  years,  $SD= 0.6$ ). A  $2 \times 2$  (country  $\times$  sex) MANOVA was conducted for each self-reported measure. Girls scored higher on awareness and internalisation of the unrealistic-body-ideal, body-dissatisfaction, disordered-eating attitudes and lower on self-esteem than boys did. Regarding country, Portuguese adolescents scored higher than Spaniards on eating disorder attitudes, impulsivity and perfectionism. Our findings show significant differences among country and sex, highlighting the importance of specific sex-oriented prevention strategies.

**Body management behaviours in young adults: interactions among body perceptions, age and sex (pp. 337-357)**

María J. Ramírez, Débora Godoy-Izquierdo, Estefanía Navarrón, Manuel G. Jiménez-Torres, and Juan Fco. Godoy

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Body perceptions and body satisfaction are associated with healthy and risk body change behaviors with important outcomes for health. In this study, the behaviors that men and women in their early young adulthood and late young adulthood use to control body weight, size, shape, and composition were explored. Body image (BI) and body satisfaction (BS) were assessed through silhouettes, questions and discrepancies, and body management behavioral practices with a questionnaire. Participants reported a moderately high use of healthy strategies and low use of maladaptive strategies. Two- and 3-way between-subjects ANOVAs indicated that a more negative BI and lower BS were associated with a greater use of both healthy and, particularly, risk body management strategies, and that sex, more than age, moderates this relationship, with women demonstrating a higher use of both type of body-management strategies. Our results are interesting for the design of interventions aimed at improving body perceptions with a focus on healthy behaviors.

**Parental styles as predictors of adult attachment, emotional dependency and psychological abuse in adult couple relationships (pp. 359-377)**

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The psychological abuse is the most used violence form in the relationships. The present study proposes to analyze the affective relations with parents in the childhood, with the aim to explore how they have rebound in the adulthood when they maintain their relationships. In consequence, the objectives of this study are to analyze the relation between the parenting styles and the attachment with the emotional dependency and the psychological abuse in the relationships, as well as to analyze the predictive role of the parenting styles on the mentioned variables and finally, to check if the emotional dependent people present dysfunctional

schemes of dependency. The sample was composed by 269 participants (219 women and 50 men) with ages between 18 and 65. The results showed how the parenting styles, above all the emotional privation in the childhood, will predict the emotional dependency, permanence in abusive relationships and the establishment of relationships were emotional dependency with the psychological abuse will be present.

**Acceptance and commitment therapy for social anxiety disorder: a systematic review**  
(pp. 379-392)

Laura García-Pérez and Sonsoles Valdivia-Salas  
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The purpose of the present systematic review was to examine the efficacy of Acceptance and Commitment Therapy (ACT) applied to the treatment of social anxiety disorder (SAD). An exhaustive search was carried out in different databases. After the application of a number of inclusion and exclusion criteria, we included a total of eight studies conducted between 2005 and 2016 in our review. In three of these studies, ACT proved efficacious in reducing phobic symptoms and psychological inflexibility. The remaining five, which employed randomized controlled trials designs, showed that ACT and cognitive behavioral therapy (CBT) produced similar improvements both at post-treatment and during the follow-up. In some cases, ACT produced better treatment adherence and self-reported quality of life than CBT. All in all, all studies included in this paper reported improvements in TAS after ACT, in line with previous evidence. Results are discussed in terms of the strengths and weaknesses of the evidence accumulated so far, and new directions for research are suggested.

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**Women's irrational beliefs about traditional feminine sex role stereotypes with the Multi-cultural version of the O' Kelly Women Beliefs Scale** (pp. 407-420)

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To explore variation in the content of women's beliefs about traditional feminine sex role stereotypes, we ran a confirmatory factor analysis on data from a multi-national sample of 1643 women who completed the 30-item Multi-cultural version of the O'Kelly Women Beliefs Scale. Analyses testing whether the data best conformed to a one- or a three-factor structure found that both models appeared to fit the data equally well. To further explore if distinguishing between different domains of irrational beliefs yielded greater explanatory power, we ran an additional exploratory factor analysis. Results showed that there were differences in the relative amount of variance explained by each of the three content areas initially included in the original version of the instrument; work and profession, love and sex, and self-sacrifice and victimization. The work and profession content area accounted for a larger percentage of the variance (33.41%) relative to the other subscales. Results were

explained in terms of the relative influence of multi-national changes in the number of women joining the workforce over the past several decades.

**The Psychological Abuse Experienced in Groups Scale: Psychometric properties of the Spanish version** (pp. 421-436)

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The Psychological Abuse Experienced in Groups Scale (PAEGS) is a self-reported questionnaire measuring psychologically abusive behaviors experienced within a group. The purpose of this study was to analyze the psychometric properties of the PAEGS for its use in the Spanish-speaking population. An online questionnaire was administered to 269 former members of abusive groups and to 268 former members of non-abusive groups. The main results showed a one-dimensional factor structure explaining 55.47% of the total variance with an internal consistency of .97, and a high discriminatory power to distinguish between abusive and non-abusive group experiences. In addition, significant correlations were found between the PAEGS and group abusiveness and psychological distress measures, providing further evidence of validity. The Spanish version of the PAEGS is proposed to overcome limitations of previous instruments, and it can be useful in research and applied contexts to assess the extent of psychological abuse experienced within a certain group.

**Adaptation of the Homophobic Bullying Scale and the magnitude of the problem in Spanish Adolescents** (pp. 437-455)

Izaskun Orue, Esther Calvete and Liria Fernández-González

*Deusto University (Spain)*

In this study we evaluated the psychometric properties of the Homophobic Bullying Scale in a sample of Spanish adolescents. The study comprised 791 adolescents between 12 and 17 years old ( $M= 13.96$ ,  $SD= 1.18$ ) who completed this questionnaire along with the Modern Homophobia Scale that measures homophobic attitudes. The results of the factor analyses confirmed a structure of four intercorrelated factors: 1) observation of homophobic bullying behaviors against gay boys, 2) observation of homophobic bullying behaviors against lesbians, 3) perpetration of homophobic bullying against gay boys, and 4) perpetration of homophobic bullying against lesbians. The questionnaire showed good reliability and perpetration scores were associated with homophobic attitudes. Higher prevalence of bullying was found against gay boys than against lesbian girls. These results show that this is a simple and valid questionnaire for the evaluation of homophobic bullying among Spanish adolescents.

**Social class and subjective well-being: The mediating role of emotional uncertainty** (pp. 457-472)

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Although the relationship between social class and well-being has been widely analyzed, its possible explanatory and underlying mechanisms are barely known. Given that prior research has suggested that lower social class contexts are related to higher vulnerability and

unpredictability, we propose that emotional uncertainty, that is, the feeling of distress experienced in the face of uncertain events, may constitute a potential explanatory factor. Therefore, in addition to examining the association between (objective and subjective) social class and several subjective well-being and health measures, the present research is aimed at testing the potential mediating role of emotional uncertainty. The results indicated that subjective social class, unlike objective social class, was positively and significantly related to all indicators of subjective well-being and health analyzed. We also found that emotional uncertainty mediated the effect of the subjective perception of social class on subjective well-being and health. Thus, this research improves the understanding of the psychological mechanisms involved in the association of social class with well-being.

**Personality disorders in people with addiction: Diagnostic cluster and associated psychological variables** (pp. 473-493)

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This study aims to understand the patterns that occur in a large sample of addicted patients and to characterize each of them according to psychological and psychopathological manifestations. On a sample of 1,406 subjects who initiated treatment for addictive behaviours in a drug addiction care centre, a cluster analysis of their responses to the Millon-II Multi-Axial Clinical Inventory (MCMI-II) was carried out. Each conglomerate obtained was matched with the mean obtained in other tests that explored psychological and psychopathological variables. It was found that 32.5% of the sample presented severe personality patterns, which would correspond to the diagnoses of schizotypal, borderline, antisocial and avoidant disorders, while 42.2% did not present any problematic patterns. Women were more likely than men to have severe patterns, and the latter were more likely to have non-problematic patterns. It is concluded that the diagnosis can be reduced to four clinical presentations, allowing for the design of a menu of psychological and neuropsychological interventions, which would have repercussions on the improvement of patients and the efficiency of the interventions.

**Facets of the Center for Epidemiological Studies Depression Scale for Children and Adolescents (CES-DC) in Spanish population: An empirical validation** (pp. 495-512)

Milagros Ocalin Sánchez Hernández<sup>1</sup>, Begoña Delgado<sup>2</sup>, Miguel Ángel Carrasco<sup>2</sup>, and Francisco Pablo Holgado-Tello<sup>2</sup>

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The present study explores the dimensionality of the Center for Epidemiological Studies Depression Scale for Children and Adolescents (CES-DC; Radloff, 1977, 1991) in a sample of 986 Spanish children and adolescents (55% girls) between 9 and 18 years old. Confirmatory factor analysis was performed for a first order 4-factor model based on the original structure (Depressed affect, Somatic, Positive affect, and Interpersonal difficulties) and for another alternative model of second order which includes the previous factors. We examined the psychometric properties by items, by dimensions and for the total scale. The criterion validity was also evaluated with different variables which are theoretically related to the depressive symptomatology. The results show that the tested models are adequate for Spanish children and adolescents. Furthermore, evidence of criterion validity and

psychometric properties were satisfactory. The potential discriminant validity and quality of the scale to assess the children's depressive symptoms are discussed.

**Social status and depressive symptomatology in early adolescence** (pp. 513-528)

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The objective of this study was to analyze the relationship of social status in depressive symptoms in adolescents. The participants were 1,212 adolescents of 1st (53.9%) and 2nd (46.1%) of ESO (Compulsory Secondary Education) belonging to seven educational centers of the Region of Murcia (Spain). There was also a sample of 104 parents. In the analysis of adolescents' self-reports, statistically and clinically significant differences were found that indicate greater depressive symptomatology in low social status (no differences were found between high and medium social status). No statistically significant differences were found in the parents' self-reports. Given that social status could be a risk factor for depression in early adolescence, the importance of carrying out preventive interventions aimed at this sector of the population is highlighted, especially in a context marked by the consequences of the economic crisis.

**Psychological distress as mediator between internalized homophobia and suicidal risk among Chilean men** (pp. 529-546)

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The aim of this research was to evaluate the mediating effect of psychological distress, between internalized homophobia and suicidal risk in a sample of men belonging to sexual minorities in the city of Arica (Chile). The sample consisted of 157 men between 18 and 53 years of age ( $M= 24.4$ ,  $DT= 5.49$ ), recruited by availability and snowball technique. The Internalized Homophobia Scale, the Symptom Inventory and the Scale of Suicide Risk were applied. The results obtained account for a mediating effect of psychological distress between internalized homophobia and suicidal risk, that is, the suicidal risk increases when internalized homophobia and psychological discomfort as a third variable are included in the model. In conclusion, the importance of the reduction of internalized homophobia and psychological distress should be emphasized in psychosocial interventions with men of sexual minorities with the purpose of contributing to the development of their mental health.

**Spanish adaptation of the Fear of Spiders Questionnaire (FSQ): Validity, reliability, sensitivity to therapeutic change and factor structure** (pp. 547-558)

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The goal of the study was to evaluate the psychometric properties and the factorial structure of the Spanish version of the Fear of Spiders Questionnaire (FSQ), as well as its sensitivity to therapeutic change. Seven hundred and forty participants with fear of spiders were evaluated with the FSQ, the anxiety-trait section of the State-Trait Anxiety Inventory (STAI-T) and the Patient Health Questionnaire for depression (PHQ-9). The Spanish version of the FSQ showed excellent internal consistency ( $\alpha = .966$ ), good divergent validity ( $r$  with STAI-T =  $.108$  and  $r$  with PHQ-9 =  $.081$ ) and adequate test-retest reliability ( $r = .799$ ). The FSQ was sensitive to therapeutic change,  $t(49) = 2.70$ ,  $p = .009$ ,  $d = 0.25$ , and revealed a two-factor structure (Avoidance and seeking help, and Fear of harm) that explained 71% of the total variance. The Spanish version of the FSQ is a valid and reliable instrument that allows assessing the fear of spiders in both clinical and subclinical populations.

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**Assessing adolescents' internalizing symptoms using virtual social networks: A format equivalence study of the Revised Child Anxiety and Depression Scale** (pp. 5-20)

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The widespread use of virtual social networks (VSN) by adolescents makes it possible to conduct psychological assessments or health promotion using these platforms. However, psychometric properties of them should be validated. This study aimed to test the feasibility of administering the Revised Child Anxiety and Depression Scale (RCADS) over a secure social network, while preserving its original psychometric properties. To do so, a sample of 703 adolescents ( $M= 13.86$  years,  $SD= .49$ ) completed the questionnaire either over a social network or using paper and pencil. We tested a two-way format equivalence: quantitative equivalence (comparing score distributions across versions); and qualitative or conceptual equivalence (comparing the between-factor correlations between versions and measurement invariance). As a result, no difference was found between the score distributions of the two versions and between-factor intercorrelations with similar patterns in both versions. Finally, both methods for administering the RCADS showed an adequate fit with their theoretical latent structure, thus preserving format equivalence. To sum up, VSN may, therefore, constitute appropriate contexts for conducting psychological assessment and research among adolescents.

**Interaction between different cognitive factors in the prediction of depressive symptoms** (pp. 21-39)

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This study examined an etiological model of depressive symptoms in adolescents, according to which the predictive association between negative inferences and symptoms was moderated by early maladaptive schemas. The study examined if the schemas of disconnection, rejection and other-directedness accentuate the vulnerability to depression after making negative inferences about social stressors. It was further evaluated if the impaired autonomy and performance domain schemas interact with negative inferences about achievement stressors to predict an increase in the symptoms of depression. The participants were 1184 adolescents (54% boys, 13 to 17 years of age), who completed measures of early maladaptive schemas and negative inferences in the baseline, and depressive symptoms in the baseline and at six-month follow-up. Moderation analyses show that the schema domains of social nature increase the predictive association between negative inferences about social stressors and depression.

**Family variables and bullying among Brazilian adolescents: A mixed study** (pp. 41-53)

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Bullying is a frequent public health problem in developing countries. This is the first mixed study that investigates the interaction between the quality of family interactions and bullying among Brazilian students. 2,354 adolescents participated in the study. Two scales and semi-structured interviews were used to collect data. Statistical analyses and content analysis using Atlas.TI software were developed. The Bioecological Theory of Development was adopted as the theoretical-methodological framework. The students not involved in bullying situations presented better family interactions. Negative communication, negative marital interaction, and corporal punishment emerged as critical factors for the involvement in bullying situations. Rules, parental supervision and positive family aspects are protective factors. The family is responsible for the process of moral development and providing essential support to victims. The debate should be broadened in the health field in order to organize anti-bullying interventions focusing on a family approach.

**Bullying in higher education** (pp. 55-68)

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The aim of the study was to analyze bullying (target, perpetrator and bystander) in the university environment according to sociodemographic and academic variables (sex, age, origin, level of education and Faculty). The participants were 765 students (72.9% women) of the University of Murcia, who completed the “Questionnaire on harassment among university students” (QAEU in Spanish). The results of the study determined that both men and women were involved in different forms of harassment. Students were more involved as perpetrators between 20 and 24 years of age as compared to those over 30, and undergraduates were more involved than postgraduate students. As target, students aged 20-24 were more involved compared to those above 30 and undergraduate students exceeded postgraduates. However, as bystanders, no significant differences were found according to age. The students of Humanities, Social Sciences and Health Sciences obtained higher values in the subscales evaluated. It is highly advisable to promote programs for the prevention of bullying in universities.

**An exploration of the phenotypic structure of attention deficit hyperactivity disorder (ADHD): Subtypes vs. continuum of severity** (pp. 55-68)

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DSM-5 requires for the diagnosis of attention deficit hyperactivity disorder (ADHD) the presence of at least six symptoms, resulting in three subtypes or presentations. However, the validity of the subtypes remains debated. Our objectives were (a) to investigate whether ADHD is best characterized as a typology, a continuum, or a mixture of both, and (b) to investigate whether ADHD presentations proposed by DSM-5 can be empirically validated. For this purpose, we compared confirmatory factor models, latent profile models and mixture factor models on data from 871 children (5 to 14 years old). The best model was that of two factors (attention deficit and hyperactivity/impulsivity) and four classes. The classes did not represent groups with qualitatively different symptomatic profiles, but a mixture of

approximately normal distributions underlying the same severity continuum. These results do not support the categorization of children in subtypes or presentations, but their assessment in a continuum of severity whose upper end could be understood as the clinical manifestation of ADHD.

**Network analysis and psychopathology: Concepts and methodology** (pp. 87-106)

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In recent decades, the validity of categorical diagnostic systems, like the DSM or the ICD, has been seriously questioned. Network analysis (NA), which conceives of psychological problems simply as chains of causally related symptoms and not as emerging elements of a latent disorder or illness, has been proposed as a conceptual alternative to those traditional systems. NA uses statistical tools to analyze symptom patterns and their dynamics. These analytical tools allow to identify central and peripheral symptoms within a symptom network as well as the potential causal role of each symptom within the network. The network perspective opens new avenues to address classic challenges of categorical systems such as the definition of comorbidity and vulnerability factors. NA also allows to incorporate non-symptom factors (e.g., stressful life events) within the network of psychopathological elements. In short, NA can be considered as a promising alternative to current conceptualizations of psychopathology although it still has to demonstrate its utility for both research and clinical applications.

**Insomnia in female family caregivers of totally dependent patients with dementia: An exploratory study** (pp. 107-119)

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The aim of this study was to estimate the prevalence of primary insomnia in female family caregivers of totally dependent patients with dementia, and to examine the relation between this sleep disorder and a number of characteristics of the caregivers, care recipients, and caregiving situations. The participants were 134 female caregivers, who answered a diagnostic interview according to DSM-IV-TR diagnostic criteria. The functional status of the dependent person was assessed through the Barthel Index, and sociodemographic and related caring variables were collected through an ad hoc questionnaire. The prevalence of primary insomnia was 41.0%. Caregivers over 55, with more than eight years providing care and more than 12 daily hours of care, had a higher risk of developing insomnia. Multivariate analysis through binary logistic regression analysis showed that the factors more strongly associated with this diagnosis were the years of care duration (Wald= 4.02,  $p= .045$ , adjusted OR= 2.12, 95% CI= 1.02-4.42) and the daily hours of care (Wald= 4.07,  $p= .044$ , adjusted OR= 5.01, 95% CI= 1.05-23.92). Health care professionals should carefully check sleep complaints in female caregivers.

**Treatment of selective mutism in two polyglot sisters** (pp. 123-147)

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We present the process of evaluation and treatment of two polyglot girls of five and seven years of age. Both met the criteria for the diagnosis of selective mutism (APA, 2013). The intervention was carried out with the participation of the family and the school. A cognitive behavioral treatment was designed and later applied in a differentiated manner to adults and girls. Adult training included transmission of information, instructions, cognitive restructuring and modeling; treatment for the girls included stimulation fading, economy of cards, response cost, and exposure to be seen and heard talking to other classmates in their respective classrooms. The results show a normalization of audible speech in response to external requests in class and on the playground, the appearance of spontaneous speech, the increase in play and the elimination of social isolation. These results were maintained in the follow-up measures at 3, 6 and 12 months. The treatment has shown its efficacy in the complete remission of the disorder in both cases.

**A new Multidimensional Intervention for Social Anxiety: The MISA Program** (pp. 149-170)

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This article presents a new treatment program for social anxiety, specifically for social anxiety disorder (social phobia) and avoidance personality disorder. Its name, *Multidimensional Intervention for Social Anxiety* (MISA), indicates that it revolves around the five dimensions that our research team found working on social anxiety with participants from 20 countries for more than 15 years, namely (1) interaction with strangers, (2) interaction with the opposite sex, (3) assertive expression of annoyance, disgust, or displeasure, (4) embarrassment or criticism, and (5) speaking in public/interaction with persons of authority. It incorporates both traditional techniques of cognitive behavioral therapy and strategies of third-generation therapies. The MISA program is applied in a group format through 15 treatment sessions of 2.5 hours each, plus one booster session, and pre/post-treatment and follow-up assessment sessions. We believe that it is currently the best treatment program available for social anxiety and in the coming months we will be able to substantiate this claim.

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**Relationships between depression, stress, and early maladaptive schemas in adolescents** (pp. 183-198)

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The prevalence of depression in adolescents is an important clinical and social problem. The present study examines the bidirectional relationships that occur between the level of cognition of early maladaptive schemas, stressors and depression. Two groups of adolescents were formed, one comprised adolescents with high symptomatology in depression ( $n= 110$ ,

76 women,  $M_{\text{age}}= 15.45$ ,  $SD= 1.69$ ), and the other adolescents with low symptomatology in depression ( $n= 115$ , 76 women,  $M_{\text{age}}= 15.65$ ,  $SD= 1.05$ ). Both groups completed measures of depression, stressors and three domains of early maladaptive schemas (disconnection and rejection, focus on others and impaired autonomy) at two different points in time spaced four months apart. The results show the importance of the disconnection and rejection schemas in depression. Moreover, the stressors predicted an increase in all the schema domains and depressive symptoms predicted an increase in the impaired autonomy schema domain. These results are very valuable to understand the mechanisms through which stress and depression work in adolescents.

**The effects of treatment of adolescents with social phobia on neuroticism and extraversion** (pp. 199-216)

Pablo J. Olivares-Olivares<sup>1</sup>, Vicente E. Caballo<sup>2</sup>, Ángel Rosa-Alcázar<sup>3</sup>, Diego Macià<sup>4</sup> and José Olivares<sup>1</sup>

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The aim of this study is to present the effects of the application of a manualized treatment protocol in a community sample of 67 Spanish adolescents (62.68% women) in generalized social phobia (GSP), in neuroticism (N), and extraversion (E). The participants were randomly assigned to a control group ( $n= 33$ ;  $M= 15.21$  years old,  $SD= 1.04$ ) and a treatment group ( $n= 34$ ;  $M= 15.29$  years old,  $SD= 1.10$ ). All met the criteria required for the diagnosis of social phobia (generalized subtype, APA, 1994) and completed the Inventory of Anxiety and Social Phobia (SPAI), and the Eysenck Personality Questionnaire for children (EPQ-J) or for adults (EPQ-A) according to their age. The time looking at the conversation partner during a situational test was also quantified. The results show that: (i) the treatment is effective to eliminate / reduce GSP; and (ii) N and E show significant changes between the pretest and the posttest that are prolonged in the follow-up. The implications of these findings and the stability of N and E are discussed.

**Multidimensional social competence in research on bullying involvement: A cross-cultural study** (pp. 217-239)

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This study tested the cross-cultural robustness of the Adolescent Multidimensional Social Competence Questionnaire (AMSC-Q) and examined the relationship between social competence (SC) and bullying involvement. The sample was composed of 4207 secondary school students from Spain, Colombia and Ireland. The analyses revealed that the AMSC-Q showed five factors (social and normative adjustment, prosocial behaviour, social efficacy and cognitive reappraisal) which were invariant across participants in the three countries. SEM revealed an inverse relationship between normative and social adjustment and a direct relationship of social efficacy with bullying aggression. Victimization was explained by the direct influence of prosocial behaviours and social efficacy and the inverse influence of social and normative adjustment. Although the models were homogeneous between countries, the

relationships between SC dimensions and bullying aggression and victimization were stronger in Colombia.

**School anxiety as an explanatory variable of cyberbullying in Spanish students of Primary Education** (pp. 241-257)

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This study analyzed the explanatory power of school anxiety on cyberbullying and the differences in school anxiety according to the personal role in cyberbullying (victims, bullies, bullies-victims and not involved). The Screening of harassment among peers (SAI) and the School anxiety inventory for Primary Education (IAEP), was applied to 548 students (50.2% boys) of 5th and 6th grade of Primary Education (10-13 years). The evidence found placed the high scores in anxiety related to social evaluation as the explanatory variable of the role of victim, as well as higher levels in psychophysiological anxiety in the case of the bullies. Anxiety in the face of school punishment appears as a protective factor for not being bullies and bully-victims. In addition, student victims of cyberbullying showed more symptoms of anxiety in different school situations than student bully-victims and those not involved in cases of cyberbullying. The findings are discussed highlighting school anxiety as an explanatory variable of acting as a victim, bully and bully-victim of cyberbullying, which can guide the development of effective prevention programs.

**Prefrontal symptoms associated with the problematic use of information and communication technologies (ICTs) in adolescents** (pp. 259-275)

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Abuse of information and communication technologies (ICTs) can be linked to a malfunction of the prefrontal cortex. Loss of control over the use behavior of these technologies can be reflected in failures in everyday activities. Adolescents make up a particularly vulnerable population, as they are in a critical phase of brain development. A descriptive observational multicenter cross-sectional study was designed in public, subsidized and private schools in the city of Madrid, obtaining a representative sample ( $n=2,341$ ) of the population enrolled in the last year of obligatory secondary education, stratified by level of district development and school financing. The prevalence observed for the problematic use of ICT ranges from 18.2% for video games to 36.5% for the Internet. There is a linear relationship between ICT abuse and daily symptoms of prefrontal malfunction. Although it was not possible to determine whether prefrontal dysfunction is a cause or consequence of ICT abuse, the data suggest that it is closely linked to a loss of behavioral control.

**Factorial structure and validity of the Emotional Skills and Competences Questionnaire (ESCQ) in Spanish adolescents** (pp. 277-295)

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A growing body of research focuses on the concept and assessment of emotional competence due to the positive impact on positive youth development such as well-being. The Emotional Skills and Competences Questionnaire (ESCQ) has shown good psychometric properties in a cross-cultural setting. This study provides further evidence of the factorial structure of ESCQ using a new short version of 21 items. A total of 1300 students aged 12 to 15 years ( $M=13.47$ ,  $SD=1.09$ ) completed the original version of the ESCQ translated into Spanish. Data on emotional intelligence (TMMS-24), satisfaction with life (SWLS) and positive and negative effects (SPANES) were collected. Factor analysis confirmed the trifactorial structure of the reduced version (ESCQ-21), presenting adequate reliability indexes for each factor. Results provided evidence for construct validity and criterion validity. The ESCQ-21 factors were positively associated with the dimensions of TMMS-24, and predict subjective well-being (SWLS and SPANES). The ESCQ-21 appears to be an adequate evaluation tool to understand better how emotional skills may affect adolescent's subjective well-being.

**Compassion-focused therapy in patients with eating disorders: A pilot study** (pp. 297-311)

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Compassion-focused therapy (CFT) has been developed as a multimodal therapy that integrates different cognitive-behavioral strategies and has begun to be applied in the field of eating disorders recently. The aim of this work has been to develop and apply an intervention program based on CFT in a group of patients with eating disorders. The sample consisted of 10 participants diagnosed with an eating disorder. The mean age was 20.2 years ( $SD=8.06$ ). The following instruments were applied: measures of self-pity, mindfulness, attitudes toward food, depression, anxiety, body image and self-esteem. The results showed a significant change in self-pity, attitudes toward food, body image and self-esteem. These results support the application of CFT to these patients.

**Spanish adaptation of the Dyadic Sexual Communication Scale** (pp. 313-326)

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Dyadic sexual communication can be defined as discussing sexual behaviors with one's partner. Given the importance of sexual aspects in partner communication, the aim of this study was to present the Spanish adaptation of the Dyadic Sexual Communication Scale (DSC; Catania, 1998). This instrument measures the individual's perception of the communication with the partner about sexual behaviors. 891 participants answered different scales to measure the reliability and the validity of the DSC scale. Unidimensional factorial structure obtained a good fit to the data ( $CFI=.92$ ,  $TLI=.90$ ,  $RMSEA=.079$ ) and a good reliability ( $\alpha=.87$ ,  $\omega=.87$ ). Here, different types of evidence are presented such as the convergent validity with sexual satisfaction and dyadic adjustment variables. Also, sensitivity to personal variables such as sex or partner relationship duration was analyzed showing that, although no mean differences were observed, the relationship between the DSC scale and the measured variables was sensible to those personal variables.

**Defensive pessimism, optimism and adaptation to chronic pain** (pp. 327-342)

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The main aim of this study was to investigate whether defensive pessimism in interaction with trait anxiety was associated with better adaptation to chronic pain operationalized as greater well-being, a higher level of daily functioning, and less disability. The sample comprised 276 patients with chronic musculoskeletal pain. Three hierarchical stepwise regression analyses were performed. Statistically significant associations were found between defensive pessimism in interaction with trait anxiety and well-being, and between dispositional optimism and better functioning and greater well-being. The central role of dispositional optimism in adaptation to chronic pain is discussed. We speculate that defensive pessimism and optimism could coexist in the same individual, understanding defensive pessimism as a cognitive strategy aimed at managing a specific task, and dispositional optimism as generalized positive expectations. The clinical implications of these findings are discussed.

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**Effectiveness of a mindfulness-based stress reduction (MBSR) intervention for pathological gamblers' relatives** (pp. 355-373)

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Gambling addiction may lead to stressful situations for the gambler and their proximal social environment. 33 close relatives of disordered gamblers volunteered to attend a self-help group; afterwards, they participated in the Mindfulness-Based Stress Reduction (MBSR) program for 8 weeks. The participants' perceived stress was assessed before and after each treatment condition, and at 1-month, 3-months, and 6-months follow-ups. Participating in the self-help group did not significantly reduce the stress levels of pathological gamblers' relatives, whereas the MBSR training produced changes of great magnitude ( $\eta^2 = 0.88$ ), decreasing stress levels from initially moderate scores to low values. Changes in stress levels were maintained at low levels throughout follow-ups, with participants reporting overall strong engagement with the practice of mindfulness. However, a decrease in practice (number of individuals practicing, frequency and time of exercises) was observed at 6-months follow-up, which suggest that including sessions to strengthen practice could be advisable. The MBSR program may be a useful protocol to reduce stress in pathological gamblers' families.

**Coping, personality and resilience: Prediction of subjective resilience from coping strategies and protective personality factors** (pp. 375-389)

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This study explored how resilience can be predicted from coping styles (problem-focused, emotion-focused, and socially-focused) and personality characteristics (sense of mastery, sense of relatedness, and emotional reactivity). The sample consisted of 430 adults (256 general population, 77 VIH/cancer patients, and 97 parents of children with cancer or developmental problems). Several analyses were carried out: correlations to test discriminant validity; regression analyses to see whether resilience in different adverse situations is predicted by different coping and resiliency variables, and structural equations models and cross-validation analyses to compare two different predictive models (M1: from coping to resiliency, and from resiliency to resilience; M2: from resiliency to coping, and from coping to resilience). Results showed that coping factors as initial predictors and resilience factors as mediators (that is, M1), explained the greater variance in resilience scores. Besides, coping and personality factors predicted resilience differently depending on the type of adversity. Psychological interventions to boost resilience should focus on modifying the use of coping strategies, avoiding the utilization of the emotion-focused coping and social-focused coping, and promoting problem-focused coping.

### **Psychological predictors of suicide risk in university students** (pp. 391-413)

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This work shows the risk factors and psychological predictors associated with suicidal behavior in university students in Manizales and Medellín (Colombia). The sample comprised 1408 students. Plutchik's suicide risk, Beck's despair and depression and Barratt impulsivity scales were used. A suicide risk factor of 23.2% was found. Binary regression analysis shows that depression (OR= 1.2), impulsivity (OR= 1.04), hopelessness (OR= 1.1), suicide attempt (OR= 31.5), mental illness and family suicide attempt (OR= 2.2, OR= 2.1) explain between 41% and 62% of the variance of suicide risk. Through a structural equation modeling analysis, three explanatory models were established that show mental illness and suicide attempt in the family (model 1), impulsivity (model 2), and a history of suicide attempt by the student (model 3) are suicide mediating variables. The greatest total effect occurred in model 3, which explains 62.7% of the variation in suicide risk.

### **Is drug abuse/dependence associated with a specific executive functioning in batterers?** (pp. 415-430)

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Although the neuropsychological profile of batterers has been explored, there is not enough information about their executive functioning according to the severity of substance use. A broad and solid knowledge of the executive performance of this population would help to clarify its specific contribution to the differentiation of certain batterer subtypes. For this



purpose, a protocol consisting of tests that evaluate some executive functions was administered to 39 batterers with a history of substance abuse/dependence (MC) ( $M= 38.79$ ,  $SD= 6.74$ ) and 39 batterers without this kind of background (MS) ( $M= 35.59$ ,  $SD= 7.95$ ), all of them from two prisons in Granada (Spain). The MC presented less cognitive flexibility and worse working memory and inhibitory control than the MS. The findings corroborate the association of substance abuse/dependence to a specific executive functioning in batterers, while contributing to the optimization of strategies to prevent intimate partner violence and intervention programs with this population.

**Is pornography consumption associated with intimate partner violence? The moderating role of attitudes towards women and violence** (pp. 431-454)

Claudia Gallego Rodríguez and Liria Fernández-González

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The objective of this study was to explore the relationship between pornography consumption and intimate partner violence, as well as the moderating role of sexist attitudes and justification of violence towards women. Participants were 382 heterosexual men with an average mean age of 21.32 years ( $SD= 3.07$ ) who answered a series of online self-report questionnaires. Pornography consumption -mainly violent- was significantly associated with aggressive behaviour toward the female partner. This association was moderated by sexist attitudes and justification of violence. In particular, pornography consumption was positively associated with perpetration of aggressive behaviours toward the partner for those men who scored higher in attitudes justifying violence, rape myth acceptance beliefs, neosexist attitudes, and beliefs of women as sexual objects. However, the association was negative for those men who scored lower on the previous beliefs and attitudes toward women and violence, thus assigning pornography consumption a protective role in this case. Theoretical and clinical implications of the findings are discussed.

**Self-concept and its relation to emotional intelligence and anxiety** (pp. 455-476)

Eloísa Guerrero-Barona<sup>1</sup>, Susana Sánchez-Herrera<sup>1</sup>, Juan Manuel Moreno-Manso<sup>1</sup>, Diana Sosa-Baltasar<sup>2</sup>, and Miguel Ángel Durán-Vinagre<sup>1</sup>

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In this study we analyze the dimensions of self-concept, emotional intelligence and anxiety, as well as to analyse their relationship to sociodemographic and academic variables in a sample of 402 adolescents between 12 and 19 years of age. The instruments applied were the Trait Meta-Mood Scale (TMMS-24), the Self-concept Form "5" (AF5) and the State Trait Anxiety Inventory (STAI and STAIC). The outcomes show that negative correlations between all the dimensions of self-concept and anxiety. The emotional intelligence is related to the physical and social self-concept. Gender has no influence on the global self-concept, but on anxiety it does. The gender, age, course and repetitions predict the emotional self-concept and the emotional understanding. Repeating a year at school predicts the academic self-concept and gender predicts the physical self-concept, anxiety and emotional understanding. The type of educational programme does not predict any of the constructs analysed. It would be desirable to implement intervention programmes aimed at improving self-concept through training in emotional and social competences, as well as in controlling stress and anxiety.

**Factorial validity of the Connor-Davidson Resilience Scale (CD-RISC) in Colombian university students** (pp. 477-498)

Marbel Gravini-Donado<sup>1</sup>, Jorge Enrique Palacio Sañudo<sup>2</sup>, and Anthony Millán De Lange<sup>2</sup>

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The objective of this work was to analyze the factorial validity of the “Connor-Davidson Resilience Scale” (CD-RISC) in Colombian university students. There were 358 students, mostly women (68.44%), between 16 and 42 years old ( $M= 19.22$ ,  $SD= 6.99$ ) and of low socioeconomic status (90%). A series of factorial analyses were carried out to determine the underlying structure of the responses to the CD-RISC, finding that the best explanatory model has seven factors: 1) Effort and control to achieve the goals; 2) Tenacity in the face of adversity; 3) Self-confidence; 4) Proactivity in the face of adversity; 5) Capacity to solve problems and challenges; 6) Capacity to establish secure relationships; and 7) Spiritual influence. This factorial solution had not been observed in previous studies. Its correction was parameterized from the refined method of regression and its qualification from Tukey's hinges and the parameters to detect atypical cases. It was also found that this structure of the CD-RISC has an adequate internal consistency. This new structure is relevant for resilience studies in the Colombian university context.

**Care-recipients' disruptive behaviors and caregivers' cognitive fusion: relevant variables for understanding caregivers' ambivalent feelings** (pp. 499-510)

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The goal of this study was to analyze the relationship between stressors (frequency of and reaction to disruptive behaviors), cognitive fusion and ambivalence among caregivers, and more specifically to study whether cognitive fusion acts as a mediator in the relationship between stressors and ambivalence. To assess these variables, individual interviews were conducted with a total of 364 caregivers of a relative with dementia. Significant and positive correlations were found among stressors, cognitive fusion and ambivalence ( $p < .05$ ). The model suggests that there is a significant and positive relationship between reaction to disruptive behaviors and ambivalent feelings among caregivers, although it seems to be mediated by cognitive fusion. The final model explains 37% of the variance of ambivalence, and it shows an excellent fit to the data. The results suggest that the relationship between frequency of disruptive behaviors and ambivalence seems to be mediated by reaction to disruptive behaviors and cognitive fusion; consequently this last variable seems to be relevant for understanding emotional ambivalence among caregivers.

**Child-to-parent violence from the perspective of jurisdiction over minors: psychosocial and clinical characteristics** (pp. 511-532)

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Child-to-parent violence is an emerging family related problem with a growing interest in the legal sphere, a phenomenon that can be seen in the increasing number of court actions. The main aim of this study is to analyze the psychosocial and clinical characteristics of the

accused minors of child-to-parent violence, their family's profile and the judicial measures imposed, the last being an aspect that has hardly been studied. The sample consisted of 145 minors between 14 and 18 years of age who had been accused of child-to-parent violence between 2012 and 2017. The instruments used were the procedural management system Minerva, the case files of the minors and the experimental version of the "Personality assessment inventory-adolescent" (PAI-A). The results show that the minors do not present significant psychopathological symptoms, but they do show evidence of difficulties in the family, personal and social context, as well as maladjustments in the marital relationship of the parents. The modality of educational group living as a judicial measure imposed upon these young people is worth noting.

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**Relationship between suicide behaviors and internalizing symptoms in children and adolescents** (pp. 5-18)

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Suicide in children and adolescents is a serious health problem. The presence of internalizing symptomatology is associated with suicidal ideation and behavior. Our aim was to investigate this association. A total of 1499 participants completed an online questionnaire. Regression analysis was used to investigate the association between internalizing symptomatology and suicidal behavior and conditional process analysis (model 4). The prevalence of suicidal behavior in Spanish children and adolescents was 11.9% and 21.3%, respectively. In multivariate analysis, the highest *odd ratio* values were found for major depression (MD) (OR= 3.56, 95% CI= 2.53-4.10) and panic disorder/Agoraphobia (PDA) (OR= 3.09, 95% CI= 2.05-4.66). The regression model with DM showed that PDA symptoms had a significant indirect effect, through depression symptoms, on suicide behaviors, accounting for 17% of the total variance explained in adolescents. Therefore, it is necessary to implement early identification and intervention programs to address anxious and depressive symptomatology and prevent suicide in adolescents.

**Predictive value of Child Behavior Checklist/6-18, Youth Self-Report and Conners 3 ADHD Index for ADHD in school-aged children** (pp. 19-34)

Joana Roigé-Castellví, Paula Morales-Hidalgo, Núria Voltas, Carmen Hernández-Martínez, Andreu Vigil-Colet, and Josefa Canals

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The best predictors of attention deficit hyperactivity disorder (ADHD) were examined using Conners 3 ADHD Index (Conners 3 AI) (teacher and parent reports), Child Behaviour Checklist for ages 6-18 (CBCL/6-18) and Youth Self Report for ages 11-18 (YSR/11-18) in a sample of 350 schoolchildren from the Epidemiological Project on Neurodevelopmental Disorders (EPINED) ( $n= 2,818$ ). The diagnosis was made on the basis of the DSM-5 criteria and the three presentations of ADHD were categorised as non-diagnosis ( $n= 175$ ), subclinical ( $n= 56$ ) or clinical ( $n= 118$ ). Discriminant analyses showed that the CBCL attention problems scale was the best predictor, correctly classifying almost 80% of cases (78.4% unadjusted model; 79.2% model adjusted for IQ and socioeconomic level). The slow cognitive time scale was the best predictor of inattention presentation (68.7% unadjusted; 71.0% adjusted) and the DSM scale of attention problems was the best predictor of hyperactive-impulsive (71.1% unadjusted; 78.0% adjusted) and the combined (68% unadjusted; 71.0% adjusted) presentation. Predictors did not differ between models for two (non-diagnostic and clinical) or three diagnostic categories (non-diagnostic, subclinical and clinical).

**Intervention in parental flexibility through a group family training** (pp. 35-57)

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The aim of the present study is to evaluate the preliminary efficacy of a family intervention with third-wave therapy strategies to promote parental psychological flexibility. Seven mothers aged 31-50 years participated. To assess the effects of the intervention, parental psychological flexibility, avoidance, emotional regulation, parental stress, and satisfaction with life instruments were used at the end of the intervention and at 3 months follow-up. Mood and coping were assessed as the process measure. The effects on their children were assessed with the scale of strengths and difficulties. Intervention comprised four two-hour sessions. Results showed positive effects in the psychological flexibility and emotion regulation of mothers. In children, there was a reduction in emotional symptoms and hyperactivity. This study provides preliminary evidence of the efficacy of third-wave based family interventions.

**Psychometric properties of the Family Allocentrism-Idiocentrism Scale with Spanish adolescents** (pp. 59-72)

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Family allocentrism is defined as a specific collectivist attribute referring to the family in which family goals are given priority over personal ones. There is evidence that the relationship with the family contributes to psychological well-being. However, reliable measures for family allocentrism evaluation are needed. The objective of this study was to validate the Family Allocentrism-Idiocentrism Scale (FAIS; Lay et al., 1998) with Spanish adolescents and to examine its psychometric properties. A total of 695 students aged between 13 and 18 years participated. Confirmatory factor analysis supported the one-dimensional structure of the original model. The indices of internal consistency and test-retest reliability were adequate. The validity analyses showed positive and significant correlations with measures of collectivism, and negative or low correlations with measures of individualism and depression. Older adolescents were found to have lower levels of family allocentrism and general collectivism. No sex differences were found. This study validates an instrument to assess family allocentrism in a vulnerable population in the development of psychological problems.

**Longitudinal study of predictors and outcomes of cyberbullying in Spanish adolescents** (pp. 73-93)

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Cyberbullying in adolescents is considered as a highly relevant topic nowadays, and yet little is still known in terms of predictors and outcomes. In this study, an incidental sample 624 adolescents (55% girls, 45% boys, ranging between 12 and 19 years of age) was evaluated on two occasions separated by a one-year period, to measure cyberbullying, as well as possible personality predictors (big five, attachment styles) and possible psychosocial outcomes (self-esteem, emotional well-being, drug use and aggressive behaviour). The results indicate that low agreeableness predicts an increase in cyberaggression while fearful/preoccupied attachment predicts an increase in cybervictimization. In addition, cyberaggression predicts a decrease in self-esteem and an increase in alcohol consumption; cybervictimization predicts

an increase in alcohol and tobacco consumption. Therefore, this study suggests that predictors of cyberbullying can be identified, and that cyberbullying is associated with unfavourable outcomes over time, which should be considered by intervention programs.

**Factorial invariance of a brief scale to evaluate online sexual abuse in adolescents in Spain and Chile** (pp. 95-113)

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The extended use of the Internet has produced new forms of victimization for children and youth, among which online sexual abuse stands out. The study of this form of victimization is frequent worldwide, but there is a lack of brief instruments in Spanish language which also offer good psychometric properties. The objective of the present study was to examine the factorial structure and intercultural factorial invariance of a brief scale of online sexual abuse. The participants were 1,502 adolescents from Spain and Chile between 15 and 17 years. The results of exploratory factor analyses with a proportion of the Spanish sample ( $n= 698$ ) suggest that the 12-item scale has a single factor structure and adequate internal consistency. Confirmatory factor analyses with a second proportion of the Spanish sample ( $n= 402$ ) and with the Chilean sample ( $n= 402$ ) corroborate the unifactorial structure in both countries. The results support the configurational factorial invariance, but not the strict factorial invariance. We discuss the implications of the results when using the scale in both countries and making comparisons between them.

**Cross-cultural validity of the Memory Failures Everyday Questionnaire (MFE-30): Reliability and factor analysis in Venezuelan population** (pp. 115-136)

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Memory complaints are a reason for recurring consultation both among young adults and older adults who attend health centers, therefore they should be evaluated with instruments that show optimal psychometric properties. The Memory Failures Everyday Questionnaire (MFE-30) allows measuring the forgetfulness and mistakes that people perceive daily; however there are no reports of its psychometric properties in the Latin American context. The aim of this study was to analyze the reliability and validity of the instrument in Venezuelan population. An exploratory analysis was carried out in a sample composed of general population and individuals with substance addiction problems ( $n= 300$ ); and a confirmatory analysis was made in a sample of university students ( $n= 303$ ). The results reflect a three-dimensional structure that explains 48.5% of the variance. Good indicators of reliability are observed ( $\alpha= .92$ ), significant correlations with cognitive screening tests and ability to discriminate between groups. In conclusion, it can be considered as a valid and reliable measure, allowing its emergent use at clinical and research level.

**Acceptance and commitment therapy applied to a case of trichotillomania** (pp. 137-159)

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Within third-generation therapies, acceptance and commitment therapy (ACT) has been enshrined as one of the most effective, given its excellent results and the multitude of areas to which it can be applied. In general, this therapy is intended to break the pattern of experiential avoidance, which means responding literally to the content of aversive private events. The present study presents an intervention with ACT in a problem of trichotillomania in a patient, L., 17 years of age. After 10 intervention sessions in which all the components of ACT are worked on (creative hopelessness, defusion, clarification of values, self as context, contact with the present moment, etc.), there are more actions aimed at achieving the values, and although a reduction in discomfort is not reported, L. is able to contemplate private events without literally responding to their presence.

**Internet porn addiction: analysis of a clinical case** (pp. 161-180)

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Behavioral addictions are considered as a new way of developing misconduct in relation to phenomena that by themselves have no reason to be associated with pathological states. Despite not being referred to in most commonly used diagnostic textbooks among health professionals, their incidence in the population is increasingly notable, adopting ever more diverse forms, thanks to the development of new technologies. Sex addiction can manifest itself in different ways, with a higher incidence among the male population. This paper deals with the description, functional analysis and intervention in a case of Internet porn addiction from a college psychology service, used to addressing problems affecting the youth. Developing a cognitive behavioral intervention, the strategies employed and their effectiveness in the case are described, the possible implications of behavioral addictions in the university population, and its impact on the academic and personal development of students.

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**Comparing the contribution of affect, emotion regulation, and self-efficacy in emotional and behavioral outcomes of individuals with borderline personality disorder** (pp. 193-208)

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Positive and negative affect, emotion regulation and self-efficacy are important mechanisms in borderline personality disorder (BPD), but their contribution is still not clear. Our goal was to explore their role in relation to typical BPD outcomes: psychiatric hospitalizations, suicidal

behaviors and depression. The sample comprised 88 women with BPD. The unique contribution of positive and negative affect, the regulation of emotions and self-efficacy in outcomes were analyzed. Positive ( $\beta = -.40, p < .001$ ) and negative ( $\beta = .54, p < .001$ ) affect contributed uniquely to depression. Emotion suppression was the only predictor of the number of hospitalizations ( $\beta = -.29, p < .05$ ). Self-efficacy was uniquely related to suicide attempts ( $\beta = -.26, p < .05$ ) when controlling the rest of the variables. Positive and negative affect, emotion regulation and self-efficacy are important psychological mechanisms uniquely associated with specific emotional and behavioral outcomes in BPD. These findings will help to design interventions in a more effective way and tailor treatments for individuals with this disorder.

**Working on meaningfulness: Efficacy of a pilot program to improve psychological well-being of parents of children with autism spectrum disorders** (pp. 209-226)

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The prevalence of autism spectrum disorders (ASD) has increased notably in recent decades. There is extensive scientific literature on the impact of raising a child with ASD on parent's wellbeing. Among the factors involved in parent's wellbeing, the sense of coherence (SOC) has demonstrated to have an important role. Meaningfulness (a specific component of SOC) appears to be a relevant variable to consider because of its own conceptualization and its differential relationship with other variables. However, despite the abundant literature, there is a lack of programs that assess or work in SOC, or in its meaningfulness component. In this work we present a pilot program based on values of acceptance and commitment therapy (ACT), because of its conceptual analogy, to increase meaningfulness of SOC. The program was carried out with a group of parents of children with ASD. As expected, the group which received the program showed a significant improvement in meaningfulness (not in the other components of SOC), in parental distress, depression, anxiety and social dysfunction.

**Repetitive negative thinking longitudinally predicts the psychological adjustment of clinical psychology trainees** (pp. 227-243)

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Clinical psychology trainees often experience emotional difficulties during their clinical training. This study aims to examine the predictive ability of repetitive negative thinking (RNT) for emotional symptoms of clinical psychology trainees. A longitudinal study with 236 clinical psychology trainees was conducted. Before beginning clinical practice (T1), participants responded to measures of emotional symptoms, experiential avoidance, general RNT, and RNT focused on the clinical practice. After two months, participants responded to the measures of emotional symptoms. Bayesian regression analyses showed that the measures of emotional symptoms and RNT focused on the clinical practice at T1 predicted emotional symptoms at T2, whereas general experiential avoidance and RNT did not enter the regression models. These results show that RNT focused on the clinical practice longitudinally predicts emotional symptoms of trainees. Interventions aimed at reducing RNT focused on clinical practice might be efficacious to prevent the increase of emotional symptoms in trainees and to enhance learning during the training.



**Psychometric properties of a questionnaire for the assessment of test anxiety in adolescents** (pp. 245-263)

Rosa Torrano-Martínez, Juan Manuel Ortigosa-Quiles, Antonio Riquelme-Marín, and José Antonio López-Pina

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Test anxiety is a problem that affects students in Compulsory Secondary Education and Baccalaureate. The objective of the present study was to adapt the “Test Anxiety Questionnaire for (CAEX)” to Spanish students in Compulsory Secondary Education (ESO) and Baccalaureate. A total of 1,181 students (51.8% females,  $M= 14.7$ ,  $SD= 1.8$ ), from public High Schools in the Region of Murcia were evaluated. Three factors were identified: Physiological anxiety, Avoidance behavior and Cognitive response to exams, which explained 53% of the total variance. The level of internal consistency on the subscales and of the total was .90, .49 and .94, respectively. The Omega coefficient was .85 or higher on every subscale. Also, Test-retest reliability ranged from .52 to .87. Furthermore, the convergent and discriminant validity of the CAEX-A was adequate. The CAEX-A has appropriated psychometric properties and can be used for the psychological assessment of test anxiety in Spanish students from 12 to 18 years of age.

**Spanish women’s irrational beliefs about the traditional female gender role** (pp. 265-293)

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Women’s irrational beliefs (IBs) about traditional gender roles have received considerable scholarly attention in several countries. However, any research has been done in Spain using an instrument specifically designed within the REBT framework such as the O’Kelly Women’s Beliefs Scale (OWBS). This study evaluated the presence of gender IBs in Spanish women and the existence of differential profiles according to age, educational level and social status (partner relationship and living with extended family). The participants were 1,075 women aged between 18 and 83 years ( $M= 34.18$ ,  $SD= 14.72$ ) completed the questionnaire. The results showed a greater adherence to rational items. After exploring the relationship between the participants’ socio-demographic variables and IBs, we found that IBs increased with age. Conversely, IBs were less frequent in better educated women, as well as in those without a stable relationship and those living with their parents. The multivariate analyses revealed that age and educational level were the most robust predictors of IB intensity.

**The mediating role of goal adjustment strategies between optimism and well-being in women with fibromyalgia** (pp. 295-309)

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Dispositional optimism has been shown as a predictor of the well-being of individuals suffering from chronic pain. The present study aims to analyze the mediating role of tenacity and flexibility, as goal-setting strategies, between dispositional optimism and adaptation in a

sample of 99 women with fibromyalgia. The regression analyses point to optimism and tenacity as the only variables that are associated with vital purpose and well-being, with the intensity of pain having an effect on positive affect. The interaction between tenacity and flexibility emerges as a predictor of well-being and a mediator in the relationship of optimism with vital purpose, positive affect, and psychological well-being of the women. The interaction between the tenacious pursuit of goals and the flexible adjustment is an effective strategy that mediates between optimism and well-being of women with fibromyalgia.

**Emotional dependence on the aggressive partner and its relationship to eating disorders**  
(pp. 311-329)

Janire Momeñe<sup>1,2</sup>, Ana Estévez<sup>1</sup>, Ana María Pérez-García<sup>2</sup>, Leticia Olave<sup>3</sup>, and Itziar Iruarrizaga<sup>3</sup>

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Eating disorders are common in families with difficulties in promoting the autonomy of their members and may be a risk factor when establishing dependent relationships. Emotional dependence and partner violence occur together with a high frequency. The aim of the study was to examine the relationship and predictive role of eating disorders in emotional dependence, violence received and emotional dependence on the aggressor partner. The participants were 712 subjects, 545 women and 167 men, between 18 and 30 years of age ( $M=21.32$ ,  $SD=2.94$ ). It was found that individuals who scored high on eating disorders were a risk group in the development of emotional dependence, permanence in violent relationships, and the development of both together in the same relationship. As for the characteristics associated with eating disorders, impulsivity was associated with the violence received and fear of maturity, ineffectiveness, perfectionism, asceticism and impulsivity were associated with emotional dependence in general and towards the aggressor partner.

**Recidivist and non-recidivist aggressors convicted of intimate partner violence: Cognitive and social dimensions** (pp. 331-345)

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The investigation studies whether having a history of intimate partner violence depends on different cognitive and social dimensions. 102 aggressors, both recidivist ( $n=57$ ) and non-recidivist ( $n=45$ ), convicted of intimate partner violence participated in our study. The subjects were evaluated with the Attribution of Responsibility and Minimization Scale, the Inventory of Distorted Thoughts on Women and Violence, the Ambivalent Sexism Inventory, the Rosenberg Self-Esteem Scale and the Functional Social Support Questionnaire. The main conclusions indicate that aggressors with a criminal record present distorted thoughts about women, although they show lower levels of hostile sexist attitudes. In addition, we found that the higher number of distorted thoughts about women, the fewer strategies to justify the inflicted pain based on self-defense, the lower number of sexist attitudes, and the lower self-esteem, the higher the probability to repeat an offence for gender aggressors. The study of the factors that predict the risk of recidivism will increase the effectiveness of specific interventions in intimate partner violence programs.

**Intervention through multimedia exposure in a case of child wasp phobia** (pp. 347-365)

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The clinical case of a 13-year-old high school student with wasp phobia is presented; its characteristics would correspond to a diagnosis of specific phobia of animal type (DSM-5). An A-B single case design with follow-up was performed, and a progressive exposure treatment was performed in different phases. A pre-post assessment was also performed with the specific questionnaires (FSS-R, STAI-E/R, FSQ-wasp, and EI) and a multimedia behavioural avoidance test in which measures of subjective anxiety and heart rate were taken during the stimuli presentations. The intervention was designed to run for six sessions in four phases of multimedia exposition: photographs, videos, simulated and real wasps. The results showed a decrease in the scores of specific anxiety questionnaires, also the subjective assessment of anxiety progressively decreased throughout the sessions. There was no change in heart rate. A follow-up was also carried out at 9 and 16 months, where the results obtained with the therapy were maintained. The treatment was successful and at the end the adolescent could be confronted with real wasps without being paralysed or anxious.

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**Multi-component positive intervention via e-mail to promote well-being in university students** (pp. 375-392)

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This study examined the effectiveness of a multicomponent positive intervention self-administered through email to improve the personal well-being. Thirty-two university students participated in a 6-week positive intervention (IG) and thirty students were assigned to the control group (CG). The intervention consisted of positive activities such as savoring, gratitude, kindness, positive thinking and writing about the best possible selves. Both groups showed similar scores on well-being and personality characteristics at baseline, except in personal growth. The IG improved in positive affect, self-esteem, optimism and emotional clarity when pre- and post-treatment measures were compared. Positive affect increased in IG compared to CG. Responsibility and openness to experience explained the changes in subjective and psychological well-being after the intervention. Although the positive intervention had beneficial effects on some components of subjective well-being for the IG, some improvements were also observed in the CG that limit the scope of this intervention.

**Covitality as a protective factor against internalizing and externalizing problems in Spanish adolescents** (pp. 393-413)

Raquel Falcó, Juan C. Marzo, and Jose A. Piqueras

*Miguel Hernández University (Spain)*

The covitality model considers that the joint action of certain social-emotional competences cushions the impact of psychosocial stressful events by preventing the development of mental health problems. The objective of the present study was to analyze the protective role of social-emotional competences of the covitality model in the face of internalizing and externalizing problems in Spanish adolescents. The Strengths and Difficulties Questionnaire and the Social Emotional Health Survey were applied to 438 adolescents (53.2% men) between 12 and 18 years old ( $M= 15.04$ ,  $SD= 1.54$ ). 20.6% Surpassed cut-off points in psychological problems, with higher emotional symptoms in women. For psychological strengths, women stood out in social competence and men in emotional self-regulation skills. There was a tendency to present more symptoms and less social-emotional competence at an older age. Covitality explained up to 30.6%, 30.9% and 23.8% ( $p < .001$ ) of general, internalizing and externalizing symptomatology, respectively. This work provides evidence on the importance of implementing programs to develop of social-emotional competences in a transversal way in the educational context.

### **Relationships between child-to-parent violence and other violent behaviors in adolescents**

(pp. 415-434)

Antonia Martí, Cristina Gabarda, María-Jesús Cava, and Sofía Buelga  
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The objective of this study was to analyze the presence of child-to-parent violence in adolescents and its relationship with peer violence and teen dating violence perpetration. In these analyses, the type of child-to-parent violence perpetrated by the children (physical and psychological), the frequency (occasional and frequent), the sex of the child and the sex of the parent were taken into account. This study included 639 adolescents (49% boys), between 12 and 18 years old, who were studying in four secondary schools. The results showed a greater presence of psychological child-to-parent violence occasionally exercised. Adolescent boys and girls with more frequent violent behavior towards their parents recognized more overt and relational violent behaviors towards their peers. The girls who more frequently attack their parents psychologically recognized more psychological aggressions to their partner and the boys who indicated more physical aggressions to the mother recognized more physical aggressions to their partner.

### **Cross-cultural adaptation of the Cyber Dating Abuse Questionnaire (CDAQ) for Mexican adolescents** (pp. 435-453)

Carlos Alejandro Hidalgo-Rasmussen<sup>1</sup>, Paola Javier-Juárez<sup>1</sup>, Kathia Zurita-Aguilar<sup>1</sup>, Libia Yanez-Peñuñuri<sup>2</sup>, Karina Franco-Paredes<sup>1</sup>, and Viridiana Chávez-Flores<sup>3</sup>

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The instruments to evaluate dating abuse focus on victimization or perpetration, unlike the Cyber Dating Abuse Questionnaire (CDAQ), which measures both aspects. This study aimed to adapt the CDAQ to a Mexican adolescent population and provide evidence of the validity and reliability of the scores. The sample consisted of 534 students (51.7% women), mean age 14.6 years ( $SD= 1.7$ ). The adapted version kept its general structure, and four words were changed to better suit the Mexican cultural context. The confirmatory factor analysis with a correlated uniqueness model showed adequate adjustment,  $c^2(714)= 1,080.24$ , CFI= .970, TLI= .968, RMSEA= .031 [.027, .035] and was theoretically explainable by the

bidirectionality of dating abuse. Convergent validity of the factors was found but was not discriminant, and validity and reliability were adequate (Cronbach's  $\alpha = .97$  and Raykov's  $\omega = .93$ ). Findings suggest that the CDAQ may be a useful scale for the assessment of cyber dating abuse among Mexican adolescents.

**Evaluation report of the Early Intervention Program in Situations of Child-to-Parent Violence** (pp. 455-476)

Nagore Asla Alcibar, Izaskun Ibabe Erostarbe, Ainara Arnoso Martínez, and Edurne Elgorriaga Astondo

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This study presents an evaluation of the implementation and short-term results of the Early Intervention Program in Situations of Child-Parent Violence. The information was obtained from two sources, the professionals responsible for developing the intervention and the participating parents and adolescents. The program was completed by 15 families and the data analysis was carried out with 37 participants. The intervention was effective. During the development of the program, physical and psychological aggression towards fathers and mothers decreased, the quality of parental relationships improved, and respectful behaviors progressively increased in all family members. The level of acceptance and satisfaction of the participants and the therapists regarding the program was favorable. These results contribute to the growing literature on the evaluation of the effectiveness of domestic violence programs and could be recommended for inclusion in family protection services.

**Psychometric quality of the Subjective Well-Being and Life Conditions scale in Mexican adults** (pp. 477-497)

León Felipe Beltrán Guerra and Jorge Luis Arellanez Hernández

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In psychology, the study of the subjective well-being construct has become more complex by incorporating, among others, indicators of human development and living conditions. The aim of the work was the construction and validation of the Subjective Well-Being and Living Conditions scale (BISCOV) with Mexican adults. The study was carried out in two phases. In the first the instrument was built, its construction and theoretical relevance were evaluated by five judges and it was applied to 80 people selected in a non-probabilistic way. With this pilot version, its reliability and factorial structure were analyzed. The final version of the BISCOV was applied to 436 people selected in a non-probabilistic way. The scale had adequate reliability (Cronbach's  $\alpha$  between .8 and .9) and the structural model showed a good fit (CFI = .98; TLI = .97; RMSEA = .06). The psychometric characteristics allow us to have a good quality instrument to assess subjective well-being and living conditions in the Mexican population.

**Emotional competences of convicts in prison for gender violence crimes** (pp. 499-515)

Pilar Cantillo-Cordero and Juan Manuel Moreno-Manso

*University of Extremadura (Spain)*

This study analyzes emotional intelligence and cognitive and affective empathy in a sample of 128 convicts of gender violence, incarcerated in different Spanish prisons, and the predictive

value of emotional intelligence on the empathy construct. The Spanish adaptation of the Meta-Mood Scale Trait (TMMS-24) and the Cognitive and Affective Empathy Test (TECA) were applied for this research. The results suggest that the sample has an adequate meta-knowledge of emotional states, an awareness of their own emotions and dexterity to regulate these emotions. Also, the subjects presented average levels of cognitive and affective empathy. In addition, it was found that a better understanding and regulation of their own emotion (components of emotional intelligence) would relate to and, at the same time, predict an adequate recognition of emotional states of the other person and an ability to put oneself in another's place (cognitive empathy).

**Burden, depression and familism in Colombian informal caregivers of patients with schizophrenia and patients with dementia** (pp. 517-531)

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The goal of this study was to compare the burden and depression levels, as well as the relationships between these variables and two factors of familism (“familial obligations” and “expected support from the family”), among Colombian caregivers of people diagnosed with schizophrenia and caregivers of people diagnosed of dementia. We evaluated 70 informal caregivers of patients with schizophrenia and 63 informal caregivers of patients with dementia in the variables of burden, depression and familism. Significant differences were found in the level of burden among caregivers of people with schizophrenia and caregivers of people with dementia, with the level of burden in dementia being higher. In addition, both groups reported depressive symptoms. The results revealed a positive correlation between the factor of “family obligation” and the burden and depression in the case of caregivers of patients with schizophrenia, unlike the sample of caregivers of people with dementia where no such correlation was found. These results underscore the need to evaluate the role of mediating variables between familism, burden and depression in both groups of caregivers.

**Emotional distress among long-term breast cancer survivors: The role of insomnia and worry** (pp. 533-549)

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Breast cancer constitutes a challenge for survival and wellbeing. Emotional distress may persist many years after cancer being cured. This study aimed to analyse how emotional symptomatology was present in breast cancer survivors. Additionally, it aimed to study the role of sleep difficulty and worry on symptom maintenance. A sample of 206 women ( $M=56.07$  years,  $SD=11.56$ ) was selected to form four groups: healthy controls, breast cancer patients, short-term and long-term survivors. Emotional distress, worry and sleep problems were assessed. Long-term survivors showed significantly higher levels of anxiety ( $p < .05$ ). Anxiety was predicted by worry for all groups but with higher variance in long-term survivors ( $R^2_{adj} = .47$ ). Insomnia and age predicted depression in this group ( $R^2_{adj} = .40$ ). To conclude, long-term emotional distress was observed even after the threat of cancer passed. Our findings confirm the need to extend supportive care to meet survivors' needs.

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**The meaning making model of eating disorders (MESTA): a preliminary analysis of the model** (pp. 5-28)

José H. Marco<sup>1,5</sup>, Montse Cañabate<sup>2,3</sup>, Sandra Pérez<sup>2</sup>, Verónica Guillén<sup>1,5</sup>, Cristina Botella<sup>4,5</sup>, and Rosa Baños<sup>1,5</sup>

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Studies of people with eating disorders (ED) have indicated that meaning in life is negatively associated with psychopathology, suicide risk, and emotional instability in people with ED. The aim of this study was to analyze the mediating role of meaning in life and its dimensions in the relationship between body dissatisfaction and the symptoms of ED, and to provide evidence that supports the meaning making model of eating disorders (MESTA, in Spanish). 292 Participants diagnosed with ED completed the Purpose in Life Test (PIL), the Eating Attitudes Test (EAT), and the Multidimensional Body-Self Relations Questionnaire (MBSRQ-AS). Multiple mediation analyses were performed. Meaning in life was a mediator between body dissatisfaction and ED psychopathology. The dimension of Satisfaction and meaning in life had a greater mediating role. Meaning in life could be an important variable in the maintenance of ED. The MESTA could be a useful model for understanding the psychopathology of ED.

**Coping styles, dysfunctional schemes and psychopathological symptoms related to emotional dependence on the aggressor partner** (pp. 29-50)

Janire Momeñe<sup>1,2</sup>, Ana Estévez<sup>1</sup>, Ana María Pérez-García<sup>2</sup>, Leticia Olave<sup>3</sup> and Itziar Iruarrizaga<sup>3</sup>

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Coping styles, dysfunctional schemes and psychopathological symptoms could be factors of vulnerability that increase the probability that a person develops emotional dependence on an aggressive partner. Delimiting the risk factors is fundamental for its prevention and treatment. Consequently, the main objectives of the present study were to analyze the relationship between the above-mentioned factors, as well as the mediating role of the first three in the relationship between emotional dependence and received violence. The sample was made up of 657 women from the clinical and general population, with ages ranging from 18 to 66 years of age ( $M= 23.38$ ,  $SD= 8.24$ ). The results reflected the predominance of inadequate coping styles, such as desiderative thinking, social isolation and self-critical, psychopathological symptoms of depression, anxiety, interpersonal sensibility, obsession-compulsion and paranoid ideation, as well as abandonment and subjugation schemes. These factors also explained part of the relationship between emotional dependence and staying in violent relationships.

**An internalizing and externalizing model to explain the psychopathology onset of the eating disorders at adolescence** (pp. 51-72)

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The etiology of eating disorders (ED) is complex, and multiple models have attempted to conceptualize it. The objective of this study was to determine whether internalizing and externalizing behaviors are general proximal risk factors for psychopathology or specific for ED, and which symptomatic components of ED are related to these behaviors. Hence, a cross-case-control design was used to compare eating disorders at onset ( $n= 50$ ) with three control groups: a group with psychiatric pathologies (depressive disorders [DD],  $n= 40$ ), a group with psychosomatic pathology (asthma,  $n= 40$ ), and a control group without pathologies ( $n= 50$ ). The entire sample is made up of 180 adolescent women aged 12-18 years and their families matched by age and socioeconomic status. The results obtained indicate that internalization is a general risk factor for the psychopathology of ED and mood disorders, and that in ED it is specifically associated with a drive for thinness, ineffectiveness, interoceptive awareness, depression, trait-anxiety and obsessive-compulsive symptomatology. Thus, the high comorbidity of ED is associated mainly with other internalizing behaviors.

**Generation of stigma toward schizophrenia in university students from the theory of the relational framework: An experimental replication** (pp. 73-93)

Noelia Navarro and Rubén Trigueros

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The present study aimed to carry out an experimental analog to the stigmatizing processes related to schizophrenia, partially replicating the study by Weinstein, Wilson, Drake and Kellum (2008). 65 university students between 18 and 25 years of age ( $M = 22.45$ ;  $SD = 2.65$ ) were trained to respond to arbitrary stimuli (triangles or stars) that were related or not to the stigma towards schizophrenia through a match-to-sample procedure (MTS). The impact of this brief conditioning was evaluated with the "Implicit Association Test" (IAT) and the "Questionnaire of students' attitudes towards schizophrenia" (CAEE). The results suggest that this brief experimental history is enough to generate transfer of stigmatizing functions to initially neutral arbitrary stimuli,  $t(65)= 2.89$ ,  $p < .05$ ,  $d= 0.45$ , which would be in accordance with the postulates of the relational frame theory.

**The factorial structure of the attention-deficit/hyperactivity disorder (ADHD): an analysis through the bifactor-ESEM method** (pp. 95-110)

Jonatan Frutos

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In this study, different first-order and bifactor models of attention deficit hyperactivity disorder (ADHD) have been tested using confirmatory factor analysis (CFA) and exploratory structural equation modeling (ESEM). Nine models were estimated for a sample of 871 children (465 males and 406 females) aged between five and fourteen years old through a scale constructed with the 18 ADHD symptoms proposed in the DSM-5, completed by parents and teachers. The models were divided into five first-order models (CFA and ESEM)



and four bifactor models (Bi-CFA y Bi-ESEM). The results indicated that both Bi-ESEM models show a better fit over the rest, with three specific factors showing the best fit with a strongly defined G factor.

**Examining the dark side of motivation on life satisfaction in college students: does grit matter?** (pp. 111-125)

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Despite the fact that teachers can have an important effect on the regulation of student behavior, the existing scientific literature has hardly explored the simultaneous influence of personal traits and social factors to promote student well-being. This study examined the mediating role of amotivated behavior and the relationship with teacher controlling behaviors, grit, and satisfaction with life. A total of 474 college students (female= 135; male= 339) participated in the study. All participants completed a multi-section survey assessing the constructs under analysis. Results from the structural model analysis displayed acceptable fit and amotivation played a mediating role in the relationship between grit-perseverance and life satisfaction but not for grit-passion. These findings provide evidence regarding adequate teacher behavior and the importance of measuring student grit in the classroom setting. These findings provide new insights into the understanding of teacher motivational behaviors and student learning processes that influence student behavioral regulations and affective outcomes.

**Cyber dating abuse and intrafamily relationships in adolescent Mexican students** (pp. 127-143)

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The scope of technology has allowed abusive behaviors in dating relationships to be experienced through electronic media and the internet. This study aimed to determine the existence of an association between cyber dating abuse (CDA) and intra-family relations (IR) in Mexican adolescent students adjusted for sex, alcohol consumption and face-to-face dating violence. The sample comprised 394 students between 15 and 18 years of age (62.4% women). It was found that 62.2% of the participants were victims of control/monitoring and 35% of direct aggression. All IR dimensions obtained intermediate scores. The structural equation model showed a negative association between CDA and IR with a small strength association ( $\beta = -.18$ ,  $p < .01$ ). It would be advisable in CDA prevention programs to strengthen communication, union, support, and assertive conflict resolution in the family. Future studies should include other variables in the model to explain the CDA.

Key words: *cyber abuse, dating, family, adolescent.*

**Application of parent-child interaction therapy (PCIT) to two girls with behavioral problems** (pp. 145-165)

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Parent-child interaction therapy (PCIT) is a form of behavioral therapy to deal with various behavioral problems in children. It works directly with parents and their home interactions with their children. In this paper the application of PCIT to a seven-year-old girl with oppositional defiant disorder (ODD) and her three-year-old sister with behavioral problems is described. A single-case A-B design with concurrent baseline was used. The positive behaviors and problems were assessed for both young girls using self-monitoring and parent video recordings during playtime and home interactions. The treatment was developed in 12 sessions for 3 months. A progressive evolution was observed in both girls' baseline and in pre- and post-treatment measures of the problem behaviors. Finally, there was a reduction of stress and an increase in the self-efficacy of the parents' abilities.

### **Validation of the Quality of Life Index, Spanish Version (QLI-Sp) in a Mexican sample**

(pp. 167-189)

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The objective of this study was the validation of the Spanish version of the Quality of Life Index. A non-random sample of 3384 technical and university level healthy students was selected, in addition, data were collected from 386 students who reported being hypertensive. A battery of psychological tests that mediate quality of life, psychological well-being and life satisfaction as well as a measure of academic stress were included. The exploratory and confirmatory factor analysis confirmed the unifactorial nature of the QLI-Sp and support its use to measure perception of quality of life in university students. The reliability was adequate ( $\alpha=0.93$ ). To further explore the validity of the QLI-Sp, data from 396 students who reported being hypertensive were examined. The relatively healthy group had higher scores on all QLI-Sp items relative to the hypertensive group. In the final model, positive correlations were found between the QLI-Sp items with psychological well-being (self-perception, autonomy, mastery of the environment, purpose in life), with satisfaction with life and negative correlation with academic stress.

### **Effects of quantitative electroencephalogram normalization using 4-channel live z-score training neurofeedback for children with learning disabilities: preliminary data (pp. 191-206)**

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Children with learning disabilities (LD) can have difficulties in reading at word level, text comprehension, writing or arithmetic. Several studies have shown the efficacy of neurofeedback (NF) in improving learning skills through brainwave operant conditioning in children with LD. The aim of this work was to show the efficacy of live z-score NF training (LZT) for quantitative electroencephalogram (QEEG) normalization in school children with LD. Twenty-eight children aged 10-15 years with LD participated. Ten 30-min sessions of

QEEG-guided LZT using patient's highly preferred feedback were applied. After 10 sessions of QEEG-guided LZT, participants showed statistically significant improvements in QEEG normalization and a statistically significant small to medium improvement in the Cognitive and Emotional Checklist. The results suggest that LZT-NF produces a tendency towards normalization of brain waves in children with LD, and might be advised as a therapeutic alternative or coadjuvant along with cognitive interventions.

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### **A training program for family members of patients with borderline personality disorder based on dialectical behaviour therapy** (pp. 219-236)

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Family members of patients with borderline personality disorder (BPD) experience suffering, anxiety, and depression, and are involved in a dysfunctional family atmosphere. Although effective treatments for patients with BPD have been developed, family members have received less attention. The aim of this paper was to adapt the dialectical behaviour therapy skills training group for family members in 14 sessions. The sample comprised 12 family members: 50% mothers, 41.7% fathers, and 8.3% partners. The levels of depression (BDI-II), anxiety (OASIS) and expressed emotion (LEE-S) were measured before and after the intervention. The results show a statistical and clinical improvement in depression, and a clinically significant improvement in anxiety, hostility, lack of tolerance and expressed emotion after the intervention. Negative attitude toward illness presents a statistical improvement. Furthermore, intrusion increases both statistically and clinically. However, the levels of intrusion are equal to those in the general population. Further research into the effectiveness of family interventions is essential.

### **Reducing stigma, depression, and anxiety in people with HIV through a cognitive behavioral therapy group** (pp. 237-257)

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A number of people with HIV participated in a 48-hour cognitive behavioral group intervention, divided into four monthly workshops. Twenty-six participants started the program and 18 completed it and responded at the four-month follow-up. After treatment, significant improvement was achieved in declared stigma, internalized stigma, depression, and state anxiety. All these improvements were maintained at the follow-up measurement four months later, with trait anxiety also improving in this last measure. Participants' results were compared with an HIV control group. Twenty-four respondents completed the first test battery and 16 completed the last. The evolution of this group was assessed, as well as the differences between both groups at three time points: pre-intervention, post-intervention, and

follow-up. Intragroup and inter-group comparisons were examined with the Student t-tests for related samples and for independent samples respectively. In addition, the effect size was calculated for each comparison. The results support the efficacy of the group intervention presented.

**Depression as a mediator between bullying and suicidal behavior in children and adolescents** (pp. 259-281)

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Few studies have explored the mediating effect of depression on the relationship between school bullying and suicidal behavior. This study analyzed the mediating effect of depression on the association between school bullying and suicide risk and attempt in a sample of 221 children and adolescents between 11 and 17 years old ( $M= 13.52$ ,  $SD= 1.74$ ). Regression analysis showed that depression ( $OR= 1.2$ ) and school bullying ( $OR= 1.4$ ) explain between 34% and 54% of the variance in suicide risk. Depression ( $OR= 1.1$ ) and the symptomatology of anxiety, depression, post-traumatic stress, and effects on self-esteem ( $OR= 1.3$ ) explain between 25% and 41% of the variance in suicide attempt. Two structural equation models were constructed to demonstrate that depression mediates the relationship between school bullying, risk and suicide attempt. These findings will guide intervention strategies to prevent school bullying and suicide risk in school and community settings.

**Erroneous beliefs held by minors about online child grooming, and evaluation of a preventive program** (pp. 283-296)

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Online child grooming is the process by which an adult manages to sexually victimize a minor using the Internet as a tool. The objectives of the current study were to determine and analyze the erroneous beliefs held by minors about online grooming and develop and evaluate the efficacy of a preventive program in mitigating these misconceptions. A sample comprising 395 adolescents aged 12-16 years (52.8% girls,  $M= 13.33$  years,  $SD= 1.01$ ) completed self-report questionnaires. A relatively high proportion of the sample had been sexually solicited by an adult (19%) or had engaged in online sexual interaction with an adult (13%). Most adolescents were unaware that online grooming is a form of sexual harassment and that male adolescents could also be victims of online sexual harassment. The intervention group showed a higher level of knowledge than the control group for eight of the 11 items. These findings suggest that greater awareness of online child grooming will contribute to its prevention.

**Problematic Internet use and negative impact of WhatsApp:**

**Negative emotions as a risk factor** (pp. 297-311)

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The use of the Internet and instant messaging as an escape from discomfort can make users vulnerable to the development of Internet and WhatsApp addictions. The aim of this research was to analyse the relationship between psychological well-being and negative emotions with

problematic Internet use and negative impact of WhatsApp. A total of 630 university students (75.7% female) aged 18-62 years ( $M= 21.23$ ) participated and answered the Problematic and Pervasive Internet Use Scale, the WhatsApp Negative Impact Scale, the PANAS Positive and Negative Affect Scales, and the Psychological Well-being Scale. Psychological well-being and negative emotions correlated significantly and predicted problematic Internet use and negative impact of WhatsApp. Displaying negative emotions was the strongest predictor for problematic Internet use and the negative impact of WhatsApp. People with low psychological well-being and negative emotions may have a greater predisposition to developing problematic Internet use and suffering a greater negative impact of WhatsApp.

**Empathy, coping styles and attitudes towards consumption as protective factors of binge drinking and polyconsumption in adolescence** (pp. 313-330)

Sara González-Yubero, Raquel Palomera Martín, and Susana Lázaro-Visa  
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From a positive youth development perspective, the promotion of personal protective resources against certain risks such as drug consumption is especially relevant. The objective of this study was to analyze the influence of empathy, coping styles, and attitudes related to consumption with respect to binge drinking and polyconsumption in a sample of 799 students. The results of a regression analysis revealed that unproductive coping predicted binge drinking, while attitudes such as turning down a drink and admiration of non-users of institutionalized drugs were associated with a lower consumption habit. As for polyconsumption, affective empathy, active coping, a negative attitude to, and the rejection of drug consumption, as well as the admiration of non-users of institutionalized drugs, predicted a lower simultaneous use of alcohol and cannabis. These findings offer new evidence that may be useful in guiding interventions to promote healthy habits at early ages.

**COVID-19 pandemic lockdown responses from an emotional perspective: Family function as a differential pattern among older adults** (pp. 331-344)

Javier López, Gema Pérez-Rojo, Cristina Noriega, Cristina Velasco, Isabel Carretero, Patricia López-Frutos, and Leyre Galarraga  
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Family can be an essential resource at times of loss or vital crisis. Loneliness and isolation in older adults might have serious negative consequences for their mental health. For this reason, this research aims to analyze the role of family function in the anxiety and depression experienced by older adults during the pandemic caused by COVID-19. Participants were 882 Spanish community-dwelling adults over 60 years of age. Sociodemographic characteristics, characteristics related to the coronavirus, self-perceived health, family function, avoidance, depression, and anxiety were analyzed. Data suggest a buffering effect of family function on anxiety and depression during the pandemic. Furthermore, being unmarried or a female, greater fear of COVID-19, worse self-perceived health, greater avoidance, and worse family function were associated with higher levels of anxiety. Likewise, greater fear of COVID-19, poorer self-perceived health, greater avoidance, and poorer family function, were associated with greater depression. These results point out that family dysfunction is a predisposing factor for the development of the emotional problems of anxiety and depression in older people in potentially stressful and loss situations.

**The impact of COVID-19 pandemic and lockdown measures on eating disorder risk and emotional distress among adolescents and young people in Spain**

(pp. 345-364)

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This cross-sectional study aimed to determine the impact of COVID-19 lockdown on emotional distress and disordered eating in a community sample of Spanish youngsters. A total of 2847 participants (95% women; aged 14-35) completed depression, anxiety, stress, self-esteem, and disordered eating measures. Given the small proportion of men and as significant differences were found between genders in several variables, most results were only reported for women. Severe levels of depression, anxiety and stress were found in 30.8%, 25.4% and 20.5% of the sample, respectively. Sleep quality, eating habits, appearance concerns, preoccupation about one's future, health concerns and other life domains were also affected by lockdown. Younger age, being single, being unemployed, not having contracted COVID-19 or not being sure about it, having a loved one infected or deceased due to coronavirus, and not having a place to relax at home were significantly associated with psychological distress and disordered eating. A structural equation model confirmed the direct influence of lockdown-related variables into psychopathology symptoms. The findings of this study suggest that COVID-19 and its associated lockdown might have a significant effect on psychological wellbeing and eating disturbances.

**Spanish validation of the Parent version of the Spence Children's Anxiety Scale (SCAS-P) in a clinical sample** (pp. 365-381)

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The child version of the Spence Children's Anxiety Scale (SCAS-C) has demonstrated good psychometric properties, but research has scarcely focused on the parent version of the questionnaire (SCAS-P). We aimed to validate the Spanish version of the SCAS-P in a clinical sample ( $N=137$ ) of children and adolescents through their parents' responses. The Spanish version of the SCAS-P showed good internal consistency for the total scale and for most subscales (Cronbach's alpha between .49 y .83) and excellent test-retest reliability for all subscales ( $r$  between .71 and .91). Furthermore, convergent, and divergent validity were supported by higher correlations with other measures of anxiety ( $r=.51$ ), and lower correlations with measures of depression ( $r=.43$ ) and externalizing problems ( $r=.34$ ). For the first time in an exclusively clinical sample, the original factor structure of the SCAS-P based on six correlated factors was partially confirmed. The validation of the SCAS-P in a clinical sample provides professionals with a tool that better reflects the characteristics of their patients

**Psychometric properties of the Chilean version of the WHOQOL-BREF for quality of life** (pp. 383-398)

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The objective of this study was to determine the reliability and the factorial structure of the Chilean version scale of quality of life WHOQOL-BREF (World Health Organization). A non-probabilistic sample of 1205 adults ( $M_{age} = 18.6$ ,  $SD = 1.8$ ; 57.8% female) was surveyed during 2018. Using a polychoric correlation matrix, we tested and compared several models with a confirmatory factor analysis. Total scores were compared by sex and socioeconomic status, confirming the hypothesis about the construct validity. A bifactorial model, compared with a correlated factor model and a second-order model, showed better fit indexes ( $\chi^2 [222] = 961.694$ ,  $p < .001$ , CFI = .966, TLI = .958, RMSEA = .053 [.049-.056]). The internal reliability was excellent ( $\omega = .94$ ). The Chilean version of the WHOQOL-BREF is psychometrically sound, allowing to measure this construct reliably and validly in Chilean young adults

### **Impulsivity-compulsivity axis in the abuse of Information and Communication Technologies (ICT) from the perspective of the Research Domain Criteria Project (RDoC)** (pp. 399-415)

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The habit formation model to explain addiction involves the transition from an initial phase in which the prefrontal cortex ceases to control the behavior, to a phase in which control is transferred to the dorsal striatum, progressing towards compulsive consumption. This model, widely supported by empirical evidence, implies that each subject is at a certain point in the impulsivity-compulsivity continuum. Using two questionnaires recommended within the framework of the Research Domain Criteria Project which measure impulsivity and compulsivity, an attempt was made to confirm the existence of such a bipolar axis, applied to the abuse of information and communication technologies (ICT). The results of this study provide empirical support for the existence of this axis. The abuse of ICT seems to have many more compulsive components than impulsive ones, except in the case of video games, which are little related to both concepts. These results have important clinical implications since there are very different therapeutic approaches for impulsivity and compulsive behavior.

### **Psychometric evidence using SEM and network analysis of the Posttraumatic Growth Inventory in Peruvian adolescents** (pp. 417-436)

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Posttraumatic growth is the psychological capacity to perceive positive changes in the face of highly stressful or potentially traumatic events and may be especially useful in buffering their effects in the lives of adolescents. The aim of this study was to evaluate the psychometric properties of the Peruvian adaptation of the Posttraumatic Growth Inventory (PTGI). A total of 2103 adolescents (50.7% male) between 13 and 19 years of age, who were exposed to some highly stressful event in the previous five years, participated in the study. Confirmatory

factor analysis, factorial invariance, network analysis and correlation of the PTGI with a measure of well-being were performed. The best parsimonious fit was observed in a 21-item unidimensional model, the PTGI was shown to be gender invariant, and network analysis determined a greater measure of strength centrality in item 2 (appreciation of life). These results indicate that the PTGI is a test with construct validity, invariant, reliable and adequate to evaluate the level of psychological growth in Peruvian adolescents who suffered some stressful event during the previous five years.

**Improving the comparability of Brief-COPE results through examination of second-order structures: A study with Spanish adolescents** (pp. 437-454)

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The Brief-Coping Orientation to Problems Experienced (Brief-COPE) is a widely used instrument, although with limitations regarding reliability and factorial structure. This study with 611 adolescents examines the Brief-COPE's internal structure, reliability, and convergent validity. Structures tested through confirmatory factor analysis were the original 14 subscales, as well as three second-order structures derived from previous COPE research and from Connor-Smith and Flachsbarth's proposal. All the structures examined obtained a good fit. However, internal consistency and convergent validity findings only supported the use of a model in which religion and self-blame constitute independent subscales while the remaining subscales shaped three second-order factors: self-sufficient, socially supported, and disengagement coping. This hierarchical structure reflects a model emphasized by research with adolescents, makes the use of this instrument valuable, and does not prevent the exploration of original subscales with appropriate reliability levels. Consequently, our results constitute a significant step forward in the improvement of the usefulness and comparability of the coping results obtained with the Brief-COPE.

**Multidisciplinary treatment for fibromyalgia and chronic fatigue syndrome:**

**A systematic review** (pp. 455-488)

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The aims of this systematic review were to analyze and to compare the efficacy of the multidisciplinary treatment (MT) applied to patients with fibromyalgia and chronic fatigue syndrome (CFS). Also, predictors, mediators and moderators of results were examined. An exhaustive literature search was carried out in the databases Medline, PsycInfo, Scopus and Cochrane Library in the period 1990-2018. In total, 31 articles on fibromyalgia and six on CFS were identified. The results showed that in fibromyalgia, MT was more effective than waiting list controls (WLC) and the usual treatment, producing the most consistent improvements in functionality, pain, quality of life and physical fitness. As to CFS, there were fewer benefits than in fibromyalgia, and the MT was only more effective than the WLC, and it mainly decreased the disability. However, the evidence was not enough to confirm the superiority of MT over other active treatments, nor to consolidate the prognostic value of the predictors, mediators and moderators of the reported results.



**Life satisfaction and prefrontal symptoms as predictors of the level of dispositional mindfulness in rural women** (pp. 489-503)

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In recent years there has been an increase in research on mindfulness as a state or dispositional trait, and on its relationship with different variables pertaining to the health and well-being of the individual. The objective of this study was to analyze the relationship and the predictive character of life satisfaction and prefrontal symptoms in dispositional mindfulness levels in rural women. The participants were 239 women from different rural communities in Spain, between the ages of 17 and 87 years ( $M= 56.13$ ,  $SD= 4.98$ ). The results confirmed that high levels of life satisfaction and low levels of prefrontal symptoms and executive control problems were predictive of a higher level of dispositional mindfulness in the women evaluated. After discussing our findings with their clinical and socio-health implications, we recommend further inquiry into this specific line of research, given the proven benefits of mindfulness for general personal well-being, where it acts as a protective factor for mental, physical, and emotional health.

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**International application of the “Multidimensional Intervention for Social Anxiety” (MISA) program: I. Treatment effectiveness in patients with social anxiety** (pp. 517-547)

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Social anxiety disorder (SAD) is one of the most prevalent disorders worldwide. The goal of this study was to test the effectiveness of the new program “Multidimensional Intervention for Social Anxiety” (MISA) for the treatment of SAD. Sixty-seven people diagnosed with SAD, according to the DSM-5, participated in this study, and they were assessed by means of a semi-structured interview (Salazar & Caballo, 2018) and two self-report measures for social anxiety, the SAQ (Caballo, Salazar, Arias, et al., 2010) and the LSAS-SR (Liebowitz, 1987). Different therapists delivered the treatment in Ecuador, Spain, Paraguay, and Puerto Rico. The results showed significant improvements from pre-treatment to post-treatment, which were maintained at six months. The effect size was between 1 and 2 and, on many occasions, was greater than 2. Although it was compared with a cognitive behavioral therapy group and a pharmacological treatment group, with favorable results for the MISA program, the low number of subjects in the latter groups does not allow clear deductions to be made. In conclusion, this new program for the treatment of social anxiety seems highly effective in the short and medium term and its positive results seem generalizable to different countries

**Efficacy of the SMR protocol in women with fibromyalgia for the improvement of chronic pain, sleep, and quality of life** (pp. 549-560)

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The objective of the study was to analyze how the brain shaping provided by the sensorimotor rhythm protocol (SMR), applied on somatosensory areas, affects pain, sleep and the quality of life in women with fibromyalgia. Thirty-seven women with fibromyalgia who received an SMR protocol in 20 sessions participated and were evaluated before and after treatment. The data showed an increase in the amplitude of the SMR ( $p = .026$ ) and a decrease in the amplitude of the theta band ( $p = .011$ ) in the somatosensory cortex after the application of therapy, which caused an increase in the SMR/theta ratio ( $p = .048$ ). In addition, the scores on the Chronic Pain Scale ( $p = .002$ ), the Pittsburgh Sleep Quality Index ( $p = .001$ ), and the SF-36 Health Survey ( $p = .000$ ) improved significantly. The SMR protocol applied to the somatosensory cortex favors the shaping of SMRs, which has an impact on stimulating the inhibition of the central nervous system of patients with fibromyalgia, improving symptoms such as pain, sleep, and quality of life.

**Emotional intelligence and anger in adolescents with obsessive-compulsive symptoms** (pp. 561-577)

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Poor perception, understanding and regulation of emotions often play a key role in the development and maintenance of psychopathological disorders. The aim of this study was to analyze differences in attention, compression, regulation of emotion and anger, taking into account some variables that may influence results (age, anxiety and depression). Participants were 315 adolescents (213 boys and 102 girls) aged between 12 and 18 years old ( $M = 14.92$ ,  $SD = 1.98$ ), high ( $\geq 90$ th percentile) and low ( $< 21$  percentile) ratings in obsessive-compulsive dimension in The Symptom Check List (SCL-90-R; Derogatis, 1975). Statistically significant differences between groups were observed in emotions and anger variables except internal expression of anger and physical expression of anger. Age, anxiety and depression influenced some variables. These findings are relevant for treatment.

**Application of FACT in the academic context to improve the health in high school students** (pp. 579-595)

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There is growing evidence showing the efficacy of contextual or third-generation therapies in various contexts and clinical conditions. In large groups of first- and second-year high school students ( $n = 112$ ), the present study compares the efficacy of applying a program based on Acceptance and Commitment Therapy (ACT) versus a combined program using strategies from Functional-Analytical Psychotherapy (FAP), resulting in a so-called FACT approach. The purpose of this intervention was to extract the most relevant processes underpinning clinical changes to design training programs based on contextual behavioral science to

improve students' health. The results indicated that both interventions produced statistically significant improvement in the health of the students. The program combined with FACT was superior in the self-concept variable. The implications of both brief programs to improve students' health in short periods are discussed on the basis of a behavioral methodology adapted to the academic context

**Cyberbullying and partner cyberviolence: Related phenomena?** (pp. 597-610)

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This study focuses on analyzing different issues related to violence, such as the presence of violence through the Internet, the phenomenon of Cyberbullying and its relationship with the perpetration of violence against the partner, also through information technologies (ICT). The study takes into account the type of violence exercised through ICT, whether it is violence against the peer group, or violence against the partner. The sample is made up of 639 adolescents, between 12 and 18 years old, studying at four high schools. The results show that there is a relationship between the exercise of both forms of violence through the Internet. It can be inferred that those adolescents who exert violence towards their peers through social networks have a greater probability of attacking their partners through this same channel. Finally, the practical implications of these results are discussed

**Self-concept in social networks and its relation to the affect in adolescents** (pp. 611-625)

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Social networks provide new spaces in which to explore one's identity and how it is presented to others. To do so, it is essential to study how they affect the construction of one's self-concept and perceived affection in adolescence. The principal objective of this study was to analyse the congruence or incongruence of self-concept within (online) and outside (offline) the social networks and their relation to affect. The participants were 350 adolescents (41% males), between 14 and 19 years of age. They completed the AF-5 to evaluate self-concept and the PANANS to evaluate affect states or personal emotions. Both questionnaires were completed twice, taking into account online and offline situations. We found differences in all the dimensions of self-concept in 24% of the participants, and only in the social dimension in 51.4% of the participants. The participants who showed differences between their online and offline self-concept obtained higher scores in wellbeing in comparison to those who maintained similar self-concept. Social media allow adolescents to experiment with a different self-concept which influences their affect.

**Predictors of sexual satisfaction during lockdown by COVID-19 in Spain** (pp. 627-646)

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This research, which consists of two studies, has the general objective of analyzing the impact of COVID-19 on the sexual health of 347 adults living in Spain. Study 1, focused on non-face-to-face sexual practices (sexting and pornography), revealed similar levels of sexual

satisfaction in men and women, but with differences in age regarding interaction with the consumption of pornography and marital status. Study 2 focused on the changes produced with respect to the previous six months, indicating that the maintenance of sexual satisfaction does not depend on gender, but it does depend on age in interaction with face-to-face sex, marital status, and individual sex, in interaction with an adequate functioning of sexual interest. Given the challenge that this pandemic is posing, these results are useful for the mental and sexual health interventions that are currently being developed because of COVID-19.

**A multidimensional model of bullying in Mexico: Family and psychological factors (pp. 647-666)**

Arturo E. Orozco-Vargas, Georgina I. García-López, Arturo Venebra-Muñoz, and Ulises Aguilera-Reyes

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The objective of this research was to analyze the relationship between family dysfunctions, bullying, and some psychological disorders, particularly depression, anxiety, and stress. A total of 388 Mexican adolescents between 14 and 19 years of age participated in this study. In order to examine the effects that family factors have on bullying, as well as the consequences of this violence on the mental health of adolescents, a structural equation model was constructed. Since the original model did not fit the data adequately, it was re-specified. Consequently, this new model shows an adequate global fit with the data. Results indicate that communication problems and lack of parental support were the two most significant predictors of bullying and the experience of victimization. In addition, depression, stress, and anxiety presented, from greater to lesser magnitude, a positive relation with the latent variable of psychological disorders

**Psychometric quality of the Gratitude Questionnaire in Filipino college students (pp. 667-680)**

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This study aims to adapt the Gratitude Questionnaire (GQ-6) to the Philippines, gathering evidence of its validity and reliability. Two studies were conducted. Participants in Study 1 were 340 college students ( $M_{\text{age}} = 20.63$ ; 62.1% female), who completed the GQ-6 and demographic questions. The exploratory factor analysis was performed, indicating a one-factor solution ( $\alpha = .80$ ). Participants in Study 2 were 813 college students ( $M_{\text{age}} = 19.99$  years; 50.1% male), who answered the GQ-6, the Life Orientation Test-Revised, the Subjective Happiness Scale, and the Spirituality/Religiousness items. Results corroborated the one-factor structure (e.g., CFI = .98, RMSEA = .05) showing evidence of its association with life orientation ( $r = .29$ ), subjective happiness ( $r = .08$ ), and religiosity ( $r = .31$ ). The scores from the GQ-6 also exhibited invariance across gender. In conclusion, the GQ-6 provide evidence of factorial and criterion validity and reliability, justifying its use in the Philippines.

**Pathological gamblers profiles according to impulsivity and emotional regulation (pp. 681-697)**

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This study aims to examine relationship between age, gambling behaviour, dysfunctional psychological symptoms, and other comorbid addictive behaviours. Secondly, it aims to study the differences between the aforementioned variables according to gambler profiles based on impulsivity and emotional regulation. A sample of 95 participants conformed the clinical sample (93.5% men and 6.5% women). Results suggest that difficulties in emotion regulation and impulsivity are associated with gambling disorder, video game abuse, and dysfunctional psychological symptomatology. Likewise, two clusters have been observed, the first one is composed of participants with fewer difficulties in emotion regulation, less psychopathological severity, and greater impulsivity. The second cluster is composed of participants with greater difficulties in emotion regulation, as well as greater psychopathological and gambling severity. These results highlight the relevance of understanding different gambler profiles in order to design prevention and treatment strategies adapted to each person.

**Personality, affect and coping style in severe personality disorder** (pp. 699-719)

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The concepts of internalization and externalization have been proposed as personality tendencies or traits related to the constructs of neuroticism and extraversion. They have been associated to the bifactorial structure of affect and also to the coping style. This paper examines the interaction of personality, affect and coping in a sample of people diagnosed with personality disorder ( $n= 358$ ). Negative affect (NA) in internalizers is higher than in externalizers ( $g= 0.62$ ), and so is the severity of symptoms (GSI:  $g= 0.60$ ). Mediation analyses show that personality type produces an indirect effect on GSI, with NA and coping style as partial mediators. 88.1 % of the sample has an unfavourable coping style (U-CS). The frequency of U-CS among internalizers is bigger than among externalizers (93% vs 83%;  $\chi^2= 7.23$ ,  $p= .007$ ). However, the subgroup of internalizers with a favourable coping style (F-CS) shows no difference with externalizers with the same F-CS, either in NA ( $p= .428$ ) or in GSI ( $p= .082$ ). Regardless of personality structure, promoting adaptive strategies of coping can alleviate the psychopathology of severe patients.

**Design and validation of the Self-Care Behaviors Scale** (pp. 721-741)

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Self-care constitutes a series of actions and behavior that contributes to individuals life, health and well-being maintenance and represents a relevant construct in diverse psychological areas. The purpose of this study is to develop the Self-Care Behaviors Scales and evaluate its psychometric properties. The sample included 235 individuals ( $M= 29.11$  years,  $SD= 10.53$ ) from northern Mexico. To analyze the structure, a factorial exploratory analysis, revealed the existence of three factors (physical self-care, psychological self-care, spiritual self-care) that would explain 54% of total covariance. A three-factor analysis of covariance allowed adequate goodness-of-fit indices and the calculation of the mean variance extracted. The scale obtained evidence of convergent and discriminant validity. The internal consistency indices of the total score and the subscales were high (between .93 to .96). The significant correlation

between these factors with personal variables provided evidence of the concurrent validity of the scale.

**Effect on weight of a homemade diet in women with overweight or obesity: A randomized controlled trial** (pp. 743-762)

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The official dietetic guidelines for weight loss include the practice of “healthy eating”. However, such recommendations rarely take into account the cultural context. The aim of the present study was to measure the effect of recommending a traditional homemade diet (exemplified by typical meals consumed in Mexico) vs. recommending an iso-caloric healthy diet (represented by the *eatwell plate*) on the weight of Mexican women with overweight or obesity. Initially 159 women were randomly assigned to the homemade diet or the healthy diet and 30 women completed the intervention. The effect on weight of the recommended diet at 4, 8 and 12 weeks was determined by one-way analysis of variance and by random regression model. Participants on average reduced weight significantly throughout the intervention without statistical difference between the homemade diet and the healthy diet. This finding supports an anti-obesity strategy of recommending traditional diets in culturally recognised terms.

**Social support as a moderator of the relationship between victimization and internalizing symptoms in LGBTIQ+ people** (pp. 763-780)

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The present study analyses the moderating effect of different types of social support in the relationship between bullying, cyberbullying and workplace victimization, and internalizing symptoms in LGBTIQ+ individuals. 262 people from LGBTIQ+ collective participated (ages between 18 and 77;  $M= 29.83$ ,  $SD= 12.41$ ), who completed measures via Internet of bullying, cyberbullying, workplace victimization, family support, support from friends, support from a special person, and symptoms of anxiety, depression and stress. The results showed that support from friends moderated the relationship between bullying and anxiety and depression symptoms, as well as the relationship between workplace victimization and depression symptoms. On the other hand, family support moderated the relationship between bullying and anxiety symptoms. Regarding cyberbullying, none of the types of social support moderated the relationship between cyberbullying and internalizing symptomatology. Findings of this study highlight the moderating role of family and friend support when internalizing symptoms of LGBTIQ+ people who are victims of bullying and/or workplace victimization.

**The Apraisal of Self-care Agency Scale and its relation to health behaviors and conditions in older adults** (pp. 781-796)

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The objective of this work was to contribute to the study of the validity of the “Appraisal of Self-care Agency Scale” (ASA scale) in older adults and to analyze its association with health-related behaviors and conditions. A questionnaire was constructed and applied to 165 elderly residents of Michoacán, Mexico. A confirmatory factor analysis of the scale's one-dimensional model was carried out, and also an analysis of internal consistency, as well as an analysis of the relationship with other variables based on group comparisons, exploring the effect of the elimination of inverse items. Overall, the reduced scale performed better although the one-dimensional model maintained a limited fit in the confirmatory factor analysis. Internal consistency was satisfactory in both scales ( $\alpha$  coefficient= .806 and .826, respectively). In addition, some important group comparisons were identified with anthropometric measurements. In conclusion, tests were found supporting the validity of the ASA scale in older adults, although more evidence is still needed regarding its construct and criterion validity.

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**Factorial structure and reliability of the Irrational Procrastination Scale (IPS) in Mexico (pp. 5-17)**

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Procrastination has been defined as an irrational delay in behavior associated with multiple negative consequences, among which the incidence in mental health is prominent. Given the importance of detecting irrational procrastination, this research proposed to adapt and study some psychometric properties of the IPS (Irrational Procrastination Scale) in the Mexican population. The 9-item IPS scale was applied to 960 university students between 18 and 56 years old ( $M= 21.31$ ,  $SD= 3.77$ ), with a majority of women ( $n= 566$ , 59.0%). The final version of seven items obtained a Cronbach's alpha of 0.803. Through an exploratory factor analysis with half of the sample, it was observed that the scale is unifactorial, explaining 46.07% of the variance. This was corroborated with the other half and by confirmatory factor analysis. It is concluded that IPS is a short and reliable instrument to detect irrational procrastination which can be an effective screening tool for the Mexican population.

**International application of the “Multidimensional Intervention for Social Anxiety” (MISA) program: II. Treatment effectiveness for social anxiety-related problems (pp. 19-49)**

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In a previous work (Caballo et al., 2021) we tested the effectiveness of the Multidimensional Intervention for Social Anxiety (MISA) program in reducing social anxiety symptoms. In this quasi-experimental study, with pre/post-treatment and follow-up measures, we examined the impact of the MISA program on other problems related to social anxiety. 57 people diagnosed with social anxiety disorder (SAD), according to DSM-5, were assessed with a diagnostic interview and questionnaires measuring social skills, depression, avoidant personality disorder symptoms, alcoholism, self-esteem, personal sensitivity, worries, and quality of life. Different therapists carried out the treatment in Ecuador, Spain, and Paraguay. The results showed significant improvements at post-treatment in virtually all measures assessing the above variables, improvements that were maintained at six months. Effect sizes on treatment effectiveness ranged from medium to large. The MISA program was also compared with individual cognitive behavioral therapy and pharmacological treatment, with favorable results for the MISA program. In conclusion, this new program for the treatment of social anxiety has a significant impact on other problems usually related to SAD.



**Emotional dependence on the aggressor partner and its relationship to social anxiety, fear of negative evaluation and dysfunctional perfectionism (pp. 51-68)**

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The objectives of the study were to evaluate the relationship between emotional dependence and social anxiety, fear of negative evaluation and dysfunctional perfectionism, as well as its mediating role in the relationship between perfectionistic parental influences and physical violence received from the partner. A total of 258 people (77.1% female) aged 18-67 years ( $M= 32.63$ ,  $SD= 11.66$ ) participated. The findings suggested that emotional dependence was positively associated with intimate partner violence received, social anxiety, fear of negative evaluation, and dysfunctional perfectionism. In turn, intimate partner violence received was positively associated with dysfunctional perfectionism. Emotional dependence explained 16.55% of the relationship between perfectionist parental influences, referring to the perception of openly critical parental figures with high expectations, and the permanence in physically violent intimate partner relationships. In conclusion, the need to investigate and include these factors in psychological interventions aimed at treating both problems such as emotional dependence and permanence in violent relationships is mentioned.

**Factors associated to emotional impact of Covid-19 pandemic on health professional (pp. 69-91)**

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The aim of this study was to explore the emotional impact of Covid-19 on healthcare professionals at the Clinical and University Hospital of Valencia (Spain), and to identify the associated variables. A total of 228 professionals completed an ad hoc online survey in May 2020. The healthcare professionals experienced symptoms of stress (32%), depression (26%), anxiety (14%) and intrusive memories (7.5%). A higher frequency of sadness and anxiety was observed in women and in professionals who had presented Covid-19 symptoms. The professional category with the most frequent emotional symptoms was that of auxiliary nurses, and for stress also nurses and residents. The most affected were the first line units. The psychological variables that were negatively associated with the frequency of all symptomatic manifestations were: self-care, self-esteem, resilience, and use of active coping strategies, together with self-efficacy and social support for stress and depression. Despite the limitations of the study, the results may contribute to guide preventive programs for health professionals in future health crises.

**Longitudinal study of age-related differences in the psychological impact of confinement as a consequence of Covid-19 in a Spanish sample (93-107)**

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This research aims to analyze age-related differences in the psychological impact of the Covid-19 confinement situation in a Spanish sample. A longitudinal study ( $N= 1,041$ ) was conducted through an online survey with two measurements: at two and five weeks after the declaration of the alarm state in Spain. Post-traumatic stress disorder (PTSD), anxiety and depressive symptoms, spiritual well-being and perceived loneliness were evaluated by screening tests. Means and their confidence intervals (95%) were calculated for all variables in the study, for the three age groups: 18-30, 31-59, 60-80. Linear mixed models with random slopes (Time nested to Subjects) were calculated for each variable. The results indicate that the psychological impact caused by the pandemic persists over time, and even increases in some of the variables studied. The older age group (60-80 years) shows the least impact and the greatest well-being. They presented less depressive, anxious and PTSD symptoms and less loneliness. These results may be explained by the greater resilience of this group to recover from adverse situations, in addition to having a greater number of coping strategies.

**iENCUIST: Development and application of an online psychological support tool during Covid-19 in Spain** (pp. 109-131)

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The iENCUIST online tool was designed to reduce the psychological impact on both the confined population and on professionals who were at the forefront of the fight against the pandemic. In the first study ( $N= 2,362$ ), the results are shown of the short test to perform personality profiles, made up of 34 items that show good psychometric properties. In the second study, the psychological profiles of confined individuals and professionals who had requested psychological help are presented ( $N= 815$ ). The results indicate that confined women present higher scores in the variables of anxiety, anger, or disgust, placing this group at a greater risk for presenting psychological problems. As for professionals, those with more years of experience or who faced past crises have greater emotional stability, being a key factor in crisis management. After 6 weeks, the usefulness of the help offered by iENCUIST was evaluated and almost 80% of users indicated that they applied the recommendations offered by the tool, and that they helped them overcome the crisis.

**Covid-19 Causal Factors Perception Questionnaire (Covid-19-CFPQ)** (pp. 133-155)

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The article details the validation procedure for a questionnaire that analyzes the perception of the causal factors of the COVID-19 pandemic, the CFPQ-COVID-19. A pilot test was carried out with 55 subjects, its content and comprehension validity was analyzed through the judgment of 8 experts, and its construct validity through an exploratory factor analysis. In addition, a confirmatory factorial analysis was carried out with a sample of 427 people, the convergent validity was calculated, and a descriptive and internal consistency analysis of the factors of the final questionnaire was performed. The CPFC-COVID-19 finally comprised 20 items and four dimensions: Social distancing and Protection (SDP), Perceived psychological impact (PPI), Skepticism (S) and Credibility of perceived information (CPI). The results demonstrated the validity of the questionnaire and high reliability rates, which allows us to determine the perceptions of the population about the causal factors of COVID-19.

**Phubbing, alienation, digital game addiction, independent self-construal, and interdependent self-construal among high school students: A path analysis** (pp. 157-181)

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In this study, the aim is to analyze the relationships between phubbing, alienation, digital game addiction, independent self-construal, and interdependent self-construal among high school students. The sample of the study consists of 1,932 students studying in different high schools in Turkey who were selected by the stratified random sampling method, considering the grade levels and gender variables. The students completed surveys regarding self-construal, digital game addiction, alienation, and phubbing. The data obtained were analyzed by path analysis, one of the structural equation modeling methods. In the research, nine hypotheses were developed for the proposed model based on theoretical knowledge. As a result of the analysis, eight hypotheses were supported, and one was unsupported. According to the findings, digital game addiction had a significant impact on alienation and phubbing; also, alienation had a considerable impact on phubbing. The model explained 16% of the variance ( $R^2 = .16$ ) of phubbing, directly and indirectly. This means that the exogenous variables have a moderate level of influence on the endogenous variable. Moreover, alienation had a maximum degree of effect on phubbing.

**A new cognitive approach to the treatment and prevention of depression in university settings** (pp. 183-202)

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This research aims to assess the effectiveness in both the short and long term of a brief and group Cognitive-Behavioral Therapy (CBT) in a university setting and evaluate if there are changes in the cognitive styles of the participants. Three groups of university students were made: a TCC group (Cognitive behavioral treatment of students with depressive symptoms), a control group (non-treated controls students with depressive symptoms) and a healthy group (non-treated students without depressive symptoms). The results showed a significant improvement in depressive symptoms in both the short and long term, and changes in the cognitive style of the treated group, especially in the long term rather than the short. However, the results of the healthy group suggest that the improvement of the CBT group is not enough to make the subjects show complete well-being. Therefore, the efficacy of CBT for depression seems confirmed once again, as well as the predictions of the cognitive models for the comprehension, treatment, and prevention of depression among university students

**Psychometric properties of the General Help-Seeking Questionnaire in university students** (pp. 203-222)

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University students show a high prevalence of mental disorders and low levels of help-seeking for psychological problems. In Chile there are no valid and reliable measures of help-seeking intentions for this group. The aim of this study is to examine the psychometric properties of the General Help Seeking Questionnaire, vignette version (GHSQ-V) in a

sample of university students from southern Chile. Results indicate that the GHSQ-V is a valid instrument, with a two-factor structure that reflects the existence of two dimensions of help-seeking sources (formal and informal), for five mental health problems that are prevalent among university students. Adequate levels of internal consistency and evidence of convergent validity were shown, although variability was found between subscales. The current study confirms the importance of an accurate measurement of help seeking intentions in university students, for a better understanding of a highly relevant process for the treatment of mental health problems in this group.

**Validation of the Work-related Acceptance and Action Questionnaire (WAAQ) with university students** (pp. 223-233)

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The objective of this study was to adapt and validate the Work-Related Acceptance and Action Questionnaire (WAAQ, Bond et al., 2013) so it can be used to measure psychological flexibility in the academic environment of a university of Ecuador. The study sample comprised 6,230 students. The instrument demonstrated high internal consistency ( $\alpha = .90$ ,  $\omega = .91$ ). The analysis of the main components showed a single factor, which explained 62.3% of the variance. The confirmatory factor analysis showed a satisfactory fit of the model. The correlations between WAAQ and the Acceptance and Action-II Questionnaire (AAQ-II, Bond et al., 2011) and Wallston's Personal Competence Scale (Wallston, 1992) suggest that the questionnaires evaluate different constructs. Based on these results, it was concluded that the WAAQ is a valid and reliable instrument for measuring psychological flexibility in the Ecuadorian university academic environment.

**Mindfulness: Why it may work and why it is sure to succeed** (pp. 235-248)

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Mindfulness has gone beyond clinical applications and is beginning to be enthusiastically applied in schools, sport, and business settings. It seems to be a type of intervention that, while probably effective, has a small effect size, which calls for rigorous research. Understanding the psychological processes involved in mindfulness is essential in order to achieve a more realistic picture of its usefulness for some behavioral disorders. How can we explain the extraordinary success of mindfulness in western societies, both in academia and in popular culture? We present three behavioral principles and ideological reasons for applying mindfulness. Nowadays, mindfulness is framed not by mystical existentialism or contextual behaviorism, but by positive psychology and its neoliberal agenda.

**Emotional factors that mediate the relationship between emotional intelligence and psychological problems in emerging adults** (pp. 249-267)

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In the last decades, the rates of depression and anxiety in emerging adults have increased compared to other age groups. The aim of the study was to examine the relationship between

emotional intelligence and psychological problems, considering the mediating role of emotional factors such as empathy, self-esteem, and happiness. The participants were 399 young adults ( $M= 20.38$ ,  $SD= 2.46$ , 76.9% women) who completed an assessment dossier that included measures of emotional intelligence, empathy, self-esteem, happiness, emotional symptoms, and somatic complaints. A cross-sectional design with self-report data was used and structural equation modeling (SEM) with mediation analysis was performed. Emotional intelligence was positively associated with happiness, empathy, and self-esteem, and negatively with anxiety, depression, stress, and somatic complaints. Happiness was the most relevant mediator in the relationship between emotional intelligence and emotional symptoms. These results stress the need to promote the development of emotional abilities in emerging adults, which fosters happiness and good mental health

**Validation of the Spanish version of the Physical Appearance Comparison Scale-Revised (PACS-R): Psychometric properties in a mixed-gender community sample** (pp. 269-289)

Helena Vall-Roque<sup>1</sup>, Ana Andrés<sup>2</sup>, and Carmina Saldaña<sup>1</sup>

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The objectives of this study were to examine the validity and reliability of the Spanish version of the Physical Appearance Comparison Scale-Revised (PACS-R) and to assess its ability to predict body dissatisfaction and disordered eating in a community sample in Spain. A total of 1405 participants (83.6% women; aged 14-64) completed the Spanish PACS-R along with measures of body image, eating disturbances, appearance-related sociocultural influences, self-esteem and social comparison. Exploratory and confirmatory factor analyses supported the original one-dimensional factor structure for the 11-item Spanish version of the PACS-R. Women had significantly higher PACS-R scores than men. Internal consistency of the measure was excellent, and results showed good test-retest reliability and convergent validity in men and women. Regression analyses demonstrated the utility of the scale in predicting body dissatisfaction and disordered eating in both genders. Results suggest that the Spanish PACS-R has excellent psychometric properties, therefore it might be a useful tool to measure appearance comparisons among Spanish speaking populations.

**Emotional dependency and abuse in female victims of intimate partner violence** (pp. 291-307)

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The main objectives of this paper have been to analyze the emotional dependency in battered and non-battered women when they are involved in lasting relationships with the Partner's Emotional Dependency Scale (SED; Camarillo *et al.*, 2020). The relationship was examined between emotional dependency and clinical and personality variables (anxiety, depression, self-esteem, and impulsivity), and cut-off points were established to detect the risk of intimate partner violence according to emotional dependency. The sample consisted of 257 people, 144 battered women in treatment and 113 non-battered women with the same demographics. Battered women scored much higher than non-battered women on all dimensions of emotional dependency. In turn, emotional dependency in battered women was significant and positively associated to depression, anxiety, and impulsivity and negatively to self-esteem. Some cut-off points have been suggested to detect the risk of intimate partner violence

according to emotional dependency. Lastly, implications of this study for future research in this field are commented upon.

**Path analysis of patriarchal and sexist beliefs, attitudes toward violence, and dating violence** (pp. 309-332)

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Dating violence research needs to examine the perspective and experience that women and men have of this type of violence and the cognitive factors associated with it. In order to fill this gap, the objective of this research was to analyze the relations between patriarchal and sexist beliefs, attitudes favorable to physical, psychological, and sexual violence towards women and men, and the prevalence of dating violence. A total of 774 Mexican university students (52.33% women and 47.67% men) participated answering five instruments. In order to examine the data obtained, four path analysis models were created. The results showed that men have developed more attitudes supporting the use of physical, psychological, and sexual violence against women from the influence of patriarchal and sexist beliefs. Likewise, women who reported greater adherence to patriarchal and sexist beliefs presented more favorable attitudes towards physical, psychological, and sexual violence towards themselves. In turn, it was found that female participants who reported higher scores in the attitudes supporting sexual, psychological, and sexual violence towards themselves had a higher level of victimization. In conclusion, the four models revealed the impact that patriarchal and sexist beliefs have on dating violence through attitudes supporting violence towards women and men.

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**Personality traits and psychopathological symptoms in adults with substance use disorders** (pp. 347-357)

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This study aimed to characterize the personality traits of individuals with substance use disorders to verify the association and predictive value of personality traits for psychopathological symptoms and impulsivity. The participants were 77 adults undergoing treatment at a psychosocial care center for alcohol and drug, who completed a sociodemographic and clinical data questionnaire, the NEO Five-Factor Inventory, the Adult Self-Report (ASR), and the Barratt Impulsiveness Scale (BIS-11). Most participants presented very low/low scores on extroversion and openness factors. The five personality factors revealed significant associations with most ASR subscales and BIS-11. High rates of neuroticism and low levels of extraversion, agreeableness, and conscientiousness are related

to a greater occurrence of symptoms of anxiety, depression, attention, problems of thought and social isolation, somatic complaints, aggressive behavior, and impulsivity. According to the regression models, conscientiousness and neuroticism factors were more significant for symptoms related to anxiety/depression, thought problems, and rule-breaking behavior.

**Dispositional mindfulness, self-concept, and psychological symptoms: Bidirectional predictive associations in children and adolescents** (pp. 359-372)

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Several studies have indicated that dispositional mindfulness (DM) predicts better mental health in adolescents. The current study expands previous research by examining the reciprocal longitudinal associations between DM facets and psychological problems. In addition, the potential mediating role of self-concept (SC) dimensions is examined. A sample of 832 adolescents aged between 11 and 18 completed measures of DM, SC, and internalizing and externalizing problems in two waves six months apart. DM did not predict changes in psychological problems. However, in general, psychological problems predicted lower DM, some facets of DM predicted an increase in SC dimensions, and SC predicted higher scores on DM and fewer externalizing problems. In addition, acting with awareness mediated the relationship between externalizing problems and two SC dimensions. Findings highlight the beneficial role of having a positive SC for some dimensions of DM, and vice versa

**Application of the Mindfulness-Based Stress Reduction program to patients with borderline personality disorder and chronic pain: A pilot study** (pp. 373-390)

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Chronic pain has a high comorbidity with borderline personality disorder. The aim of this study was to apply and evaluate the effectiveness of the Mindfulness-Based Stress Reduction (MBSR) program in a group of patients with both diagnoses. Twenty-four patients participated, with a mean age of 41.83 years ( $SD= 10.35$ ), and a majority women (91.7%). The program consisted of eight sessions in which training in mindfulness is central, and was developed through formal practices (yoga, sitting meditation) or informal practices (mindfulness in activities of daily life) in which attitudes as acceptance and openness were promoted. In addition to the post-intervention evaluation, a 9-month follow-up was performed. The results showed improvements in the intensity and interference of pain, anxiety, some coping strategies (cognitive reappraisal, distraction, and mental self-control), mindfulness and quality of life. These results suggest the efficacy of the MBSR program in these patients.

**Cyberviolence in young couples and its predictors** (pp. 391-410)

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The aims of this research were to analyze the presence of cyberviolence in young couples, to explore the associations between cyberviolence, emotional dependence, empathy, and filio-parental relationships, and to identify predictors of cyberviolence. For this purpose, a

convenience sample consisting of 469 university students was selected. They completed the following measures: The Adolescent Social Network Partner Violence Scale, the Parental Bonding Instrument, the Dating Emotional Dependence in Youth and Adolescents, and the Basic Empathy Scale. 51.9% of the sample admitted to having suffered cyber-violence, and 56.6% admitted to having perpetrated it. Boys scored higher than girls on cyberviolence and cybervictimization. It was found that the higher the level of education, the lower level of cyberviolence and the higher the number of partners, the greater the possibility of suffering cyberviolence. The scarce empirical evidence about the factors related to cyberviolence points to the need of further research on individual and family variables.

**Temporal sexual discounting in risk behavior in young people** (pp. 411-426)

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The purpose of this research is analyzing the sexual discount in risky sexual behavior among young men and women. A condom sexual discounting task was administered with three hypothetical assumptions, as well as a questionnaire to identify your risky sexual behavior in 360 youths, men and women between 16 and 33 years old from Mexico. Men have a shorter delay in hours, days and months to have sexual activity without the use of a condom compared with women. For men sexual discount is indifferent to their risky sexual behavior. The women showed differences in condom use and the number of sexual partners, in two of the three delay conditions. These results may contribute to the understanding of sexual discount for interventions that promote an increase in condom use in young people.

**Are emotional competencies mediators between attachment and relationship satisfaction in young couples?** (pp. 427-445)

Estefanía Mónaco, Usue de la Barrera and Inmaculada Montoya-Castilla

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The aim of this paper is to study the relationship between attachment and satisfaction with the partner relationship, considering the mediating role of emotional competences, and taking into account the influence of gender, age, and duration of the relationship. 265 Spanish youths (59.2% women) between 18 and 36 years of age with a current partner participated in the study. The most relevant results indicate that subjects with a dismissive avoidant style show less relationship satisfaction. Along with the fearful style, they are the ones with the poorest emotional skills. Attachment anxiety and avoidance are negatively related to relationship satisfaction, being mediated by emotional regulation. The importance of developing emotional education programs in youths as a way of mitigating the effect an insecure attachment style is discussed.

**Psychometric properties of the Trait Meta-Mood Scale for measuring emotional intelligence in Peruvian students** (pp. 447-463)

Percy G. Ruiz Mamani<sup>1</sup>, Denis Frank Cunza-Aranzábal<sup>2</sup>, Michael White<sup>2</sup>, Dámaris Quinteros-Zúñiga<sup>2</sup>, Jania Elizabeth Jaimes-Soncco<sup>2</sup>, and Wilter C. Morales-García<sup>2</sup>

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The aim of this study was to analyze the psychometric properties of the Trait Meta-Mood Scale (TMMS-24) for measuring emotional intelligence in Peruvian students. A total of 699



Peruvian students participated. An exploratory factor analysis (EFA) was performed with 210 students and a confirmatory factor analysis (CFA) was performed with 489 students. The Spanish version of the TMMS-24 scale was used. A descriptive analysis of the items was made. The exploratory factor analysis (EFA) was performed with the unweighted least squares estimation method with prominent oblique rotation, and the confirmatory factor analysis (CFA) was performed through the modeling of structural equations. Internal consistency was estimated with the ordinal  $\alpha$  coefficient. The EFA yielded a three-factor structure and the correlations between factors were high (between .530 to .689). With the CFA, adequate goodness-of-fit indices are observed ( $\chi^2= 385.868$ , TLI= .963, CFI= .967, RMSEA= 0.034, SRMR= .041). The  $\alpha$ -ordinal coefficient shows adequate internal consistency ( $\alpha= .93$ ). The TMMS-24 presents good psychometric properties for measuring emotional intelligence in Peruvian students.

**Reducing stigma towards mental disorder in social education students through case studies and problem-based learning** (pp. 465-481)

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Mental disorders are one of the most stigmatized conditions in our society, which is a barrier to recovery for these individuals. However, stigmatizing attitudes can change, and education and personal experience with people who have a mental disorder can reduce stigmatizing attitudes. The present study assessed 111 social education students' stigma toward people with mental disorders and knowledge about mental disorders before and after an educational intervention involving active case studies and problem-based learning methodologies. Self-reports were used to measure attitudes toward mental disorder and knowledge about mental health. Negative attitudes towards mental disorders were reduced and knowledge increased after the intervention ( $p < .05$ ). These results demonstrate the effectiveness of this type of active educational interventions in reducing stigma towards people with mental disorders. However, it is important to continue conducting studies of this type to increase the scientific evidence.

**Validation of the GEOPTE scale of social cognition for psychosis in patients diagnosed with schizophrenia in Latin America** (pp. 483-501)

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The purpose of this study was to validate the GEOPTE scale of social cognition for its use in patients diagnosed with schizophrenia in Latin American countries. The participants were 253 patients with a diagnosis of Schizophrenia and 253 main caregivers from mental health services in Bolivia, Chile, and Peru. The psychometric properties of the GEOPTE scale were obtained through confirmatory factor analysis (CFA), CFA-multigroup, reliability coefficients and Pearson's correlation. The CFA showed the adequacy between the original theoretical factor structure and the one established in this validation study. The scale showed satisfactory reliability indicators, presented significant associations with the Positive and Negative Syndrome Scale (PANSS) and showed only weak invariance according to gender. The

GEOPTE scale has sufficient evidence of validity and reliability for its use in patients diagnosed with Schizophrenia in Latin American countries.

**Resilience as a mediator between burnout and subjective wellbeing in Spanish hospital residents** (pp. 503-515)

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Ample research has supported the detrimental impact of burnout on the well-being of resident doctors. However, the mechanisms accounting for this influence remain unclear. Consequently, this study analysed for the first time the degree of burnout as well as its evolution throughout the residency period and tested the mediational role of resiliency in the relationship between burnout and its subscales and well-being in a sample of 237 Spanish residents of different specialties from Spanish hospitals. Participants were administered the Maslach Burnout Inventory, the Connor Davidson Resilience Scale and the short-version scale of Subjective Well-being. From the total sample of residents, 48.9% reported high levels of total burnout, 53.6% in the subscale of emotional burnout and 74.7% in depersonalization. Additionally, burnout levels increased as the residency period progressed, and resilience mediated the relationship between burnout and subjective well-being level. Such findings suggest resilience as a protector factor against burnout that should be included in prevention programs.

**Psychological variables involved in opioid abuse or misuse in patients with non-oncological chronic pain** (pp. 517-532)

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Psychological variables can be used to predict the risk of prescription opioid abuse. The aim of the present study was to analyse the predictive value of a set of these variables. Specifically, we analysed the association between the potential abuse and misuse of opioids and self-affirming mood, neuroticism, extraversion, anxiety and/or depression symptoms, and perceived pain intensity. The sample comprised 60 patients with chronic non-oncological pain (mean age= 60 years; 77% women, 78% married). Two stepwise multiple linear regression analyses were performed. The results indicate that anxiety and/or depression symptoms were the only variables associated with the potential abuse and current misuse of prescription opioids. We suggest the need for prior psychological assessment before deciding to initiate pharmacological therapy with opioids. Any anxiety or depression symptoms in these patients should be addressed before prescribing opioids.

**Violence in the family of origin and socialization in male perpetrators of intimate partner abuse** (pp. 533-548)

Esther Rivas-Rivero and Enrique Bonilla-Algovia  
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The objective of this research is to analyze the violence suffered in the family of origin and in other forms of polyvictimization and its relationship with distorted ideas about women and

the use of violence, having verified the relevance of child violence in its intergenerational transmission. A sample of 120 men who used violence against their partner with a mean age of 43 years ( $SD= 11.88$ ) was analyzed. The results reveal differences between those subjects who witnessed violence against their mother, suffered psychological violence and/or physical violence during their childhood compared to other forms of poly-victimization, finding a high risk in these conditions. No relationship was observed between these conditions and distorted thoughts about violence against women. In addition, three different profiles of aggressors were found which could favor specific interventions. Further studies of violence are needed in order to eliminate it as a normalized form of social interaction in family dynamics.

**Psychometric properties of the “Stress Scale for Transmissible Diseases” in times of Covid-19** (pp. 549-563)

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Covid-19 pandemic has had a negative impact on mental health, including stress. The goal of our study was to design and psychometrically validate the *Stress Scale for Transmissible Diseases* (APA scale). The discriminative item analysis test allowed the elimination of four items, leaving the final test with 10 items. Likewise, the convergent validity using the Social Anxiety Questionnaire (SAQ) was  $r= .377$ . Confirmatory factor analysis confirmed the two-component structure: general stress and stress in the face of Covid-19. Multivariate correlations between items were obtained using the fit indices according to the expected model. Reliability indices were good (Cronbach's  $\alpha= .841$  and McDonald's  $\omega= .848$ ) and percentile norms were established by sex with a sample of 1,000 university students, with 28% of women and 22.9% of men having a high level of stress in the face of transmissible diseases. These results of validity and reliability of the APA scale show its usefulness in assessing stress in the face of transmissible diseases.

**Psychological effects of lockdown due to the Covid-19 pandemic in the year 2020: A systematic review** (pp. 565-595)

Cristina Clavero and Berta Ausín.

The aim was to systematically review studies on the psychological impact of confinement by Covid-19 on the general Spanish population and health professionals in the first year of the pandemic. The review includes the 18 studies published between January and December 2020. Findings indicate that the psychological impact increases as confinement progresses, with percentages of affectation ranging from 3-30% in anxiety symptoms (37-72% in healthcare professionals), 6-57% in depressive symptoms (27-61% in healthcare professionals), 2-40% in symptoms of stress (14-47% in healthcare professionals), 15-20% in symptoms associated with post-traumatic stress (15.8% in healthcare professionals), 12-53% in sleep problems (29% in healthcare professionals), and 9-37% in feelings of loneliness. The groups at risk identified are women, young people, the unemployed and people with previous mental health problems. The Covid-19 has had important repercussions on the mental health of the general Spanish population and health professionals, and it is necessary to establish assessment and intervention protocols that allow the detection and intervention on the affected population after confinement and during future confinements.

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**Behavioral intervention based on acceptance and commitment therapy for overweight and obesity: A pilot study** (pp. 607-625)

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Current behavioral interventions for weight loss in overweight and obesity present problems in maintaining long-term weight loss results. Acceptance and commitment therapy (ACT) could be a suitable approach to promote long-term weight loss. The aim of this pilot study is to evaluate the efficacy of an ACT-based intervention on body weight change at the end of the intervention and after a 9-month follow-up, in addition to analyzing the effects of the intervention on several variables of interest. Nine women ( $M_{\text{age}} = 44.11$  years;  $SD = 5.82$ ) attended a group intervention of 10 weekly sessions, addressing contents of eating habits, physical activity, and ACT. At the end of the intervention, the average weight loss was 2.8%, and after a 9-month follow-up, it was 3.9%. Based on the results, it can be concluded that the study provides evidence in favor of the suitability of ACT to help promote weight loss.

**Gaming habits and symptoms of video game addiction in Spanish adolescents** (pp. 627-639)

Javier Mora-Salgueiro, Sandra Feijóo, Teresa Braña, Jesús Varela, and Antonio Rial  
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Gaming disorder has been receiving increased attention since its inclusion in the ICD-11. However, there are still few studies on minors in the Spanish context. The present study aimed to explore the gaming habits and symptomatology of gaming disorder in this population, as well as analyzing the relationship between both. Gaming habits were assessed such as frequency and weekly hours played, and the Game Addiction Scale for Adolescents was applied to a sample of 3748 students between 12 and 17 years old. It was found that 13.5% presented symptoms of problematic gaming and 3.3% a possible video game addiction. There was also a relationship between gambling habits and the presence of addiction symptoms. These results are compared to other studies and the heterogeneity of data available in the field is highlighted. Additionally, the implications of the results for preventive actions carried out by developers and families are discussed.

**Antisocial behavior of Spanish adolescents: Prevalence and relationship with their perceived global health** (pp. 641-661)

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Engagement in antisocial behavior during adolescence is a controversial issue causing social concern and with implications for the adolescents. This research is based on data from the 2014 Health Behavior in School-aged Children (HBSC) study and aims to determine the prevalence rate of antisocial behavior in 11-16-year-old adolescents and examine the relationship between antisocial behavior and perceived global health. The sample is composed

of 9775 adolescents enrolled in school in Spain (50.95% girls). Results show a similar prevalence for boys and girls in all categories except in destruction, which is more prevalent in boys. However, discrepancies were found in the prevalence of engaging in antisocial behavior according to age, with a higher prevalence in older age groups. It was found that lesser antisocial acts are associated with a worse health score at all ages regardless of sex, justifying the need to carry out preventive interventions and tackle the circumstances that promote antisocial behavior.

**Relationship between trait mindfulness and the roles of cyberbullying bystanders among adolescents** (pp. 663-675)

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The widespread use of the Internet among adolescents has led to cyberbullying. Bystanders play a vital role in sustaining and strengthening bullying. As trait mindfulness has been associated with prosocial behaviors, there is good reason to believe that there is a relationship between the mindfulness trait and the role adopted by cyberbullying bystanders. A cross-sectional study was employed with a sample of 2015 students aged 11-19 years. The participants completed the measures for cyberbullying, trait mindfulness, and their role as bystanders. The results revealed that 74.3% and 7.8% of them were identified as provictim and pro-perpetrator, respectively. MANCOVA was employed to analyze the differences in the characteristics of trait mindfulness according to the role of bystander with corrected age, and its use was significant for the following factors: Observing, describing, acting with awareness, and nonjudging. No significant differences were observed in the nonreactivity factor. Provictims and pro-perpetrators scored higher on observing than those who supported neither the victim nor the perpetrator. Implications and limitations are discussed.

**Effect of exposure to thinness ideals in social networks on self-esteem and anxiety** (pp. 677-691)

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Social networks use is related to the occurrence of eating disorders (ED). In this study, we experimentally evaluated the effect of exposure to social networks and stereotypical images of the thinness ideal on ED symptomatology and analyzed the mediator role of anxiety in this process. A sample of 321 young adults of both sexes (166 females) were randomly assigned to two experimental conditions: high and low exposure to the thin ideal. Our results indicate a decrease in self-esteem in the group exposed to the thin images and an increase in anxiety. We found the effect of the images on self-esteem is completely mediated by the increase in anxiety. No changes in body satisfaction or drive for thinness were found. Our study shows how brief exposure to images and profiles representative of the thin ideal seems to influence participants' self-esteem. These results show the need to raise awareness of the possible consequences of social media, as well as to promote a healthy use of social networks.

**Psychometric properties of the Medical Outcomes Study - Social Support Survey (MOS-SSS-A) among adolescents in Puerto Rico** (pp. 693-708)

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This study aims to examine the psychometric properties of the Medical Outcomes Study-Social Support Survey (MOS-SSS-A) in a sample of adolescents in Puerto Rico. The sample consisted of secondary data of 787 students, ranging in age from 10 to 18, who attended public schools located in the southeast and northeast of Puerto Rico. We conducted a confirmatory factor analysis to test the factorial structure of the MOS-SSS-A. Additionally, correlations among perceived social support, depression, and anxiety were evaluated as evidence of discriminant validity. Results indicated a better fit when using the four-factor original model. Perceived social support scores were negatively correlated with depression and anxiety scores, which evidence discriminant validity. In conclusion, the MOS-SSS modified for adolescents (MOS-SSS-A) could be a valuable instrument for evaluating its role in reducing or preventing psychopathologies and offering early interventions for high-risk populations such as adolescents from minority groups.

### **Psychopathology in Spanish health professionals during the Covid-19 pandemic and associated socio-occupational and psychological factors (pp. 709-726)**

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The objective of this study was to analyze the socio-occupational features, perceived stress, coping strategies and self-reported psychopathological symptoms of different groups of health professionals and the relationship among these variables during the Covid-19 pandemic. One hundred and thirty-five healthcare workers participated (medical staff, nursing staff and other health professionals), who obtained higher values than the normative data in the mean scores of perceived stress, phobic anxiety, and anxiety measures. The medical staff group showed a lower level of anxiety and somatization than the other group of healthcare professionals. Being a medical professional, having a lower level of perceived subjective stress, a greater proportion of active coping and lesser passive coping were significant predictors of fewer psychopathological symptoms. The description of a health professional profile with a lower risk of showing psychopathological symptoms can help identify healthcare groups with greater psychological vulnerability. The findings suggest specific psychological factors of interest to consider in interventions aimed at addressing the mental health needs of this population in the health context generated by Covid-19.

### **Profiles of coping styles and relationship with academic performance of university students with disability (pp. 727-742)**

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This study aims to identify the existence of profiles of coping styles based on the most used coping strategies in a group of students with disability, according to sex, age, type and stage in which the disability is acquired. Likewise, it is examined whether the average scores in academic performance vary according to the coping profiles obtained. The Brief COPE Inventory was administered to a sample of 153 university students from 18- to 26-years old

( $M= 24.69$ ,  $SD= 5.02$ ), with different types of disability (visual, hearing, motor and cognitive). The results reflect a higher percentage of students with avoidant and social support-based coping styles, finding this profile to a greater extent among students with auditory and cognitive functional diversity, who have acquired this disability throughout life. Regarding academic performance, a positive relationship was expressed with the active coping style. The results emphasize the need to promote active coping skills to enhance the academic success of students with disability.

**Personality in adolescents of general and clinical samples** (pp. 743-756)

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The main objective of the study was to analyze the differences between samples from general and clinical sample in personality prototypes (PRP), derived from the Millon Adolescent Clinical Inventory (MACI). The methodology included an analytical and observational design with a random, multi-stage, stratified and proportional cluster sampling in general sample ( $n= 461$ ) and consecutive sampling of clinical sample ( $n= 219$ ), in adolescents between 13 and 17 years of age. We found introvert, inhibited, doleful, forceful, oppositional, self-demeaning and borderline PRP in the clinical sample and dramatizing and conforming PRP in the general sample present a significantly higher mean. There is a relevant absence of significant differences in egotistic, submissive and unruly PRP. By sex, more significant differences in PRP are observed in the clinical sample. By age, a significant downward linear trend in the submissive and conforming PRP is observed, as well as an upward trend in the unruly and forceful PRP in the general sample. The clinician must be alert in the interpretation of the MACI PRP that do not differentiate between general and clinical samples.

**Student's social networks profiles: Psychological needs, self-concept, and intention to be physically active** (pp. 757-772)

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This cross-sectional study aimed to identify social networks addiction profiles and whether there is a relationship with basic psychological needs, self-concept and intention to be physically active. The participants were 276 Spanish University Students (115 men and 161 women,  $M_{age}= 28.47$ ;  $SD= 8.65$ ) from 10 different universities through incidental sampling. Two profiles were found: a profile characterized by high scores in addiction symptoms, social usage, geek treats and nomophobia; a profile characterized by extremely high scores in addiction symptoms, social usage, geek treats and nomophobia. Results revealed significant differences between the profiles in autonomy, competence, and emotional self-concept. The second profile revealed higher scores in the aforementioned variables and showed lower age in their participants ( $M= 25.69$ ;  $SD= 6.93$ ) in comparison with the high social network profile ( $M= 30.10$ ;  $SD= 9.15$ ). The presence of important levels of addiction symptoms in both profiles of the sample suggests that interventions should be conducted to prevent the maladaptive outcomes of addictions in social media.

**Potential predictors of smoking relapse in treatment-seeking smokers** (pp. 773-785)

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Impulsive behavior problems are powerful predictors of addiction treatment outcomes. However, a comprehensive assessment of these features has not been examined in relation to smoking cessation outcomes. This study aims to evaluate the capacity of impulsive behavior to predict the risk of relapse and the number of relapses for smokers. The sample comprised 141 participants ( $M_{age} = 47.3$ ,  $SD = 8.31$ ; 59% females) in psychopharmacology treatment for dependence to nicotine. Participants provided breath carbon monoxide samples for determining smoking throughout the study. The different impulsiveness dimensions were evaluated with a Go/NoGo task, the visual search and attention test and a delayed discount task, while self-informed impulsivity was assessed with Barratt's Impulsiveness Scale. Unplanned impulsivity, attention failures and performance in the Go/NoGo task are postulated among the individual factors related to the number of relapses. Our results contribute to the understanding of relapse components and enable the inference of assiduity by quantifying relapse.

**Assessing irrational beliefs reliably and quickly: Refining and shortening the Spanish version of the Attitudes and Beliefs Scale** (pp. 787-808)

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The Attitudes and Beliefs Scale (ABS) is a widely used measure of irrational beliefs (IBs) but has important psychometric problems. Our objective is to improve the psychometric quality of a Spanish version of the scale. Classical test theory, item response theory, and confirmatory factor analyses were combined to obtain a shorter version of the scale using 2 samples: one from the general population ( $n = 565$ ) and another with chronic pain ( $n = 514$ ). Pearson correlations were performed with IBs, personality and health measures to investigate sources of construct validity. After eliminating half of the items (12), the factorial fit of the scale became very good ( $RMSEA < .08$ ;  $CFI$  and  $TLI > .95$ ). IBs were associated with more neuroticism ( $.21 \leq r \leq .61$ ,  $p \leq .001$ ) and poorer mental health ( $-.17 \leq r \leq -.56$ ,  $p \leq .001$ ), as well as a less extraversion and conscientiousness ( $-.14 \leq r \leq -.41$ ,  $p \leq .01$ ). These results were replicated in both samples, but IBs were only associated with poorer physical health in the general population sample. The shortened Spanish version of the ABS is a valid and reliable instrument that can be rapidly administered in clinical settings.

**Psychometric properties of the Spanish version of the Meaning in Life Questionnaire (MLQ) in adults** (pp. 809-826)

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The most widely used instrument to assess meaning in life is the Meaning in Life Questionnaire (MLQ). To date, no study has analyzed the psychometric characteristics in the Spanish adult population. Our aim is to analyze the psychometric properties of the MLQ in a sample of Spanish participants. The sample consisted of 683 adults, 80.4% women, from Spain. CFA and factorial invariance of the factors obtained as a function of the gender and age of the participants was studied. The data had a good fit to a model with two factors called Presence and Search. The two factors showed a low and positive correlation (.19); however, we cannot assume factorial invariance for gender and age groups. The MLQ showed adequate convergent validity with measures of purpose in life, anxiety, and depression. The present research provides support for the good psychometric properties and reliability of the MLQ in adult Spanish participants to assess meaning in life.

**The effect of life events, perceived stress, resilience, and sex on the quality of life of university students: Conditional process** (pp. 827-842)

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The objectives of the study were: a) to estimate the direct effect of life events on the dimensions of quality of life (Physical Health, Psychological Health, Social Relations, and Environment), b) to estimate the indirect effect of perceived stress on the relationship between events vital and the dimensions of quality of life, c) the moderation of resilience and sex on both effects in university students. 327 university students participated, 56,9% women, aged between 18 and 24 years. Perceived stress was found to mediate the relationship between life events and the quality-of-life dimensions. It was also found that sex and resilience did not moderate the direct and indirect effect in any of the dimensions of quality of life. This study provides proof of the mechanisms of perceived stress, resilience, and sex on the relationship between life events and the quality of life of university students.

**Network analysis of symptoms of agoraphobia disorder in people over 65 years** (pp. 843-863)

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The aim of this study is to conduct a network analysis of agoraphobia disorder symptoms (with or without panic) according to age and gender, in a representative sample of 555 people over 65 years of age in the Community of Madrid. The network was estimated using the InsingFit package that implements a procedure called eLasso. The results reveal differentiated networks for men and women, and for the age groups 65-74 and 75-84 years, finding a higher percentage of occurrence in women in both situations and symptoms of anxiety and reasons for fear. Women fear a greater number of situations, while men seem to have their fears more localized and centralized in situations related to transport and travel when travelling alone. These results may be of interest for designing interventions that address the symptoms and the most important, different and characteristic relationships among them according to age and gender.

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### **Adaptation and validation of the Questionnaire on Exposure to Violence in young people (pp. 5-23)**

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For just over a decade, interpersonal violence has impacted the daily life of the Mexican population, particularly adolescents. With the aim of having an instrument that assesses the perception of violent events in different contexts, the objective was to adapt and validate the “Questionnaire exposure to violence” (CEV), to which was added a group of items related to exposure to violent events through the mass media (TV, social networks and streaming). The findings show that the CEV has a high psychometric quality in the Mexican adolescent population, and that the inclusion of items related to the perception of the occurrence of violent events through the mass media proved to be useful to evaluate violence on this scale. The model obtained in the confirmatory factor analysis was verified by means of absolute indices (GFI, AGFI, CFI, RMSEA and NFI Delta1), which were above the minimum acceptable, showing two clearly defined factors: the perception of violence in physical contexts and in mass media contexts.

### **Social appearance anxiety and self-esteem in women: could body mass index have a mediating role? (pp. 25-37)**

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Social appearance anxiety has been associated with many concepts, especially body image and self-esteem, and has a very high level of comorbidity. We aimed to examine the relationship between body mass index (BMI), body perception, social appearance anxiety and self-esteem among women, with a particular focus on the possible mediating effect of BMI regarding the relationship between social appearance anxiety and self-esteem. We included 1344 volunteer women in this study. The self-esteem scale scores of women differed significantly according to body image, BMI, and weighing frequency. Social appearance anxiety was found to be inversely associated with self-esteem, and this relationship remained significant when adjusted for BMI as a mediating parameter. As a result, it is expected that improving women's body perception and reducing social appearance anxiety are the foremost interventions to increase the self-esteem of these women.

### **Construct validity and psychometric properties of the Responses to Positive Affect (RPA) questionnaire (pp. 39-57)**

Manuel González<sup>1</sup>, Laureano Lorenzo<sup>2</sup>, Pilar Rascón<sup>2</sup>, Raquel Alonso<sup>2</sup> and Inés Flores<sup>2</sup>

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Previous studies confirm the role of depressive rumination in the exacerbation of negative mood. However, less is known about rumination in relation to positive affect. We present the construct validity and psychometric properties of the Responses to Positive Affect (RAP) questionnaire in a sample of 302 people from the general population (55.2% female), aged 18-

68 years ( $M= 28.6$ ,  $SD= 12.0$ ). Exploratory and confirmatory factor analyses indicate a two-factor structure: emotion- and person-centered positive rumination ( $\alpha= .88$ ) and buffering ( $\alpha= .83$ ), both with adequate configural, metric and scalar invariance by sex. The two factors present adequate convergent, discriminant and incremental validity with constructs related to negative and positive affect. The results are discussed according to the studies reviewed and the RAP is proposed as an assessment instrument in therapeutic procedures that seek to enhance positive affect and psychological well-being.

### **Validating a brief Empathy Quotient Test with adolescents from Mexico** (pp. 59-76)

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Empathy is a skill that enables the identification with and interpretation of others' subjective experiences. The purpose of this study was to validate the Empathy Quotient (EQ) in adolescents in Mexico. A sample of 573 Mexican adolescent students (350 female and 223 male) with an age range of 12-19 years was employed ( $M_{age}= 14.8$  years,  $SD= 1.96$ ). An exploratory factor analysis (EFA) was carried out which identified two factors, one with 16 items associated with the affective dimension and one with 13 items related to the cognitive dimension (model fit indices: GFI= .984, RMSEA= .034, and RMSR= .072). To evaluate the resultant bifactor model, a confirmatory factor analysis (CFA) was performed, showing good fit indexes (RMSEA= .020, RMSR= .045, CFI= .998, GFI= .988). Regarding internal consistency, we found a McDonald's  $\omega$  correlation coefficient of= .941 for the affective dimension and  $\omega= .772$  for the cognitive dimension, with  $p < .001$ . The validation of this empathy instrument will support its use as a clinical research assessment tool in Mexican adolescents.

### **Subclinical psychopathy and styles of intimate relationships** (pp. 77-91)

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Different studies show the relationship between subclinical psychopathy and the strategies of distancing and avoidance that prevent the formation of stable and lasting emotional bonds in the couple. The study analyses subclinical psychopathy and the relationship style/love type in a sample of 1289 university students to determine its frequency, as well as the relationship between psychopathy and the relationship style/love type. The Integrated/Subclinical Psychopathy Questionnaire (CUPIS) and the Triangle of Love Scale (TLS) were used. It was found that a significant percentage of these students present features that characterize subclinical psychopathy. In addition, it was found that the higher the score in psychopathy, the lower the intimacy, passion and commitment in their relationships. Furthermore, subclinical psychopathy was found to be a greater predictor of a lack of intimacy and commitment in intimate relationships between couples. In conclusion, we highlight that, in subclinical psychopathy, there are low patterns of intimacy and commitment in relationships; so these are unlikely to remain stable over time.

### **Analysis of psychopathological symptoms and aggressive expressive and instrumental behavior as a function of the risk of violence in offenders** (pp. 93-109)

Tara Alonso del Hierro, M<sup>a</sup> Elena Peña-Fernández and José Manuel Andreu-Rodríguez  
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The goal of this research was to identify the most characteristic psychopathological symptomatology and type of aggression (expressive and instrumental) in individuals who presented a higher risk of violence in a sample of offenders. The sample consisted of 285 incarcerated males aged 20 to 67 years ( $M= 34.73$ ,  $SD= 10.34$ ) and it was divided into three groups according to violence risk (high, moderate, and low). The instruments used were the Symptom Checklist-90-R (SCL-90-R), the Instrumental and Expressive Aggression Questionnaire (CAIE) and the Self-Appraisal Questionnaire (SAQ). The results showed that, as violence risk increases, the levels of psychopathological symptomatology increase, as do expressive and instrumental aggressive behaviors, although psychoticism and expressive aggression best predicted belonging to the moderate- and high-risk groups. Therefore, moderate violence risk is sufficient to establish prevention and intervention measures in this population.

**Homework assignment and compliance review from a behavioural perspective: the verbal sequences between therapist and client (pp. 111-127)**

Carlos Marchena Giráldez<sup>1</sup>, María Xesús Froxán Parga<sup>2</sup> and Ana Calero Elvira<sup>2</sup>

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Therapeutic (homework) tasks are a characteristic strategy in behavioral psychology to achieve clinical change. The aim of the present study is to determine how behavioural therapists assign therapeutic tasks and review their compliance. Observational methodology was used to analyse the verbal interaction of therapists and clients in 211 recorded sessions (19 complete successful cases) using a validated coding system (SIST-INTER-INSTR). The values for inter- and intra-judge reliability were from good to excellent. The study shows that behavioural psychologists offer motivating verbalisations when assigning therapeutic tasks. During the review of task compliance, therapists frequently provide positive reinforcement when clients report complete compliance with the assigned task but stop the review of tasks when clients report non-compliance or only partial compliance with the task. These sequences provide information about how behavioural therapists provide instructions for therapeutic tasks and review their compliance. This is a first step to study how these verbal sequences favour the establishment of TC and the effectiveness of treatment.

**Self-reported psychotic-like experiences: differences by age and associated psychopathology (pp. 129-148)**

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This study aims to explore the differences in psychopathological symptoms that may exist in the general adult population with or without psychotic-like experiences (PLEs), depending on the age range. The presence of PLEs, self-reported general psychopathological symptomatology, and different sociodemographic and psychosocial characteristics were assessed in 216 participants without any record of personal psychiatric antecedents. The sample was divided into young adults (18-35 years) and mature adults (36-60 years). The young adults showed a higher expression of PLEs (33.6%). The mature adults with PLEs presented more psychopathological symptoms in the dimensions of hostility-anger,

somatization, depression, and anxiety than mature adults without PLEs. Young adults with PLEs showed significantly more symptoms in the same dimensions, and in the obsession-compulsion dimensions, paranoid ideation, and psychoticism, than participants of this age without PLEs. PLEs are more frequent in people between 18-35 years old; however, PLEs can be present in different age ranges and could serve as an alert to high levels of affective and anger-hostility symptoms.

**The processes of stress and coping in informal caregivers of people diagnosed on the schizophrenia spectrum. A longitudinal study** (pp. 149-163)

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The goal of this study was to analyze the role of stress factors and coping strategies in explaining the burden and depression of family caregivers of people diagnosed with a schizophrenia spectrum disorder through a longitudinal design. An evaluation was made of thirty patients with a diagnosis on the spectrum of schizophrenia and thirty informal caregivers. Participants were assessed at three successive moments: baseline, after 5 months, and after 10 months. A decrease in caregivers' levels of subjective burden across time was found. At longitudinal level, most of the caregivers' coping strategies showed a relevant relationship with subjective burden and depression at some assessment time. In addition, subjective burden and depression showed a higher relationship with the patient's negative symptomatology. At longitudinal level, avoidant and resignation showed a relevant relationship with subjective burden and depression. The changes in the evaluation of the demands that the disorder placed on the caregivers and in their coping strategies suggest the development of a process of adaptation to the disorder by the caregiver.

**Relationship between disorganised speech, cognitive functions, and social functioning in people with schizophrenia** (pp. 165-178)

Emilio González-Pablos<sup>1</sup>, Alba Ayuso-Lanchares<sup>2</sup> y Carlota Botillo-Martín<sup>1</sup> and Carlos Martín-Lorenzo<sup>1</sup>

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People with schizophrenia exhibit a wide range of cognitive, behavioral, and emotional dysfunctions; among other difficulties, people with schizophrenia show disorganized speech, also called formal thought disorder or discourse disorder. The aim of this work is to analyze and find associations between disorganized speech, attention, cognitive impairment, and their relationship with the severity and social and adaptive functioning of patients with schizophrenia of chronic evolution living in an institution. A descriptive correlational and quantitative explanatory design is carried out with 71 patients diagnosed with chronic schizophrenia with different clinical scales, cognitive assessment scales and social functioning scales. The results show that people with schizophrenia have difficulties in all the areas assessed. Disconnected or disorganized speech is found to correlate positively with cognitive function, clinical severity, and social functioning. In conclusion, several associations between these variables are observed and need to be considered for proper intervention with this population.

**Perceived physical self-concept profiles: intention to be physically active and emotional regulation** (pp. 179-196)

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The objectives of the study were to identify physical self-concept profiles and examine their role in the intention to be physically active and emotional regulation. A sample of 606 physical activity practitioners ( $M_{age}= 34.19$ ,  $SD= 13.05$ ), completed a series of self-report measures that evaluated physical self-concept, the intention to be physically active, and emotional regulation. Cluster analyzes revealed three profiles of physical self-concept. Profile b with relatively high physical self-concept experienced significant differences in intention to be physically active, self-blame, and positive reappraisal. Profile a with low physical self-concept showed significant differences in acceptance, rumination, and catastrophizing. Profile c with a very low physical self-concept revealed significant differences in blaming others. In conclusion, profile b with relatively high physical self-concept and with optimal scores in condition, attractiveness and strength is associated with a higher intention to be physically active and the use of functional emotional regulation strategies.

**Enhancement of quality of life in older people through positive reminiscence intervention: a pilot study** (pp. 215)

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Older age is associated with a higher prevalence of cognitive and affective decline than in the younger population. For this reason, considering the increasing population aging, and with the continuous growth of this demographic, it is necessary to consider better types of interventions to prevent such decline from manifesting. This study measures the effectiveness of the “Positive reminiscence program” (REMPOS), a non-pharmacological therapy that increases life quality in older people, with a pre-post randomized design with control group in three types of aging: healthy aging ( $n= 24$ ), mild cognitive impairment ( $n= 22$ ) and Alzheimer’s Disease ( $n= 21$ ). The results of the experimental groups revealed higher cognitive levels, lower depressive symptoms, higher specific positive memories recall, and higher life satisfaction after intervention. This study extends the evidence of effectiveness of positive reminiscence interventions for older adults in other cultural backgrounds and types of aging.

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**Gender, age and depressive symptoms in adolescence** (pp. 227-246)

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The objective of this study was to analyze the relationship of gender and age with depressive symptomatology in adolescents. The participants were 1,212 adolescents, from 1st (53.9%) and 2nd (46.1%) year in Compulsory Secondary Education, belonging to seven schools in the Region of Murcia (Spain), and 104 parents. The percentage of adolescents with clinically significant depressive symptoms is similar to that found in other studies in Spain. The girls presented greater depressive symptomatology. The gender difference was greater in the group with high depressive symptomatology. Depressive symptomatology increased with age, consistent with previous research. The difference was highlighted in adolescent self-reports but not in parent reports. The main conclusion is that the development of depression prevention programs should take gender and age into consideration.

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

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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.

### **Developing the Online Pornography Addiction Scale and examining its associations with psychosocial factors** (pp. 269-299)

Naif Ergün

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This study aims to develop the Online Pornography Addiction Scale (OPAS) using the behavioral addiction model and to explore the relationships between the scale, demographic variables, psychosocial variables, and pornography viewing behaviors. Two studies were conducted, the first of which involved two phases. The findings from Study 1a and Study 1b reveal that the OPAS comprises 23 items organized into four sub-scales: Compulsiveness-Uncontrollability, Psychosocial Effects, Sexual Effects, and Tolerance-Withdrawal. Overall, the scale demonstrates consistency and reliability. The results of Study 2 indicate that the OPAS correlates with gender, access to professional support, levels of hopelessness, communication with partners, degree of religious affiliation, engagement with sexual videos, frequency of pornography consumption, time devoted to pornography viewing, longest duration without pornography, impact of pornography on sexual experiences, and influence of pornography on daily life. Communication with partners of the opposite sex, engagement with

sexual videos, impact on daily life, and religious affiliation levels are also significant predictors of the OPAS score. These findings are discussed in relation to relevant literature.

**Personality traits between parent-adolescent interaction in anorexia nervosa at onset: Control-case study** (pp. 301-320)

Ana Rosa Sepúlveda<sup>1</sup>, Laura Rodríguez-Mondragón<sup>1</sup>, Alba Moreno-Encinas<sup>1</sup>, Dimitra Anastasiadou<sup>1</sup>, and Montserrat Graell<sup>2</sup>

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The aim of the study was to examine the relationship between personality traits of parents and their daughters with anorexia nervosa (AN) by a case-control study. Fifty adolescent girls with AN (G-AN) and 50 control girls without pathology (GC) were measured with the “Junior Temperament and Character Inventory” and the “Eating Disorder Inventory-2“, and both parents. The G-AN and the CG did not differ in personality traits. Both parents of G-AN showed significant differences in temperamental and character traits compared to both parents in CG. In the G-AN, complementary relationships were found in mothers’ harm avoidance daughters cooperativeness and fantasy, while in fathers and daughters associations between reward dependence, persistence and self-directedness were found. The only scale that discriminated between the two groups was drive for thinness for G-AN and CG (classification: 74.7%). Identifying personality traits of parents and their daughters at the onset of AN will allow improvements in the intervention.

**Psychological intervention for grief in caregivers of adults diagnosed with intellectual disabilities** (pp. 321-341)

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The objective of this pilot study was to adapt and provide preliminary data of the efficacy of an intervention aimed at family caregivers of adults with intellectual disability to provide them with different coping resources to better cope with their role as caregivers, as well as to reduce the psychological overload and pain associated with the diagnosis. A total of 24 caregivers participated, of which 14 were assigned to an intervention group (IG) and 10 to a control group (CG) through simple randomization. Variables of overload, mental health and feelings of grief produced by the diagnosis were measured. Linear models for repeated measures were used to evaluate the effect of the program. After the intervention, significant differences ( $p < .5$ ) were found in the dimensions of emotional pain, relational loss and acceptance of loss, and feelings of grief brought on by the diagnosis. In conclusion, it is necessary that this type of program be given early to these caregivers in order to avoid the pathological and chronic grief into which they frequently end up.

**Influence of family relationships on the presence of clinical symptoms during emerging adulthood** (pp. 343-358)

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The relationship between family and mental health has been one of the cornerstones of research into emerging adulthood over the last decade. In the present study, we analyze the relationship between variables linked to family functioning and the presence of clinical symptoms of depression, anxiety and stress during emerging adulthood in Spain. The study had a cross-sectional design and the sample comprised 1,502 students aged 18-29 years ( $M=20,32$ ,  $DT=2,13$ ) from two Spanish universities. Participants completed questionnaires in pencil-and-paper format. The results indicate that high levels of parental involvement, warmth and autonomy support are associated with a lower presence of clinical symptoms, whereas psychological control is associated with a higher level of said symptoms. These findings demonstrate the relationship between family functioning and the presence of clinical symptoms, as well as the protective -or risk enhancing- role played by family relationships during this life stage.

**Factor structure of the de Jong Gierveld Loneliness Scale: An ESEM approach** (pp. 359-378)

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This research aims to examine the reliability, convergent validity, and measurement invariance of the de Jong Gierveld Loneliness Scale (DJGLS). The study focused especially on the examination of the model-data fit of various competitive factor structures in a young adult sample. The results demonstrate that the bifactor-ESEM model shows a high model-data fit according to CFI and RMSEA. In this case, it has been determined that the cross-loadings defined by the bifactor-ESEM model have an increasing effect on the model-data fit. Also with the bifactor-ESEM model, DJGLS has one highly reliable general factor and two irrelevant subfactors. Metric measurement invariance according to gender was provided. DJGLS scores were correlated moderately and highly, and were statistically significant with external variables. Finally, it can be said that DJGLS is a measurement tool with construct and convergent validity and reliability in the young adult sample. In addition, DJGLS is essentially a uni-dimensional scale and shows the best model-data fit in the bifactor-ESEM model.

**Cognitive insight and schizotypy in non-clinical adolescents** (pp. 379-391)

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Cognitive insight is a metacognitive construct that has been shown to be useful in detecting vulnerability to schizophrenia spectrum disorders and, in particular to schizotypy. The main purpose of the study was to analyze the relationship between the cognitive insight and schizotypy in a sample of non-clinical adolescents, and to analyze the sensitivity and specificity of the cognitive insight in differentiating vulnerability to schizotypy. Participants were non-clinical adolescents selected by cluster sampling (school), with random group-class selection. The Cognitive Insight Scale and the Esquizo-Q-A were used. Results: We found a different cognitive insight profile from that found in previous studies, with a lower score in self-reflection and a higher score in self-certainty. Self-reflection and the composite index would allow us to classify participants with risk scores in distortion of reality and interpersonal disorganization. The cognitive insight would be a useful construct for detecting

vulnerability to schizotypy in non-clinical adolescents and would allow the design of effective interventions.

**Assertive behavior in dementia family caregivers: Development and validation of the Caregiving Assertiveness Questionnaire (CAQ)** (pp. 393-412)

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Dementia family caregivers' assertiveness may play a significant role in the caregiving stress and coping process, but research analyzing this topic is still scarce. This study presents the psychometric properties of the Caregiving Assertiveness Questionnaire (CAQ) and analyzes the associations between assertiveness and other variables with a relevant role in the caregiving coping process. One hundred and forty-seven family dementia caregivers participated in the study. A three-factor structure (expressing discomfort, facing conflicts and setting limits) was found for the CAQ, which explained a 69.63% of the variance in assertiveness. Significant associations were found between scores in CAQ (total scale and subscales) and variables such as experiential avoidance, cognitive fusion and frequency of leisure. CAQ presents appropriate psychometric characteristics and is a useful assessment tool to take into consideration when designing comprehensive assessment protocols for dementia family caregivers, and designing interventions aimed at helping this population.

**Mental health, stressful life events, and abuse in Nicaraguan women** (pp. 413-432)

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The objectives of this article were to analyze the occurrence of stressful life events (SLE), to establish profiles based on the said events by means of classification through cluster analysis, to establish the relationship between the groups obtained and the presence of distress, and to analyze which SLE seem to have had a greater impact on the mental health of 136 women victims of gender violence living in a context of extreme poverty in Nicaragua. The results showed the existence of high levels of depression and anxiety, especially within the group that suffered abuse in their childhood, and that economic problems, the death of people in the family environment and suicide attempts seem to be the SLE that have the greatest influence on the levels reached for the identification of such depressive and anxiety symptoms, above the abuse suffered throughout their lives. In conclusion, learning about SLE in contexts where their occurrence is frequent is essential for intervention with women for whom adversity has become chronic.

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**The adolescent and parent brief intervention protocol for drug use treatment: A pilot study in a Brazilian sample** (pp. 445-461)

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The parents' participation in adolescents' drug use treatment is a fundamental resource for good progress. Therefore, this pilot study demonstrates the feasibility of a brief intervention for drug-using adolescents, which contains sessions for parents and was adapted to a Brazilian sample. The protocol adaptation was tested in 28 adolescents (aged 14-18 years) to compare three conditions: 1) Group with adolescent/parent (GAP); 2) group with adolescent only (GA) and 3) treatment as usual (TAU). GAP post-test outcomes reveal significant improvement. The experience could test the applicability of a protocol to the Brazilian context. Despite showing results from a pilot study, the brief intervention demonstrated promising results.

**Loneliness: Association with mental health in a population-based study** (pp. 463-478)

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Loneliness is an emerging public health problem in developed countries. The objective was to establish the prevalence in a representative sample of a large city and its relationship with mental health indicators. Using stratified random sampling, a sample of 8,828 was obtained. The degree to which they had felt lonely during the last year and other questions and questionnaires related to their mental health were asked. A total of 10.2% reported feeling lonely during the last year. Those who felt lonely were four times more likely to develop more symptoms of poor mental health (63% vs. 16%), to receive a diagnosis of anxiety/depression, and to be prescribed psychotropic drugs. The structural model suggests that loneliness worsens mental health, leading to greater prescription of drugs, which increases feelings of loneliness. Loneliness tends to remain in anonymity and intimacy and is addressed mainly through the prescription of psychotropic drugs that aggravate the problem, plunging the subject into a vicious circle that is difficult to escape. The results make it necessary to offer more effective responses than a mere pharmacological approach.

**Cognitive vulnerability to depression or overestimation of premenstrual dysphoric symptoms?** (pp. 479-500)

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True premenstrual dysphoric disorder (PMDD) is hard to diagnose. It has been suggested that women's expectations influence the symptoms of this disorder, which could increase their vulnerability to depression. This study aimed to estimate PMDD in a group of women by comparing their self-diagnosis with clinical evaluation; differentiate between PMDD symptoms and their intensity and its subthreshold form, determining its social-employment and relational consequences, finding differences in symptoms and vulnerability to depression; and identifying possible cognitive vulnerability to depression in PMDD. 105 women participated, 85 from the general population and 20 women with Major Depressive Disorder were selected. For the self-diagnosis, they filled out several self-reports and PMDD Criteria Indicators A, B, C (APA) and D (by author). The clinical diagnosis was made using a semi-

structured interview following DSM-5 criteria. PMDD was overestimated when it was self-reported (51,76%) compared to clinical evaluation (5,88%). Therefore, retrospective and self-reported evaluation could bias what they remember and overestimate the indicators of the disorder and their severity. Cognitive vulnerability to depression for PMDD was not supported.

### **Differences among perpetrators of intimate partner violence utilizing proactive versus reactive aggression (501-523)**

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This research aimed to categorize perpetrator's aggression as reactive or proactive regarding intimate partner violence and explore the relationship with relevant variables. Victim statements in police reports of 60 predominantly Hispanic male adult perpetrators on probation in South Texas were rated, categorizing statements as reactive or proactive. It was hypothesized that more men would display reactive aggression and it would be associated with severe violence, emotion regulation difficulties, state anger, and impulsivity. The study further suggested that emotion regulation, state anger, and impulsivity would moderate the relationship between severity of violence and reactive/proactive classification, and impulsivity would mediate the relationship between state anger and reactive/proactive classification. Results showed 79% of perpetrators using reactive aggression and 21% using proactive aggression. Men with reactive aggression exhibited more severe violence, emotion regulation difficulties, impulsivity, and state anger. There were no moderation effects of study variables on severity of violence and reactive/proactive classification. Impulsivity fully mediated the relationship between state anger and reactive/proactive classification. Our results support approaches that emphasize reactive aggression in intimate partner violence perpetration due to its frequency and potential recidivism effects.

### **The predictive effect of emotional intelligence on the risk of suicidal ideation and behavior in Colombian adolescents (525-542)**

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Suicide in adolescents is a public health problem, and it is relevant to conduct research to identify protective factors against suicidal risk. This paper analyzed the effect of emotional intelligence on the risk of suicidal ideation and behavior. A total of 289 adolescents aged 11 to 18 years ( $M=14.88$ ,  $SD=1.902$ ) responded to the suicide orientation (ISO-30) and trait emotional meta-cognition (TMMS-24) scales. Suicidal ideation and behavior correlated ( $p<.001$ ) inversely with intelligence, clarity, and emotional regulation. Logistic regression analysis showed that emotional intelligence had an inverse effect that explained between 43% and 49% of the variance in suicidal risk. Structural equation analysis evidenced that emotional attention mediates the association between emotional clarity and suicidal ideation and behavior. These findings support the role of emotional intelligence in reducing suicidal risk in adolescents and justify the importance of developing strategies focused on emotion management for suicide prevention.

**Comparison of clinical indicators between face-to-face and videoconferencing psychotherapy: Success, adherence to treatment and efficiency** (pp. 543-562)

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Videoconferencing psychotherapy has been a widely used alternative in the aftermath of the COVID-19 pandemic. This study aims to further study the success of this modality and other less studied clinical indicators, such as adherence to treatment and efficiency, compared to the face-to-face modality. Data from 174 participants, 87 of each modality were used. Both treatment modalities were successful, with no differences between them except for the percentage of therapeutic objectives achieved, which was higher in the online modality. No differences were found in adherence to treatment. Efficiency was higher in the face-to-face modality both in the treatment phase and in the therapy as a whole, but not in the assessment phase. We put forward several hypotheses to try to explain these differences, some of them related to the therapeutic relationship. The conclusions of this study open the door to future research lines in the same direction.

**Electronic victimization experiences in Spanish adolescents from the general population and risk contexts** (pp. 563-578)

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The present work aims to show the differences in the occurrence of electronic victimization in the last year, between four different samples of Spanish adolescents. Likewise, it seeks to study whether there is a relationship between having suffered electronic victimization and other forms of victimization and whether cyber-victims show differences according to sex and age group. 1,105 adolescents from secondary education centers, 149 from child and adolescent mental health centers, 129 from the protection system, and 101 from the juvenile justice system were interviewed. Victimization experiences were assessed using the Juvenile Victimization Questionnaire (Finkelhor et al., 2005). Electronic victimization ranged from 8.9% in the school sample, 16.8% in mental health, 25.7% in the juvenile justice system and 27.1% in the protection system. A positive relationship was found between electronic victimization and other forms of victimization in educational, protection and justice centers. Besides, girls were more likely to experience electronic victimization in the mental health and school samples. In conclusion, electronic victimization is distributed differentially according to the adolescents' provenance group.

**Analysis of the different roles of teen dating violence in peer victimization and aggression** (pp. 579-595)

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Different studies show the relationship between peer violence and teen dating violence. However, more knowledge is needed about this relationship. The aim of this study was to explore possible differences in peer violence (perpetrated and suffered) in adolescents with different role in teen dating violence (aggressor, victim, aggressor-victim, and not involved). The initial sample was composed of 1078 adolescents, but for the purposes of this study, only

those students who had a partner in the last year were considered, 672 students (51.6% girls) aged 12-18 years ( $M= 14.45$ ,  $SD= 1.62$ ). These adolescents completed the CADRI scale, the VE-I peer victimization scale, and the violent behavior scale by Little et al. (2003). The results indicated that peer violence victimization and perpetration were closely related to dating abuse (victimization and perpetration) in adolescents. Students with frequent aggressor-victim role in partner relationships showed more peer violence behaviors. Girls victims of teen dating violence were more victimized by their classmates. These results show a strong relationship between these two problems, which seriously affect the well-being of adolescents.

### **Mental health stigma in Spanish university students** (pp. 596-612)

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Knowledge about mental health problems and previous contact are key variables in the fight against stigma. The aims of the study were: (1) to explore the level of stigma associated with mental disorders in students of different university degrees, and (2) to analyse the evolution of stigma in psychology students. Two groups completed the Attribution Questionnaire (AQ-27). Group 1 consisted of 392 first-year students of the different degrees evaluated ( $M_{age}= 18.59$  years,  $SD= 1.29$ , 60% female), and group 2 consisted of 152 third-year Psychology undergraduates ( $M_{age}= 24.35$  years,  $SD= 8.97$ , 73.4% female). Group 1 students with previous contact with mental disorders showed less stigmatising attitudes. Differences were observed according to grade level. Group 2 showed lower levels of stigma throughout the academic year. The results support the effectiveness that mental health education and awareness-raising interventions through contact with people with mental health problems can have in reducing stigma.

### **Dissemination of hypnosis in online press written in Spanish** (pp. 613-630)

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The patients/clients and the skilled professionals' beliefs and expectations about hypnosis, influence the decision to use this procedure as well as its effects. On the other hand, in the Internet there is plenty of information about hypnosis, which shapes opinions of public and professionals. Therefore, the aim of this study is to analyze the quality of the information disseminated by non-specialized online press. 334 articles (from 2011 to 2012) and 200 articles (from 2018-2019) written in Spanish and published online in non-specialized publications press have been analyzed. Results show that, although a high number of articles demystify hypnosis, many of them disseminate myths as well. The highest percentage of articles that demystify hypnosis is associated with the press topic "Science and Culture". Results indicate that myths are broadly present in the popular culture and are maintained with the support of their ongoing dissemination in the newspapers online articles. This supports the importance of fostering the dissemination of scientific available evidence about applied and basic research on hypnosis.

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**Personality disorders, fact or fiction? The dark future of their diagnosis** (pp. 5-40)

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The categorical diagnosis of personality disorders (PDs) has been criticized for various reasons, among which are overlapping of symptoms between different disorders, their high comorbidity, and the dichotomous nature of their diagnosis. These criticisms have led to the development of a dimensional approach in the latest versions of the classification systems, DSM-5/DSM-5-TR and ICD-11, considering two substantial aspects for its new diagnosis: personality functioning, and a series of pathological features. Despite the large amount of literature that has been published since the beginning of this century on this dimensional proposal, it is not clear, to date, that this approach enhances clinical utility. The vague, abstract, and inoperative exposition of what constitutes personality functioning and the complex and forced designation of major and minor traits (facets) in the DSM-5/DSM-5-TR, and only major and optional traits in the ICD-11, complicate, in an unusual way, the dimensional diagnosis of PDs. This paper discusses all of these issues in an attempt to shed some light on the potentially dark future of the current PDs panorama.

**Normative data, reliability, and validity of the NEO PI-R personality disorder scales** (pp. 41-63)

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There is increasing interest in understanding personality disorders (PDs) from the five-factor model. Miller et al. (2005) and Costa and McCrae (2005) proposed two sets of scales based on the NEO Personality Inventory-Revised (NEO PI-R) facets to assess DSM-5 PDs. There are Spanish norms for the scales of Miller et al. (2005) based on personnel selection samples, but they are not appropriate for contexts with low social desirability. Normative, reliability, and convergent/discriminant validity data are presented for both sets of scales with volunteers from the general Spanish population ( $N= 682$ ). The internal consistency and convergent/discriminant validity indices were excellent or good for all scales, especially for those of Miller et al. (2005). The differences between the sample of volunteers and that of personnel selection ( $d= 0.61$ ) and between males and females ( $d= 0.34-0.38$ ) justify the development of norms for the two sets of PD scales for situations of low social desirability and separate for males and females. Their usefulness in different contexts is discussed.

**Psychometric properties of the Young's Early Maladaptive Schema Questionnaire - Short Form (YSQ-S3) in Colombia** (pp. 65-87)

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This article presents two studies evaluating the construct validity and reliability of the “Young's Early Maladaptive Schema Questionnaire - Short Version” (YSQ-S3; Young, 2005). The first study, with 1004 participants, showed that the YSQ-S3 had excellent overall reliability according (Cronbach's  $\alpha = .97$ ;  $\omega = .97$ ); while the factors showed acceptable to good reliability according to the range in which the minimum and maximum reliability coefficients of the 18 scales were placed ( $\alpha$  from .67 to .89, and  $\omega$  from .67 to .86). Confirmatory factor analysis (CFA) showed that the model with 18 first-order correlated factors had the best fit indices. In addition, using CFA with second-order factors, evidence was found to support the hierarchical organization of the instrument into five second-order domains. Study 2, with 806 participants, successfully replicated the best model of study 1 against an alternative one. It is concluded that the YSQ-S3 is a valid and reliable instrument for the Colombian adult population.

**Treatment of comorbid depression after acute coronary syndrome: Meta-analysis of randomized controlled trials** (pp. 89-109)

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Depression post-acute coronary syndrome (ACS) increases cardiac risk; however, the efficacy of antidepressant therapies for its treatment has not been sufficiently demonstrated. Our aim is to meta-analyze controlled trials with homogeneous samples that allow us to explain the inconsistency of the results obtained so far. After reviewing 1525 articles, two independent reviewers identified 7 studies that met very restrictive criteria to ensure homogeneity of the samples. The results indicated that patients treated with interventions of proven efficacy for the depression, reduce their levels of depressive disorder significantly more than subjects without this treatment and that there are significant differences in the number of patients who reduce depressive symptoms in a clinically relevant way. In addition, fewer adverse cardiovascular events were observed during treatment, although this difference was minimally significant and was not maintained after the follow-up. These results suggest that the inconsistency of the currently available data could be due to methodological difficulties evidencing the need for further research to clarify the effect of depression treatment on post-ACS prognosis.

**Emotion regulation as a mediator in the relationship between early dysfunctional schemas and emotional dependence in young Spaniards** (pp. 111-123)

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Several studies show that emotional dependence is a relevant problem because of its consequences in all areas of life. Early cognitive schemas and difficulties in emotional regulation are some of the factors involved in its aetiology. The aims of the present study were to analyse the relationship between these variables, hypothesising that difficulties in emotional regulation mediate the relationship between early dysfunctional schemas and emotional dependence. The sample consisted of 711 young Spanish participants aged between 18-30 years, with an average age of 21.32 years ( $SD = 2.94$ ). The results showed a positive



correlation between the three variables and that difficulties in emotional regulation mediated the relationship between early dysfunctional schemas and emotional dependence in the case of Abandonment, Dependence, Subjugation, Emotional inhibition, Insufficient self-control, Defectiveness and Self-sacrifice. This study gives us a clearer picture of how these variables are related and provides information that could be of great use in assisting people with emotional dependence.

**The role of impulsivity in orientation to suicide of university students with a history of self-injury behavior** (pp. 125-143)

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The aim of this research was to describe the effect of depression, hopelessness, and impulsivity on orientation to suicide and the role of impulsivity as a mediator of suicidal orientation in university students with a history of self-injury behaviors. 1645 young people between 18 and 29 years old participated, from two Colombian cities. 218 young people were selected ( $M= 21.00$ ;  $SD= 2.99$ ) who reported at least one suicide attempt in the last year, who answered the “Suicidal Orientation Inventory”, the “Beck Hopelessness Scale”, the “Beck Depression Inventory” and the “Barratt Impulsivity Scale”. Depression, hopelessness, and impulsivity explained 63% of the variation in suicidal orientation ( $R^2= .635$ , IC 95% [.555, .713],  $p= .001$ ). Impulsivity mediated with depression in those cases in which suicidal orientation was high, whose total, direct and indirect effects were statistically significant ( $p < .001$ ). Impulsivity plays a mediating role between depression and hopelessness in predicting suicidal orientation.

**Cyber dating abuse in university students from Spain and Latin America** (pp. 145-164)

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The objective of the research was to study the presence of cyber violence against partners in university students in Spain and Latin America, as well as to analyze its relationship with romantic myths and ambivalent sexism. The research has a cross-sectional design. The sample was made up of 2,798 students from seven Spanish-speaking countries: Spain, El Salvador, Nicaragua, Colombia, Chile, Argentina, and Mexico. The results show few differences in means between men and women; However, the differences between countries are considerable, especially in the perpetration of direct attacks and control. The different forms of cyber violence against a partner tend to correlate, in a positive direction, with sexist attitudes and distorted beliefs about romantic love. In conclusion, prevention programs should take into account the new manifestations of violence that are appearing in virtual spaces.

**Understanding difficult temperament in adults: A mixed-methods study** (pp. 165-180)

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Difficult temperament is a set of behavioral characteristics that are associated with mental health and a significant predictor of psychopathology. This study aims to investigate which temperamental characteristics can be considered attributes of difficult temperament in Lithuanian adults. The sample consisted of 429 adults between 18 and 79 years of age. The Adult Temperament Questionnaire was used to assess temperamental characteristics and perceived difficult temperament. Data were analyzed using a mixed-methods approach. The results revealed that the set of attributes perceived as constituting difficult temperament includes characteristics such as negative mood, intensity of emotional reactions, low adaptability, withdrawal, and low regularity. Quantitative data analysis uncovered an unexpected negative relationship between perceived difficult temperament and the rhythmicity characteristic, while a new category of stubbornness emerged in the qualitative data. The findings provide new knowledge about both the cultural specifics of difficult temperament and the content of the temperament construct in general. These results can also aid in the development of further research on difficult temperament, as well as in the planning of mental health interventions and psychological counseling.

**Exercise dependence in endurance sports: Relation to emotional regulation and negative affectivity** (pp. 181-202)

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The copious and uncontrolled practice of exercise can generate psychological dependence and mood changes. Emotional regulation and negative affectivity are relevant processes for the development of addictive patterns. This study analysed the differences in negative affectivity and emotional regulation based on the practice profile of exercise; the relationship between exercise dependence, emotional regulation, and negative affectivity; and the mediating role of emotional regulation in such relationship. 375 endurance sports practitioners participated. The differences in the physical exercise practice profiles were significant in all the study variables. Exercise dependence correlated positively and significantly with emotional regulation difficulties and with negative affectivity. Emotional regulation difficulties were predictors of exercise dependence. There was a mediating effect of emotional regulation difficulties between negative affect and exercise dependence. Improving emotional regulation skills could prevent the onset of exercise dependence.

**Psychometric properties of the Risk Perception Scale for Technology Use in children and adolescents** (pp. 203-219)

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The aim of this work is 1) to create a valid, reliable instrument with which to evaluate the risk perception of children and adolescents regarding their use of technology (cell phones, Internet, and video games); and 2) to analyze the frequency with which some risk behaviors occur in relation to perception, technology use and age. 807 children and adolescents from the province of Cordoba (Spain) answered an *ad hoc* questionnaire with several instruments: sociodemographic data; problematic use of cell phones, Internet, and video games; and risk perception with the Scale on Risk Perception of Technology Use for children and adolescents

(EPRUT). The results obtained from the factor analysis reveal that the RPSTU has three dimensions, related to cell phones, Internet, and video games, respectively. Differences were observed in the relationship between age and risk perception, with older people having the highest risk perception. Assessing risk perception will favor the detection and development of prevention programs for the use of technology in children and adolescents.