

FORMS OF SELF-CRITICIZING AND SELF-REASSURING SCALE: ADAPTATION AND EARLY FINDINGS IN A SAMPLE OF PORTUGUESE

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INTRODUCTION

Self-criticism is a form of self-punishment and a negative evaluation of the self (Gilbert, 2000), that can be triggered when individuals face failure or make mistakes (Castilho & Pinto Gouveia, 2011). Although it is a common process in human functioning, self-criticizing in a constant and pervasive fashion can render individuals prone to the development of psychopathology and have a negative effect in individual's social interactions (Zuroff, Moskowitz & Cote, 1999).

Thus, it becomes essential to identify and assess the forms of self-criticizing and self-reassuring that can arise in early childhood and influence the individual's development, particularly concerning how self-criticism leads to psychopathological pathways in adolescence and adulthood (Zuroff, Moskowitz & Cote, 1999).

OBJETIVE

To adapt and explore the psychometric properties and the latent structure of the Forms of Self-Criticizing and Reassuring Scale (FSCRS; Gilbert, et al., 2004, Portuguese version by Castilho, P. & Pinto-Gouveia, J., 2005) for Children.

METHOD

SAMPLE

A sample of 127 children attending to the 3rd and 4th years of Elementary Schools in 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

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

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

RESULTS

PRINCIPAL COMPONENT ANALYSIS

A three-factor solution was obtained from a principal component analysis (PCA) with Oblimin rotation, with good indicators of measure sample adequacy: Kaiser-Mayer-Olkin – KMO = .757; and Bartlett's Sphericity test of $X^2_{(105)} = 448.934, p < .001$. The first component comprised items referring to the *Inadequate Self* - items 17, 6, 7, 2 and 4; the second component - *Reassured Self* - included items 16, 8, 13, 21 and 11; and the third factor - *Hated Self* - included items 5, 15, 10 and 18. This three-dimensional structure of the FSCRS-C explained 49.34% of the total variance of the FSCRS-C scores: the Inadequate self dimension explained 23% of the variance, followed by Reassured self with 17.24% and, lastly, the Hated self explained 8.38% of the total variance of the FSCRS-C scores.

INTERNAL CONSISTENCY

Internal consistency vaues are presented in table 1.

Tabela 1 - Cronbach's alpha of the FSCRS-C subscales (N=127)

Dimension	Cronbach's Alpha
Hated Self	.730
Inadequate Self	.664
Reassured Self	.693

TEMPORAL STABILITY

For brevity, the Hated and Inadequate self subscales were merged in a single component named *Self-criticism*. The FSCRS-C temporal stability was assessed with a 3 months interval. Absolute temporal stability was verified, as shown in table 2.

Table 2 - Paired-sample t-test (n = 62)

FSCRS-C	Time 1		Time 2		t	p
	M	SD	M	SD		
Self-criticism	24.71	8.11	24.58	8.86	.135	.893
Reassured Self	20.39	3.93	20.39	3.93	-.006	.995

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 (N = 127)

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

** $p < .000$

DISCUSSION

This preliminary study showed that the FSCRS-C three-factor solution explained a considerable variance of FSCRS-C scores, good internal consistency and temporal stability over a 3-month interval in children. The scale also presented good convergent and divergent validity with a measure of external shame for children (OAS-C).

The three-factor solution obtained in the current study presented a considerable overlap with the three-factor solution obtained in the original FSCRS for adults (Gilbert, Clarke, Hempel, Miles & Irons, 2004; Castilho & Pinto Gouveia, 2011), except for the distribution of some items in the Hated self subscale. Future studies should aim to confirm the latent structure of the FSCRS-C in larger sample of children and further explore the psychometric properties of the scale before disseminating it for clinical and research purposes.

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