RUHR-UNIVERSITÄT BOCHUM

COGNITIVE AND BEHAVIOURAL THERAPIES AT THE CROSSROADS
WCBCT2019

ZENTRUM FÜR KINDER UND JUGEND PSYCHOTHERAPIE
KJJ ZPT

RUB

Evaluation of the Bochum Avoidance and Emotion Regulation Questionnaire for Children (BAER-C)

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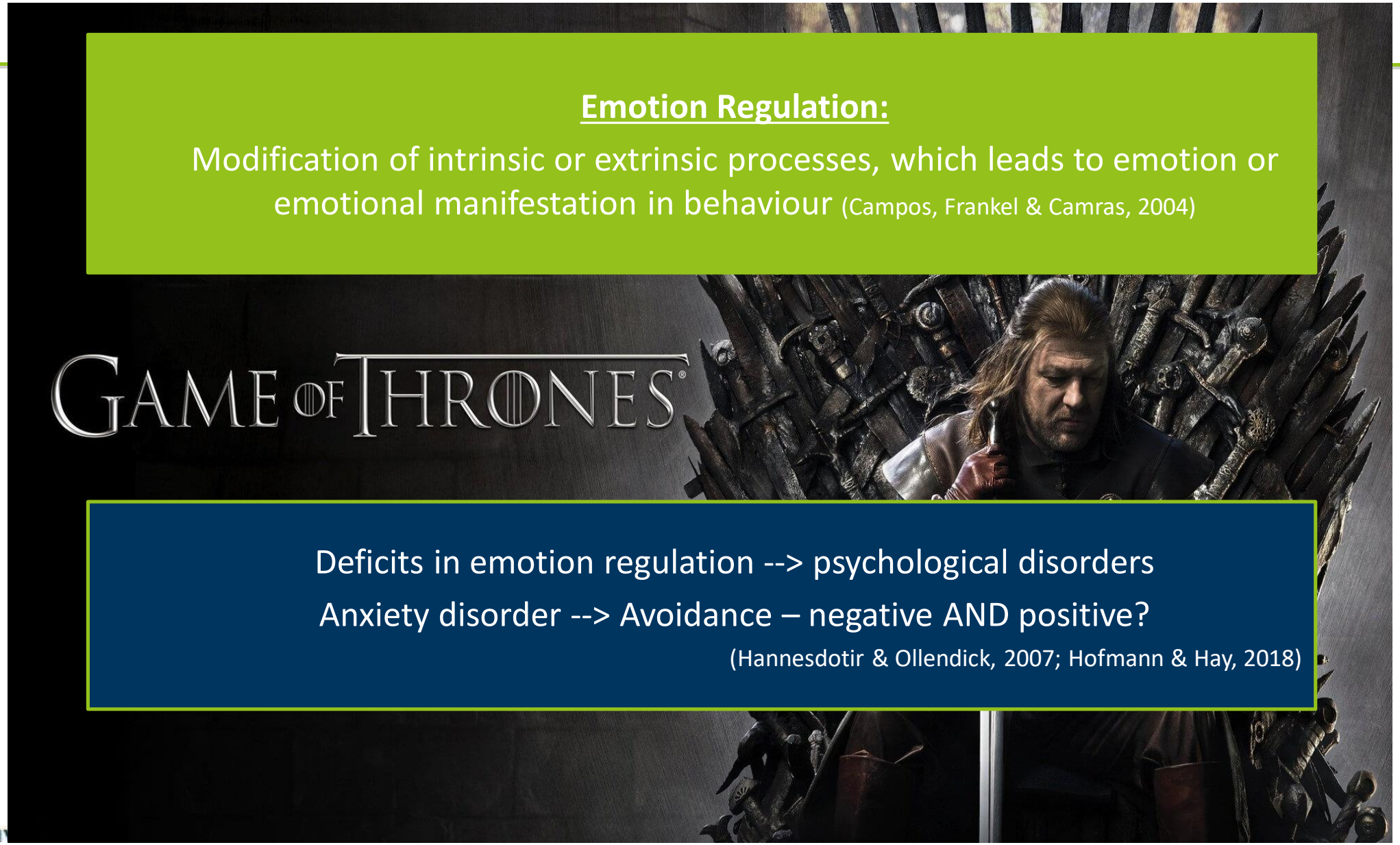
Emotion Regulation:

Modification of intrinsic or extrinsic processes, which leads to emotion or emotional manifestation in behaviour (Campos, Frankel & Camras, 2004)



Deficits in emotion regulation --> psychological disorders

Anxiety disorder --> Avoidance – negative AND positive?

(Hannesdotir & Ollendick, 2007; Hofmann & Hay, 2018)

A new questionnaire - why?

Focus on cognitions!

Coping

Depressive mood

- **FEEL-KJ** (Grob & Smolenski, 2005)
  - Broad measurement of 15 strategies, Bottom-Up, 2 factors
  - Assigning different ER strategies to different psychological disorders in the CBCL (Braet et al., 2014)
    - Specific strategies for affective, somatic und externalising disorders
    - No specific strategy for anxiety disorders

(de Boo & Wicherts, 2009; Garnefksi et. al, 2007; Abela, Brozina & Haigh, 2002))

Bochum Avoidance and Emotion Regulation Questionnaire for Children (BAER-C)

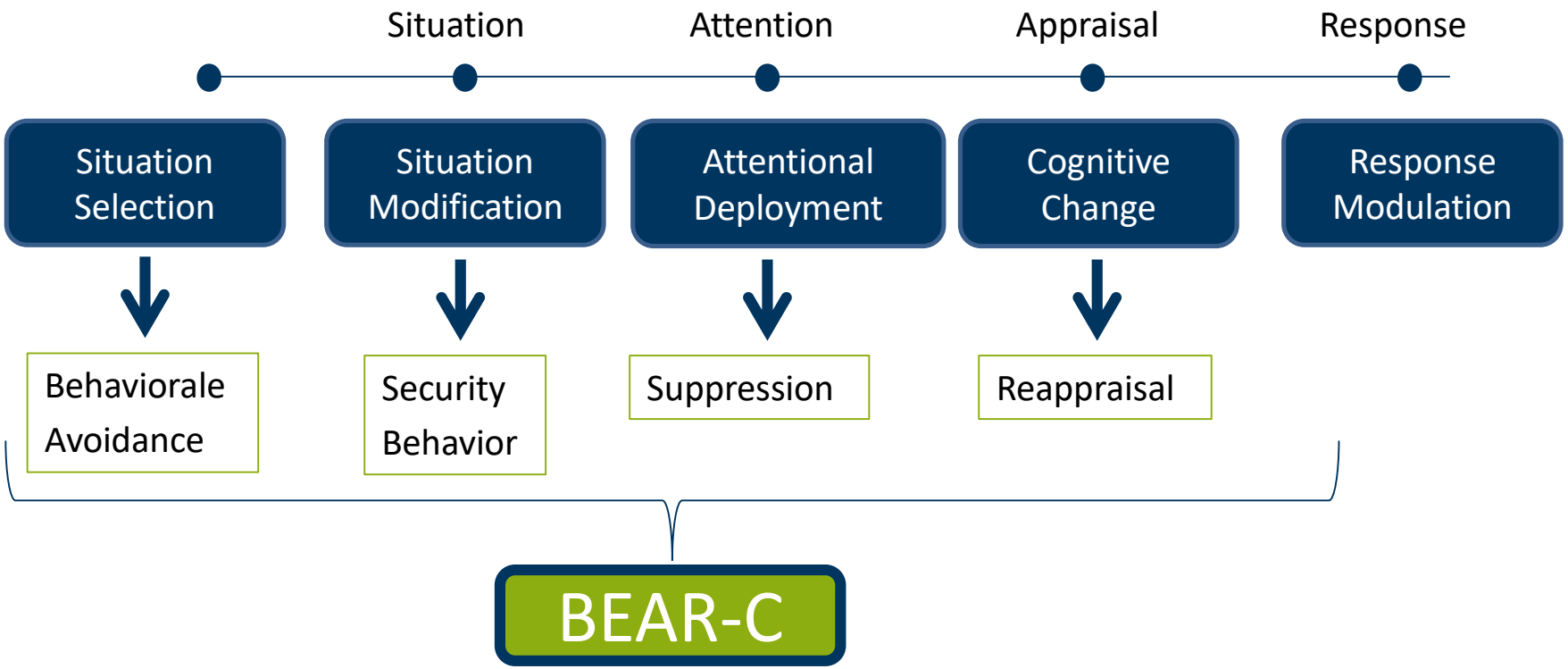
Top-Down approach
(process model of ER, Gross, 2007)

29 Items
4 sub scales

5 point Likert scale
(from 0 to 4)

<u>Additions:</u>
2 Items: subjective ER
1 Item: Acceptance

Process model of emotion regulation



Gross, 2007

Example Items

BAER - C

When I am anxoius…

Behavioural Avoidance	…I try to hide.
Security Behaviour	…I try not to be alone.
Suppression	…I try to ignore what scares me.
Reappraisal	…I try to think more positive about the situation.

3-phase validation

Phase 1

Healthy Controls in schools, N =98/141, 11,83 49,6%

children & parents

Phase 2

Children with anxiety disorder, N=168, 10,68, 56,7%

children & parents, pre-therapy

Phase 3

lab validation, N= X/40

children & parents, psychophysiology & behavioral data

Questionnaires

	construct	Phase 1 Healthy Controls		Phase 2 Anxiety disorder		Phase 3 Lab	
		Child?	Parents?	Child?	Parents?	Child?	Parents?
BAER-C	Emotion Regulation	X	X	X	X	X	X
SCAS	Anxiety Symptoms	X	X	X	X	X	X
SMFQ	Depressive Symptoms	X	X	X	X	X	X
FEEL-KJ	Emotion Regulation	X					
WIRK-ALL	Self-Efficacy	X		X		X	
SDQ	Overall Psychopathology			X	X		X
OP	Overprotection		X		X		X
PBA-Q	Parental fear cognitions		X		X		X
SSF	Sensation Seeking					X	
BIQ	Behavioral Inhibition					X	

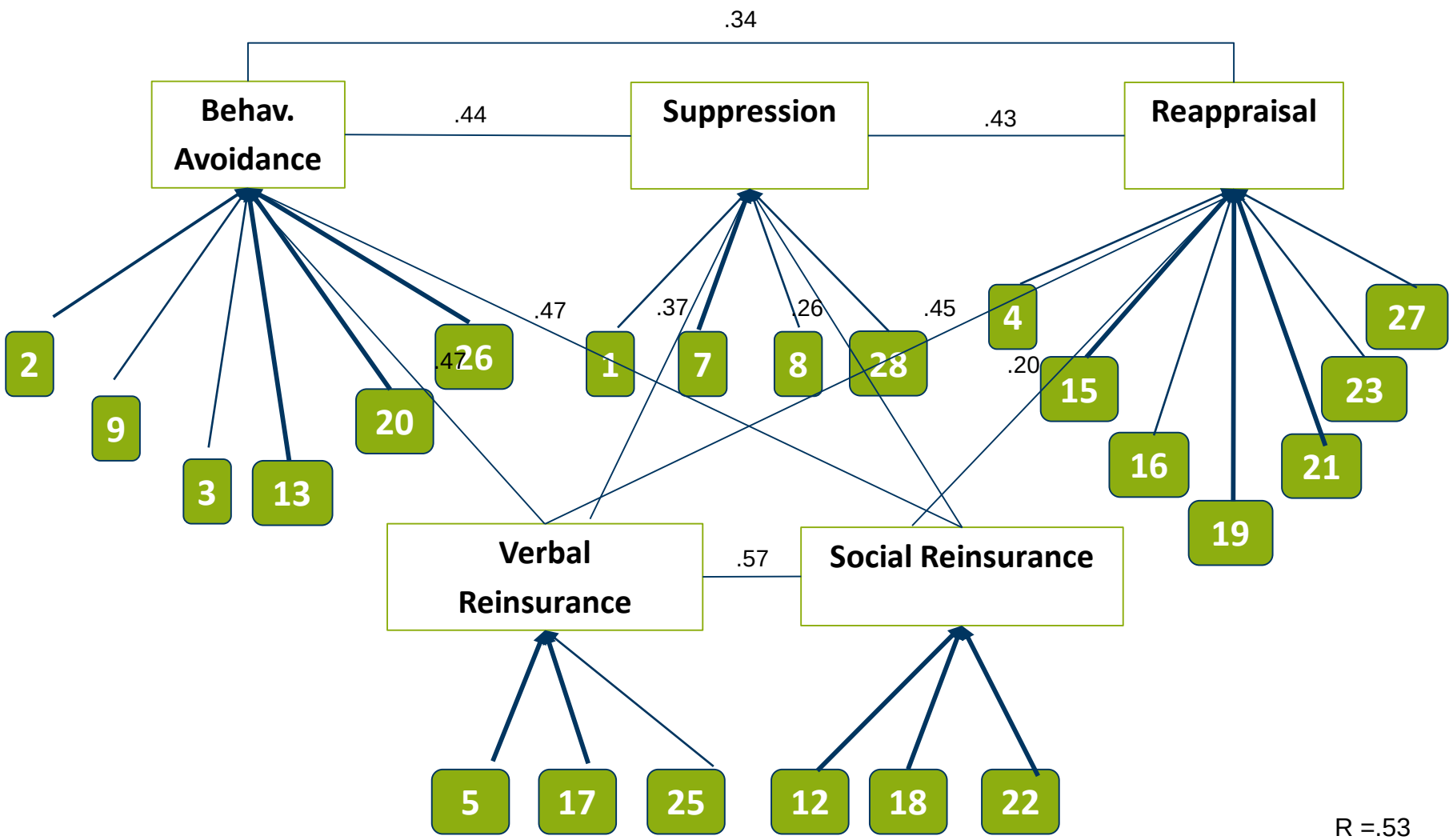
Item- und factor-analysis

- Item analysis
  - 3 Items removed after analysis of reliabilty
  - 3 Items removed after analysis of discriminatory power

Subjective ER, Acceptance and too specific items

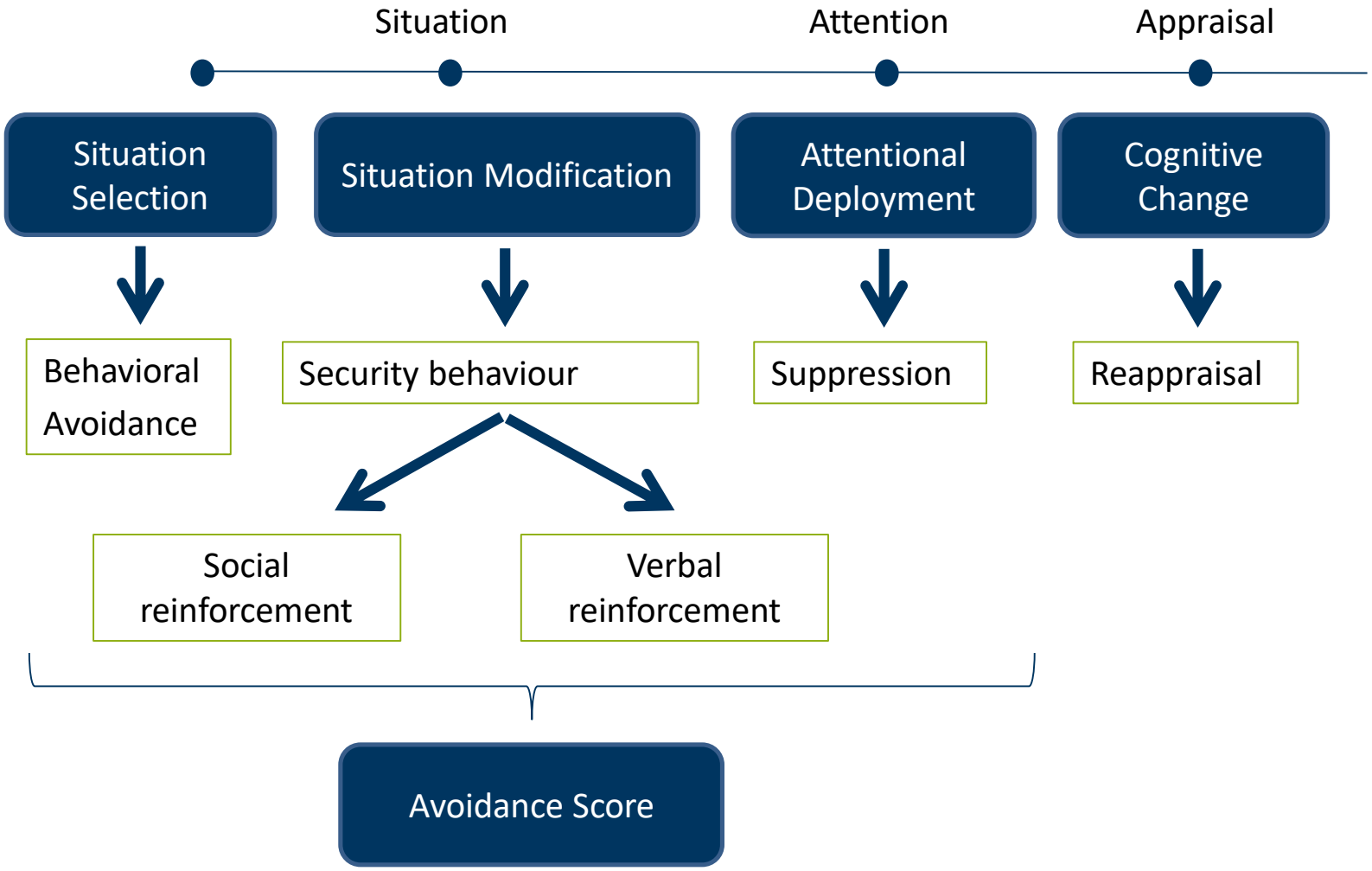
- Exploratory factor analysis
  - Parallele analysis: 5 factors
  - Maximum-Likelihood
  - Promax-Rotation

New factor structure



R =.53

Interpretation of factors

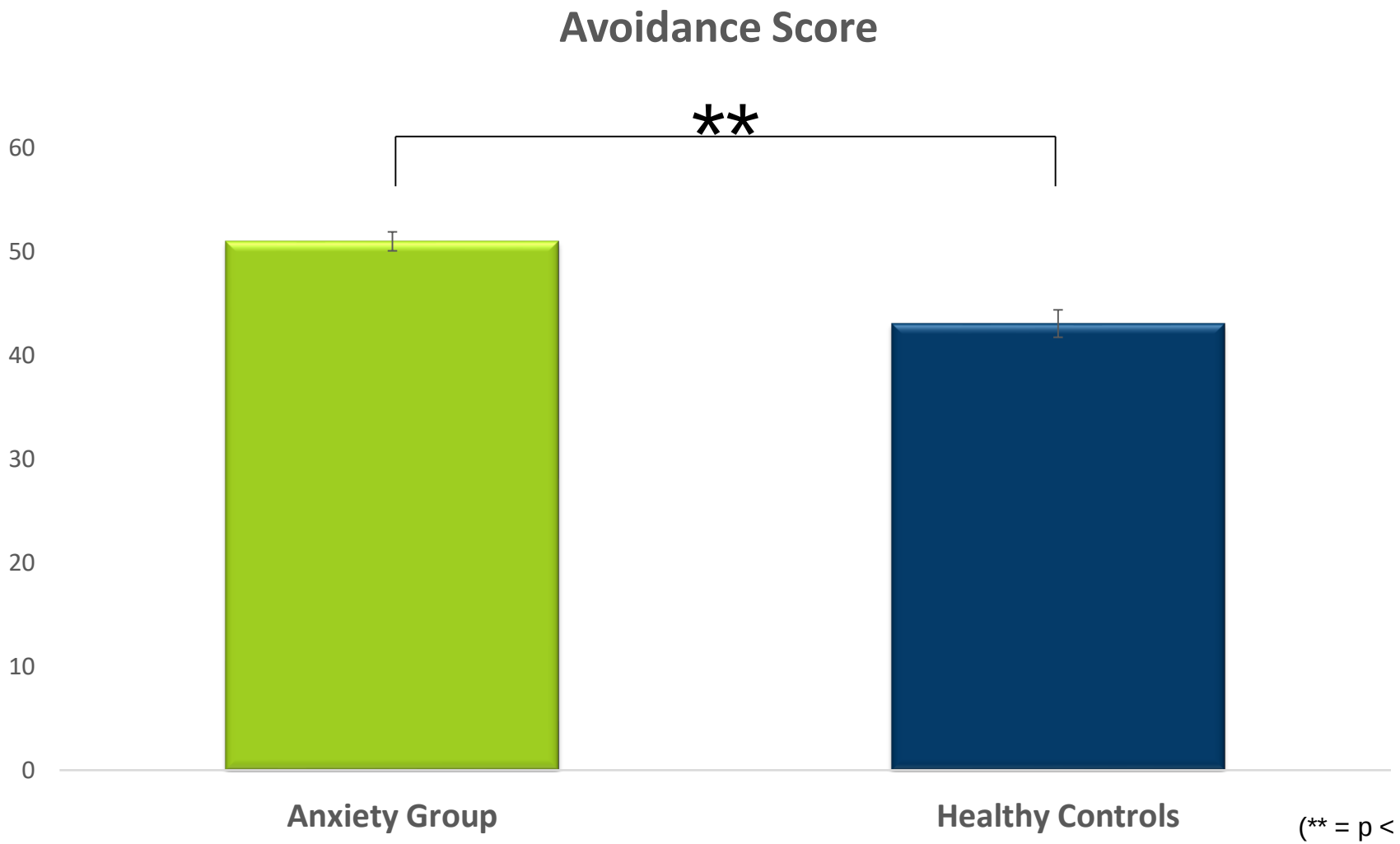


Reliabilität & Validität

	Cronbach's α	SCAS	SMFQ	SDQ-C (int.)	SDQ-C (ext.)
Avoidance Score	.87	.39**	.16**	.09	-.09
Behav. Avoidance	.82	.27**	.10	.08	-.22
Social Reinsurance	.89	.35**	.07	-.10	.04
Verbal Reinsurance	.72	.41**	.21**	.11	-.17
Suppression	.72	.17**	.07	.10	.18
Reappraisal	.85	.01	.00	-.04	.18

(* = p < .05 ; ** = p < .01)

Anxiety Group vs. Healthy Controls



(** = p < .01)

Overprotection

Children with anxiety disorder

Correlations between BAER-C and OP

Tabelle 2. Korrelationstabelle Hypothese 1

	SitM	SocS	CC	AD	SitS
OP	0.178**	0.216**	0.04	0.019	0.114

Spearmann Rangkorrelation r_s, SitM = Situation Modifikation (verbale Rückversicherung),SocS = SocialSupport (soziale Rückversicherung), CC = Cognitive Change, AD = Attentional Deployment, SitS = Situation Selection, $p < .05$ *, $p < .01$**

(Langgejürgen, in prep.)

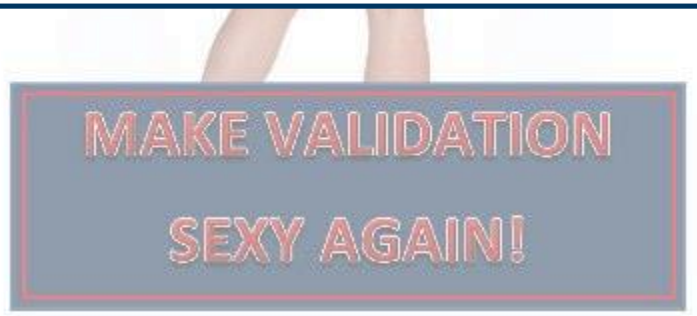
Discussion & Outlook

So far: Satisfactory psychometric measures, fitting factor structure!

Numerous applications in research and treatment!

Outlook:

Lab Validation with a behavioral avoidance task.



Abschluss

I want to thank my research group, my students and you for your attention!

BAER - C

AllThingsPsychotherapy

Zwei KiJu Therapeuten – Ein Podcast!

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