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?

• **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 & Wichens, 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)

Additions:
2 Items: subjective ER
1 Item: Acceptance
Process model of emotion regulation

Gross, 2007
Example Items

When I am anxious...

- **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% girls, 49.6% children & parents

**Phase 2**
Children with anxiety disorder, N=168, 10.68% girls, 56.7% children & parents, pre-therapy

**Phase 3**
lab validation, N= X/40
children & parents, psychophysiology & behavioral data
# Questionnaires

<table>
<thead>
<tr>
<th>Construct</th>
<th>Phase 1 Healthy Controls</th>
<th>Phase 2 Anxiety disorder</th>
<th>Phase 3 Lab</th>
</tr>
</thead>
<tbody>
<tr>
<td>BAER-C (Emotion Regulation)</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>SCAS (Anxiety Symptoms)</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>SMFQ (Depressive Symptoms)</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>FEEL-KJ (Emotion Regulation)</td>
<td>X</td>
<td></td>
<td></td>
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<tr>
<td>WIRK-ALL (Self-Efficacy)</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>SDQ (Overall Psychopathology)</td>
<td></td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>OP (Overprotection)</td>
<td></td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>PBA-Q (Parental fear cognitions)</td>
<td></td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>SSF (Sensation Seeking)</td>
<td></td>
<td></td>
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<tr>
<td>BIQ (Behavioral Inhibition)</td>
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</table>
Item- und factor-analysis

- **Item analysis**
  - 3 Items removed after analysis of reliability
  - 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
Interpretation of factors

Situation
- Situation Selection
- Situation Modification

Attention
- Attentional Deployment

Appraisal
- Cognitive Change

Behavioral Avoidance
- Security behaviour

Suppression
- Reappraisal

Social reinforcement
- Verbal reinforcement

Avoidance Score
## Reliabilität & Validität

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

(* = p < .05 ; ** = p < .01 )
Anxiety Group vs. Healthy Controls

Avoidance Score

Anxiety Group

Healthy Controls

(\*\* = p < .01 )
Overprotection

Children with anxiety disorder
Correlations between BAER-C and OP

<table>
<thead>
<tr>
<th></th>
<th>SitM</th>
<th>SocS</th>
<th>CC</th>
<th>AD</th>
<th>SitS</th>
</tr>
</thead>
<tbody>
<tr>
<td>OP</td>
<td>0.178**</td>
<td>0.216**</td>
<td>0.04</td>
<td>0.019</td>
<td>0.114</td>
</tr>
</tbody>
</table>

Spearman Rangkorrelation $r_s$, SitM = Situation Modifikation (verbale Rückversicherung), SocS = Social Support (soziale Rückversicherung), CC = Cognitive Change, AD = Attentional Deployment, SitS = Situation Selection, $p < .05 \ast$, $p < .01^{**}$

(Lannejürgen, 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.

MAKE VALIDATION
SEXY AGAIN!
I want to thank my research group, my students and you for your attention!

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Literatur


Literatur


