"Scale of Irrational Contents and Styles – Basics" (SICS-B)
Preliminary Survey

Ruiz, J.[a,b], Sorribes, F.[a,c], & Suso, C.[a,d]

[a] Spanish Association of Rational Emotive Behavioral Therapy (AETREC)
[b] Department of Clinical Psychology and Psychobiology, University of Barcelona, Spain
[c] Institut RET, Barcelona, Spain
[d] Department of Basic and Clinical Psychology and Psychobiology, University of Jaume I, Castellón, Spain

(jruizro@ub.edu)

OBJECTIVES

To analyze the construct validity and internal consistency of a new test for the assessment of the irrational beliefs proposed by Ellis in his model of Rational Emotive Behavioral Therapy (REBT): the *Scale of Irrational Contents and Styles – Basics* (SICS-B). The *SICS-B* evaluates the "contents" of the three basic irrational beliefs (Ap: Approval, Pe: Perfectionism, and Co: Comfort) in relation to the four different "styles" (inferences or processes of thought) in which they can be expressed (DEM: Demandingness, AWF: Awfulizing, FI: Frustration Intolerance, and CON: Condemnation). See sample items*.

METHOD

Participants: 259 respondents (79.5% women) undergraduates (63%) and (post)graduates (37%) between 18-63 years old (M=26.5, SD=10.7).

Procedure: A set of 72 statements were drafted (half in a rational way) using a 5-point Likert scale to cover the three areas of content and the four styles of irrational thinking (3x4 subscales), of which to choose the three items of each area with highest psychometric indices and elaborate with them the definitive scale of 36 items.

Psychometric Analysis: The reliability and validity study was carried out through a comparative item analysis (inter-item average correlations, item-total correlations) and internal consistency (Ordinal α) of each subscale, and factor analyses of both scales, broad (72) and definitive (36).

RESULTS

Table 1. Descriptive statistics and internal consistency indices of the SICS-B

Subscales	Nº Items	N	M	SD	Ordinal α	CI (95%)	Inter-item average Cor.
Ap-DEM	3	259	5.55	2.86	.88	[.85, .90]	.56
Ap-AWF	3	259	5.53	2.87	.87	[.84, .90]	.55
Ap-FI	3	259	6.35	2.85	.85	[.81, .88]	.52
Ap-CON	3	259	4.02	2.62	.85	[.81, .88]	.47
Ap-Total	12	259	21.45	9.48	.92	[.90, .94]	.45
Pe-DEM	3	259	6.15	3.04	.86	[.82, .89]	.50
Pe-AWF	3	259	3.45	2.50	.87	[.84, .90]	.53
Pe-FI	3	259	6.61	2.78	.87	[.84, .90]	.53
Pe-CON	3	259	3.49	2.79	.87	[.84, .90]	.54
Pe-Total	12	259	19.70	8.99	.91	[.89, .93]	.41
Co-DEM	3	259	5.58	2.34	.82	[.78, 86]	.42
Co-AWF	3	259	3.52	2.43	.87	[.84, .90]	.54
Co-FI	3	259	5.47	2.48	.80	[.75, .84]	.36
Co-CON	3	259	3.85	2.49	.80	[.75, .84]	.37
Co-Total	12	259	18.42	7.84	.89	[.86, .91]	.36
DEM-Total	9	259	17.28	5.93	.82	[.78, .86]	.27
AWF-Total	9	259	12.50	6.40	.89	[.86, .91]	.42
FI-Total	9	259	18.43	6.80	.88	[.85, .90]	.39
CON-Total	9	259	11.36	6.90	.90	[.87, .92]	.46

Table 2. Parameters and Goodness of fit statistics of the Factor Analysis

Multivariate statistics of symmetry and kurtosis (Test of Mardia)	Symmetry= 11294.862; *df*:8436; *p*= 1.0 Kurtosis= 15.923; *p*= .0000
Correlation matrices analyzed	Polychoric correlations
Determinant of the matrix	.00000000750622
Bartlett's statistic	χ^2= 9759.0; *df*: 2415; *p*< .001
Kaiser-Meyer-Olkin (KMO) Test	.92636
Procedure for determining nº of factors	Optimal Parallel Analysis (PA)
Method for factor extraction	Unweighted Least Squares (ULS)
Rotation to achieve factor simplicity	Promin
Advised / Extracted number of factors	4 / 4
Percentage of variance explained	58.3%
Goodness of Fit Index (GFI)	.99
Bentler's (S) / Loading (LS) Indices	.9754 / .4736
RMSR / Kelley's criterion	.0442 / .0623

Table 3. Factor structure of the SICS-B

Subscales	Items	F1	F2	F3	F4
Ap-CON	32	.910			
Pe-AWF	66	.872			
Pe-CON	71	.735			
Pe-AWF	20	.732			
Pe-CON	62	.672			
Co-AWF	35	.648			
Co-CON	10	.643			
Co-CON	61	.623			
Co-AWF	59	.510			
Co-CON	53	.467			
Pe-AWF	70	.458	.331		
Co-FI	57	.437			
Ap-CON	47	.331		.316	
Pe-FI	51		.770		
Pe-DEM	55		.766		
Pe-DEM	17		.743		
Pe-FI	64		.705		
Pe-FI	31		.666		
Pe-DEM	9	.312	.600		
Co-FI	37		.511		
Pe-CON	50		.495		
Ap-FI	27		.486		
Ap-FI	63			.851	
Ap-FI	72			.793	
Ap-AWF	60			.765	
Ap-DEM	38			.725	
Ap-AWF	69			.707	
Ap-AWF	15			.658	
Ap-DEM	58			.654	
Ap-DEM	36			.543	
Ap-CON	67			.383	
Co-DEM	19				.779
Co-DEM	1				.766
Co-AWF	26				.664
Co-FI	5				.654
Co-DEM	48				.439

Note: Loadings lower than absolute .30 omitted.

Table 4. Item analysis of the SICS-B

Subscales	Items	Item-Total correlation	α without the item
Ap-DEM	36	.65	.69
	38	.63	.72
	58	.62	.72
Ap-AWF	15	.60	.74
	60	.67	.65
	69	.60	.73
Ap-FI	27	.44	.82
	63	.64	.59
	72	.66	.57
Ap-CON	32	.50	.70
	47	.59	.57
	67	.57	.58
Pe-DEM	9	.52	.73
	17	.66	.56
	55	.55	.69
Pe –AWF	20	.60	.68
	66	.66	.63
	70	.55	.75
Pe –FI	31	.60	.69
	51	.64	.65
	64	.57	.72
Pe –CON	50	.59	.72
	62	.62	.69
	71	.63	.68
Co-DEM	1	.45	.65
	19	.59	.47
	48	.46	.64
Co –AWF	26	.54	.77
	35	.66	.64
	59	.63	.67
Co –FI	5	.43	.54
	37	.42	.55
	57	.46	.49
Co –CON	10	.36	.64
	53	.46	.52
	61	.52	.41

Ap-DEM: For me, being liked by others is really important.
Pe-AWF: It's not the end of the world to have defects.
Co-FI: I can't stand it when things don't go as I want.
Ap-CON: When someone doesn't like me, I tend to think it's because of my faults.

* Items sample

CONCLUSIONS

The *SICS-B* presents good indices of internal consistency and content validity. Factor analyses reproduce the four main styles of irrational thinking in relation to the three specific contents of the irrational beliefs as proposed by the REBT.