

THE PSYCHOMETRIC PROPERTIES OF THE BRIEF OTHER AS SHAMER SCALE FOR CHILDREN (OAS-C): PRELIMINARY VALIDATION STUDIES IN A SAMPLE OF PORTUGUESE CHILDREN

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INTRODUCTION

Shame is a social emotion with adaptive functions involved in human behavior and social interactions. This emotion is regarded as an involuntary response associated with increased self-awareness, loss of status and self-devaluation (Gilbert, 1998), that may render individuals more prone to psychopathology (Gilbert, 1998; Pinto-Gouveia & Matos, 2011). Thus, identifying and assessing feelings of shame in childhood is essential in addressing the actual impact of shame on individual's developmental trajectory.

The Other As Shamer Scale (OAS; Goss, Gilbert & Allan, 1994) is a widely used measure of external shame, adapted and translated to several languages — including Portuguese (Matos, Pinto-Gouveia, Gilbert, Duarte & Figueiredo, 2015) — to adult and to adolescent populations (OASB-A - Other As Shamer Brief for Adolescents; translated and adapted by Cunha, Xavier, Cherpe & Pinto-Gouveia, 2014).

The current study aims to adapt and to explore the psychometric properties of the brief OAS in a sample of Portuguese children attending to elementary schools.

METHOD

SAMPLE

A sample of 127 children attending to the 3rd and 4th years of Elementary Schools from S. Miguel Island (Azores) participated in this study. Sixty-three participants were females (49.6%) and 64 were males (50.4%), with ages between 8 na 11 years old (M = 8.6; SD = .70).

MEASURES

Other as Shamer Scale for Children (OAS-C; Benevides, Motta, Sousa, Cabral, Caldeira, Barreto Carvalho, 2016).

Forms of Self-Criticizing and Reassuring Scale for Children (FSCRS-C; Barreto Carvalho, Benevides, Sousa, Cabral & da Motta, 2016).

RESULTS

PRINCIPAL COMPONENT ANALYSIS

A one-dimensional solution was obtained from a principal component analysis (PCA), with good indicators of measure sample adequacy: Kaiser-Mayer-Olkin – KMO = .844; Bartlett's Sphericity test, $X^2_{(28)} = 363.229$, $p < .001$. The one-dimensional solution explains 48.8% of the total variance of the OAS-C scores.

Items communalities are presented in table 1.

Table 1 - Items ' communalities (h²) in the one-dimensional structure of the OAS-C (N=127)

Items	h ²
1. <i>Penso que os outros meninos me desprezam ou ignoram, ou seja, penso que não querem saber de mim.</i>	.539
2. <i>Os outros meninos olham-me como se eu não estivesse à altura deles(as), como se eu não fosse tão bom(boa) como eles(as).</i>	.335
3. <i>Os outros meninos vêem-me como se eu fosse pequeno(a) e insignificante.</i>	.552
4. <i>Os outros meninos vêem-me como se eu fosse uma pessoa defeituosa.</i>	.594
5. <i>Os outros meninos vêem-me se eu fosse menos importante do que os outros.</i>	.477
6. <i>Os outros meninos afastam-se de mim quando eu cometo erros.</i>	.412
7. <i>Os outros meninos vêem-me como sendo vazio(a) e insatisfeito(a).</i>	.528
8. <i>Os outros meninos pensam que há qualquer coisa que falta em mim.</i>	.470

INTERNAL CONSISTENCY

The OAS-C presented a very good internal consistency value ($\alpha = .852$).

TEMPORAL STABILITY

The OAS-C temporal stability was assessed with a 3-months interval. The OAS-C presented good relative stability ($r = .554$, $p < .000$), but less desirable absolute temporal stability. However, the effect size of score changes over time was small (Cohen's $d = -.30$).

Table 2 - Paired-sample t-test (n = 59)

	Time 1		Time 2		t	p
	M	SD	M	SD		
OAS-C	18.29	7.65	20.54	7.95	-2.35	.022

CONVERGENT AND DIVERGENT VALIDITY

Pearson product-moment correlation coefficients were calculated between the OAS-C and the Self-criticism and Reassured Self subscales (FSCRS-C). Table 3 shows the convergence of the measure of external shame and self-criticism subscale and the divergence of shame with reassured self subscale.

Table 3 - Correlation Coefficients Between FSCRS-C factors and scales of external shame reassurance (N = 127)

	Self-criticism	Reassured Self
OAS-C	.660**	-.010

** $p < .000$

DISCUSSION

The current study aimed at the preliminary validation of the adapted brief OAS version for children. The OAS-C has shown a one-dimensional structure, similar to other psychometric studies carried out in adult and adolescent samples (Goss, Gilbert & Allan, 1994; Cunha, Xavier, Cherpe & Pinto-Gouveia, 2014). A considerable percentage of scores variance was explained for this solution, and the OAS-C also revealed good internal consistency, convergent and divergent validity with a measure of self-criticism and self-reassurance. The findings on absolute temporal stability over a 3-month period point out to the need to further explore the psychometric properties of the scale in different samples of children and/or different time intervals, in order to allow a more reliable use of this scale with younger populations.

Overall, preliminary findings point to the OAS-C as a brief and adequate measure of external shame in children.

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