

Turkish Adaptation of the Self-as-Context Scale: A Preliminary Examination of Its Psychometric Properties

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ABSTRACT

Self-as-context seems to contribute to psychological flexibility within the model on which acceptance and commitment therapy is based. Unlike US samples, exploratory and confirmatory factor analyses with two Turkish samples revealed one rather than two dimensions on which 9 of 10 items loaded. A differential item functioning analysis identified three items that US and Turkish samples endorsed significantly differently. This difference may account for this measurement invariance. The Turkish version of the scale displayed convergent validity as its scores were significantly correlated, albeit relatively weaker than US samples, with a measure of psychological flexibility and two other processes, cognitive fusion, and mindfulness, thought to contribute to psychological flexibility. Preliminary evaluation of the psychometric properties of the SACS-TR supports its inclusion in further research and clinical practice that may help illuminate measurement invariance in assessing processes like self-as-context across diverse cultural samples.

Keywords: Acceptance and commitment therapy, psychological flexibility, self-as-context.

ÖZ

Bağlamsal Benlik Ölçeğinin Türk Kültürüne Uyarlanması: Psikometrik Özelliklerinin İncelenmesi

Bağlamsal benlik, kabul ve kararlılık terapisi yaklaşımında psikolojik esnekliğe katkıda bulunan önemli bir unsur olarak kabul edilir. Amerika Birleşik Devletleri (ABD)'ndeki örneklerle karşılaştırıldığında, Türkiye'deki iki örnekleme yapılan açıklayıcı ve doğrulayıcı faktör analizleri, 10 maddeden dokuzunun yüklendiği tek boyutlu bir ölçek açığa çıkardı. Değişen madde fonksiyonu analizi, ölçekteki üç maddenin ABD ve Türkiye örneklemlerinde farklı seviyelerde onaylandığını ortaya koydu. Bu durum, araştırmadaki ölçüm uyumsuzluğunu açıklamaktadır. Bağlamsal Benlik Ölçeğinin Türkçe versiyonunun, her ne kadar ABD örnekleminde az düzeyde zayıf olsa da psikolojik esnekliğe katkıda bulunan bilişsel kaynaşma ve bilinçli farkındalık değişkenleriyle anlamlı bir şekilde ilişkili olduğu için yakınsak geçerliliği sağladığı ortaya konuldu. Bağlamsal Benlik Ölçeği Türkçe versiyonunun psikometrik özelliklerinin ortaya konulduğu bu çalışma, gelecekte daha fazla araştırma ve klinik uygulamaların, bağlamsal benlik gibi kavramların farklı kültür ve örneklemlerdeki ölçüm uyumsuzluğunu açıklama ve aydınlatmada yardımcı olacağı düşüncesini netleştirmektedir.

Anahtar Kelimeler: Kabul ve kararlılık terapisi, psikolojik esneklik, bağlamsal benlik.



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INTRODUCTION

The concept of the self has received significant attention within diverse psychological frameworks, including the psychodynamic, humanistic, and positive psychological approaches. Nevertheless, psychological accounts of the self have often been criticized for lacking a sufficient theoretical foundation (Stewart et al, 2012). For instance, self-esteem—one of the most researched self-related variables—is inconsistently conceptualized and operationally defined (Yu et al, 2015).

The need for a theoretically well-defined and deeper understanding of processes related to the self is further underscored within third-wave acceptance and mindfulness-based psychotherapeutic approaches, including but not limited to dialectical behavior therapy (Linehan, 1993), mindfulness-based cognitive therapy (Segal et al, 2002), functional analytic psychotherapy (Kohlenberg & Tsai, 1991), and acceptance and commitment therapy (ACT; Hayes et al, 1999). ACT, in particular, emphasizes processes related to the self-positing to contribute to psychological suffering and its alleviation within a functional contextualism philosophy (Hayes, 1993) and relational frame theory, a contemporary behavior analytic approach to human language and cognition (Hayes et al, 2001).

ACT is based on a human functioning model that informs a transdiagnostic approach to increase psychological flexibility (Hayes et al, 2012). Psychological flexibility is the ability to contact thoughts, feelings, and other psychological experiences directly, openly, and fully in the present moment without any defense and as a conscious human being in the service of behaving in ways congruent with chosen values (Hayes et al, 1999). Psychological flexibility emerges from the interplay between six core processes: (a) acceptance, (b) defusion, (c) self-as-context (SAC), (d) values, (e) committed actions, and (f) contact with the present moment. SAC and other processes related to the self are most meaningfully viewed within ACT through the relational frame theory lens (Hayes et al, 2001; Törneke, 2010).

Until recently, research on the role of self-related processes in maintaining and alleviating human suffering has been limited by the lack of psychometrically sound ways of assessing all three aspects of the self.

In light of some concern that samples in the self-experiences questionnaire's development were limited to chronic pain patients, the self-as-context scale (SACS; Zettle et al, 2018) was developed as an alternative for use with broader populations. The psychometric properties of the 10-item SACS, which yields a total score and two subscales (centering and transcending),

Table 1. Summary of demographic characteristics and scale-related data of participant samples

	Turkish 1 (n=99)	Turkish 2 (n=333)	U.S. (n=265)
Gender, n (%)			
Female	88 (89)	286 (86)	188 (71)
Male	11 (11)	47 (14)	77 (29)
Age (SD)	21.6 (1.8)	20.8 (2.0)	20.8 (5.0)
SACS (9 items)			
Mean	49.1	49.3	47.3
SD	8.7	9.1	7.5
α	0.91	0.91	0.82

SD: Standard deviation; SACS: Self-as-Context Scale.

thus far appear to be sound but have only been evaluated with English-speaking samples. As the worldwide dissemination of ACT increases, the need to investigate the psychometric properties of measures such as the SACS when translated into other languages becomes increasingly more important. More specifically, an initial ACT congress was held in Türkiye in 2017 (Association of Contextual Behavioral Science, n.d.), underscoring the need to validate and, if necessary, make necessary adjustments in existing measures critical to advancing clinical practice and research of ACT within the country. Additionally, the contextual self was translated into Turkish language only as a sub-process of the psychological flexibility scale, with only three items by Karakuş and Akbay (2020). Therefore, it is essential to translate and validate the Self-as-Context Scale as a separate process to gain a better and more detailed understanding of the self-processes both in theory and practice within Turkish culture. Toward that end, this study aimed to provide a preliminary examination of the psychometric properties of the SACS when translated into the Turkish language.

METHOD

Participants

Three samples of college students served as participants, two from Türkiye and one from the United States (US), with their demographic characteristics reported in Table 1. The first Turkish sample consisted of 99 students (89% female) studying guidance and psychological counseling, and the second of 333 students (86% female) taking a summer research methods course from several universities. The US sample of 265 college students (71% female, 72% white, 17% Latinx) was collected to provide an updated SACS data set against which those from the two Turkish samples could be meaningfully compared.

Procedure

We followed the stages Hambleton and Patsula (1999) suggested for scale adaptation in employing the translation-back-translation technique for semantic equivalence to create a Turkish version of the SACS. The translation into Turkish was conducted by five experts in psychological counseling and guidance with knowledge of SAC. Corrections were then made based on examining the translated form by two Turkish language experts. Next, researchers administered the revised form to four graduate students who had completed courses on ACT and asked a doctoral graduate field expert familiar with ACT to review it. After finalizing any further revisions, a back translation was conducted by two field experts with high-level writing skills in both English and Turkish. The resulting back-translated form was reviewed and judged acceptable by the research group leaders who developed the SACS (Zettle et al, 2018). This version of the SACS was then administered to the two Turkish samples. Concurrently, the original English version of the SACS was readministered to obtain an updated US college sample.

Measures

Data from all three samples were obtained anonymously through the administration of an online battery of questionnaires consisting of a form for collecting demographic and background information and a version of the SACS.

Self-as-Context Scale (SACS)

This scale consists of 10 items rated on a 7-point Likert scale (1=strongly disagree to 7=strongly agree) and yields a total score as well as centering (4 items) and transcending (6 items) subscales, with all three exhibiting acceptable levels of internal consistency ($\alpha=0.76-0.83$ in the US sample) and test-retest reliability (Zettle et al, 2018). The derivation of the two subscales based on an initial exploratory factor analysis (EFA) that identified two factors explaining 47% of the variance was subsequently replicated by a confirmatory factor analysis (CFA). A preliminary psychometric evaluation of the SACS suggests that its scores exhibit sufficient concurrent, discriminant, and incremental validity (Zettle et al, 2018).

Acceptance and Action Questionnaire-II (AAQ-II)

The AAQ-II was developed by Bond et al. (2011) as a 7-item measure of psychological inflexibility and adapted to Turkish culture by Yavuz et al. (2016). Factor analyses have identified a single factor, and its overall psychometric properties support its use in continued research and practice (Bond et al, 2011). The level of internal reliability for the second Turkish sample who completed it in this research ($\alpha=0.88$) was comparable to those reported more broadly.

Cognitive Fusion Questionnaire (CFQ)

The CFQ was developed by Gillanders et al. (2014) and adapted to Turkish culture by Kervancioğlu et al. (2023) to assess cognitive fusion, or responding to thoughts as immutable facts, as a process contributory to psychological inflexibility. It consists of seven items rated on a 7-point Likert scale (1=never true to 7=always true), with higher scores reflecting greater entanglement with thoughts. The scale demonstrated adequate levels of reliability and validity in nonclinical populations; the alpha level was 0.90 for the second Turkish sample in this study.

Mindful Attention Awareness Scale (MAAS)

Brown and Ryan (2003) developed the MAAS, which was adapted to Turkish culture by Ozyesil et al. (2011) to assess nonjudgmental, present-moment awareness. Its 15 items are rated on a 6-point Likert-type scale (1=almost always to 6=almost never), with higher scores reflecting increased dispositional mindfulness. The factor structure of the MAAS is unidimensional, and it has shown strong psychometric properties. The level of internal reliability as administered to the second Turkish sample in this study was 0.87.

Statistical Analysis

There was no missing data since the data was collected using the online form. We used SPSS for item discrimination, reliability (Cronbach α), and correlation analysis, Factor (Lorenzo-Seva & Ferrando, 2006) for EFA, and the structural equation modeling software program Mplus (Muthén & Muthén, 2012) for CFA. R software (R Core Team, 2020) psych package (Revelle, 2021) was used to find the McDonald's omega coefficient. To determine the suitability of the data for EFA and CFA, multivariate normality, multicollinearity assumptions (with variance inflation factor-VIF and tolerance), and multivariate outliers were examined (Tabachnick & Fidell, 2019). Robust techniques compensated for the multivariate normality assumption violation for EFA and CFA according to multivariate kurtosis. Tolerance values were above.01, and the VIF values were less than 10, so there was no multicollinearity for EFA and CFA (Kline, 2016). Multivariate outliers were analyzed using Mahalanobis distances. Accordingly, two multivariate outliers for EFA and nine for CFA, which were significant at the.001 level, were excluded from the analysis. Kaiser-Meyer-Olkin coefficient and the Bartlett sphericity test indicated the factorability of the correlation matrix for EFA.

RESULTS

Exploratory Factor Analysis

Before conducting an EFA on SACS data from the first Turkish sample ($n=99$), we first examined corrected item-total score correlations and the difference between the lower and upper 27% groups. This process of item discrimination revealed that

the corrected item-total score correlation for item 5 ($r=0.09$) fell below the recommended cut-off of .20 (Kline, 2015; Steiner et al, 2015). In addition, removing item 5 (“I allow my emotions to come and go without struggling with them”) increased the scale’s reliability from $\alpha=0.88$ to 0.91 and the proportion of explained variance from 54% to 60%. Recalculated corrected item-total score correlations for the remaining items supported the retention of all nine for the EFA.

We used the unweighted least squares with the bootstrap technique in which 500 samples were randomly drawn in conducting the EFA due to the relatively small sample size (preferably ten times the number of items) (Cohen & Swerdlik, 2009). We determined the number of factors by examining the scree plot eigenvalues and conducting parallel analysis (Horn, 1965) and MAP (Velicer, 1976; Velicer et al, 2000) tests. The scree plot indicated a one-dimensional structure that accounted for 60% of the variance by showing a single breakpoint (eigenvalue=5.37), with the eigenvalue for a second dimension below 1 (0.81). All nine items displayed acceptable standardized factor loadings that ranged from .60 (item 6) to .87 (item 3) and comprised an internally reliable scale (Cronbach $\alpha=0.91$). See Table 2 for additional descriptive statistics and Appendix 1 for EFA factor loadings of items.

Confirmatory Factor Analysis

To affirm the factor structure of the SACS-TR that emerged from the EFA, we conducted a CFA with the second Turkish sample ($n=333$) with the robust maximum likelihood (MLR) estimation method after eliminating item 5. All retained items showed acceptable factor loadings (0.58 to 0.88), comprising a unidimensional and reliable scale (Cronbach $\alpha=0.91$, McDonald $\omega=0.92$) accounting for 55% variance. Factor loadings and error variances were significant at the .05 level. For detailed results and models for CFA, see Appendixes 1 and 2. No modifications were made to the model.

To evaluate the goodness of fit, we considered five benchmarks: (a) the normed chi-square (NC), (b) the root mean square of approximation at a 90% confidence interval (RMSEA), (c) the comparative fit index (CFI), (d) the non-normed fit index (NNFI), and (e) standardized root mean square residual (SRMR). We concluded that the model showed acceptable fit since it met the recommended requirements for NC ($3.58 < 5$; Wheaton et al, 1977), RMSEA (.088 [90%CI.069–107] < 0.10 ; Browne & Cudeck, 1992), CFI ($0.95=0.95$; Hu & Bentler, 1999), NNFI ($0.94 > 0.90$; Morin et al., 2013), and SRMR ($0.04 < 0.05$; Byrne, 2012).

Criterion-Related Validity

Relationships between the SACS-TR and the AAQ-II, CFQ, and MAAS were examined from data compiled from the second Turkish sample to assess the criterion-related

Table 2. Descriptive statistics and correlations of SACS-TR with criterion variables

Measure	M	SD	α	r
AAQ-II	24.59	9.75	0.88	-0.227*
CFQ	29.49	9.73	0.90	-0.207*
MAAS	58.65	13.65	0.87	0.150*

*: $P < 0.01$; SD: Standard deviation; AAQ-II: Acceptance and Action Questionnaire; CFQ: Cognitive and Fusion Questionnaire; MAAS: Mindful Attention Awareness Scale.

validity of the SACS-TR (Table 2). All correlation coefficients were weak but significant and in the expected direction. SACS-TR scores were inversely related to the two measures reflective of psychological inflexibility (AAQ-II and CFQ) and positively correlated with MAAS in the index of dispositional mindfulness.

Cross-Sample Comparisons

Factor Structure and Loadings

Dimensional properties reported in the development of the SACS with US samples (Zettle et al, 2018) differed from those identified with our two Turkish samples in both the number of factors (one vs. two) and number of items loading on them (9 vs. 10). Because the original samples are now over a decade old, we conducted an initial EFA with the updated US sample to rule out the possibility that these discrepant findings might be primarily attributable to the passage of time. Two factors on which all 10 items loaded, accounting for 35% of the variance, were revealed according to the original MAP test (Velicer, 1976), but only one dimension, consistent with the SACS-TR, based on the revised MAP test (Velicer et al, 2000). A second EFA limited to the same nine items as the SACS-TR (Table 2) identified a single factor accounting for a comparable level of variance (36%) on which all items loaded according to both versions of the MAP test. The collective results of the two EFAs with the updated the US sample within this research suggest some change may have occurred over time in how college students in this country interpret SACS items, such that the scale’s factor structure may now more closely resemble that seen with Turkish samples. This summarization, however, is tempered somewhat by the results of another EFA conducted with an even more recent US sample ($n=315$) collected approximately a year later in conjunction with another study. Both versions of the MAP test indicated a two-factor solution that accounted for 54% of the variance. As a result, the dimensional structure of the SACS with more recent US samples is somewhat ambiguous in that both single and two-factor solutions seem justifiable.

Table 3. Differential item functioning (DIF) results

Items	B	SE	p	Level	Difference
1. When I am upset, I am able to find a place of calm within myself.	-0.35	0.10	0.00*	C	>Turkish
2. I have a perspective on life that allows without getting overwhelmed with them.	-0.16	0.14	0.25		
3. Despite the many changes in my life, remains unchanged.	0.04	0.08	0.57		
4. As I look back upon my life so far, I there for all of it.	0.33	0.11	0.00*	C	>U.S.
6. I am able to notice my changing them.	-0.66	0.09	0.00*	C	>Turkish
7. There is a basic sense I have of myself thoughts and feelings do.	0.00	0.08	0.96		
8. Even though there have been many me that has witnessed it all.	0.17	0.09	0.05		
9. I am able to access a perspective from feelings, and emotions.	-0.12	0.08	0.16		
10. When I think back to when I was, I recognize that a part of me that was there then is still here now.	-0.14	0.08	0.10		

*: $P < 0.01$; SE: Standard error.

Differential Item Functioning (DIF)

Seemingly similar dimensional properties, particularly in comparable versions of the SACS across the Turkish and US samples, could, however, obscure differences in the degree to which students from the two countries responded equivalently to all nine items. To explore this further, we conducted a DIF analysis using the polytomous simultaneous item bias test (poly-SIBTEST) method included in the mirt package (Chalmers, 2012) in the R software (R Core Team, 2020).

As indicated in Table 3, three items (1, 4, and 6) showed significant differences between the two samples as determined by examining beta values. A beta value below

0.07 indicates that the DIF is negligible (A level), a range 0.07–0.11, a moderate DIF (B level), and a value greater than 0.11 indicates a high DIF (C level) (Roussos & Stout, 1996). Items 1 (“When I am upset, I can find a place of calm within myself”) and 6 (“I am able to notice my changing thoughts without getting caught up in them”) were endorsed to a significantly higher degree by Turkish participants. At the same time, US students expressed comparatively greater agreement with item 4 (“As I look back upon my life so far, I have a sense that a part of me has been there for all of it”).

Relationship with Psychological Inflexibility

The overall results of the DIF analysis suggest the possibility that the SACS and SACS-TR might be differentially related to various criterion variables. Because the AAQ-II had also been administered to three of the samples involved in developing the SACS (Zettle et al, 2018), we could at least undertake a preliminary albeit tentative cross-sample comparison of criterion-related validity. The lowest correlation in the three samples ($r = -0.46$) was significantly stronger, $z = 2.69$,

$p = 0.004$, than that noted between the SACS-TR and AAQ-II, a difference that held even with a truncated version of the SACS in which the item excluded from the SACS-TR was not included; $r = -0.43$, $z = 2.30$, $p = 0.01$. Further comparisons suggest that this difference may at least in part be attributable to the significantly higher levels of psychological functioning displayed by Turkish students as assessed by both the SACS, $t(596) = 2.88$, $p < 0.05$, and AAQ-II, $t(333) = 8.34$, $p < 0.001$.

DISCUSSION

The main purpose of this study was to adapt the SACS for possible use, particularly in eventual clinical research and practice involving ACT with Turkish-speaking samples, and to conduct a preliminary examination of its psychometric properties. The overall, albeit limited results of our initial evaluation suggest that the resulting SACS-TR displays sufficient levels of reliability and validity to warrant further and more rigorous examinations of its psychometric properties. More specifically, the scale was internally consistent ($\alpha = 0.91$). As expected, its scores were significant, although weakly correlated with measures purportedly assessing dispositional mindfulness and aspects of psychological flexibility/inflexibility.

Stronger associations reported between the original version of the SACS and similar criterion variables (Zettle et al, 2018) may be attributable to several factors. Perhaps most noticeably, an initial EFA of the SACS-TR yielded a single-factor solution with nine items that were subsequently corroborated with a CFA. By contrast, an EFA and CFA of the SACS identified two factors, centering and transcending, on which each of the 10 items was separately loaded. The one item that was not retained in the SACS-TR (i.e., “I allow my emotions to come and go without struggling with them”) loaded along with only three others on the centering subscale of the SACS that were

collectively no longer mathematically capable of constituting their dimension in the SACS-TR. When scales are adapted, their structures can sometimes change, and in such cases, items can be removed from the scale (Iliescu, 2017; Orçan, 2018).

Other less obvious factors may have also contributed to the differences in levels of concurrent validity between the SACS and SACS-TR. The DIF analysis indicated that Turkish participants endorsed two items at significantly higher levels than their US counterparts, which accounts for the significant difference in total scores between the two samples. One interpretation is that the repertoire of self-awareness that defines self-as-context is more fully developed within the Turkish culture. However, this possibility should be considered in conjunction with the comparison that also found significantly lower levels of psychological inflexibility (or alternatively, elevated levels of psychological flexibility) as assessed by AAQ-II scores reported by Turkish participants. Collectively, the differences in the two measures between the two samples could be seen as reflecting higher levels of psychological health among Turkish college students compared to their US counterparts and as providing a possible explanation in particular for the weak correlation between the SACS-TR and AAQ-II.

For this possible interpretation to receive further support, it would appear necessary to rule out the potential contaminating influence of social desirability. Scores from the SACS (Zettle et al, 2018) and AAQ-II (Bond et al, 2011) have been unrelated to social desirability with English-speaking samples. Until both the SACS-TR and the adaptation of the AAQ-II (Yavuz et al, 2016) have also been similarly evaluated with Turkish samples, the possibility that the weak correlation found between these measures in this study may at least in part be attributable to the influence of social desirability on one, or possibly on even both of them, remains.

From the perspective of contextual behavioral science in which ACT is situated, possible measurement invariance as a function of both linguistic and cultural differences among samples completing a paper-and-pencil inventory is hardly surprising. To the extent that behaviors are a function of the contexts in which they developed and are currently occurring, those involved in speaking, reading, and rating questionnaire items would presumably be impacted by both the specific language involved in those activities as well as the larger sociocultural milieu in which “*linguaging*” is itself embedded. For example, an English speaker ordering “*chips*” in a UK restaurant will most likely receive what the US residents call “*fries*.” However, the same request in the US would result in what UK natives would call “*crisps*.” From the perspective of relational frame theory, the edibles within the frame of coordination in which the word “*chips*” participates vary as a function of the culture in which it is uttered.

Words’ meaning or stimulus functions are quite understandably influenced to even greater degree when they are spoken in different cultures and translated from one language to another. Concerning the differing samples in this study, it seems worth noting that Turkish culture is more likely than that of the US to be regarded as traditional and collectivistic (Santamaría et al, 2010). Related cultural differences in child-rearing, practices might help account for some of the differences in levels of self-awareness noted between our two samples of college students, especially if the longitudinal impact of such practices on developing invariant perspective-taking was systematically tracked over time.

Unraveling the influence of differing verbal-social communities on the acquisition of the contextual self and its qualities while worthy of pursuit is obviously beyond the scope of this study. However, our opinion is that our understanding of such matters may be conceivably enhanced by further research concerning the SACS-TR that simultaneously addresses several limitations of this study. One of its main shortcomings is that participants were convenience samples of university students. Data should be collected from participants more representative of the general population, and perhaps even more importantly, from clinical samples to assess the known-groups validity of the SACS-TR. Additional relevant psychometric properties of the instrument could be evaluated even with a restricted sample size. For example, the internal reliability of the SACS-TR, as shown in this study, appears to be more than adequate. Still, its temporal stability is unknown and should be determined if it is to be administered as a pre-post process measure in clinical research involving ACT. The range of measures with which the SACS-TR would be expected to be both correlated, such as inventories that purportedly assess other processes contributory to psychological flexibility beyond those included in this study, and to be unrelated (e.g., social desirability) could be expanded to provide a more thorough assessment of its current concurrent and discriminant validity.

Apart from a more extensive evaluation of the degree to which the SACS-TR adequately meets traditional psychometric standards, it is our recommendation that further research also consider an examination of some of its more functional properties in assessing its overall quality. One of these concerns incremental validity or whether the inclusion of the

SACS-TR in an assessment battery contributes to our ability to make correct predictions about clinically relevant behavior. More specific to therapeutic goals are questions about the possible treatment utility of the SACS-TR and if its utilization in making treatment decisions enhances clinical outcomes (Ciarrochi et al, 2016; Hayes et al, 1987) more generally and those related to the increasing practice of ACT in Türkiye in particular.

Ethical Standards and Informed Consent

All procedures followed were per the ethical standards of the responsible committee on human experimentation (institutional and national) and with the Helsinki Declaration of 1975, as revised in 2000. Informed consent was obtained from all patients to be included in the study. Ethics committee permission for the research was obtained from Bolu Abant İzzet Baysal University Human Research Ethics Committee in Social Sciences with the decision numbered 2020/129 on 26.05.2020.

Ethics Committee Approval: The Bolu Abant İzzet Baysal University Human Research Ethics Committee granted approval for this study (date: 26.05.2020, number: 2020/129).

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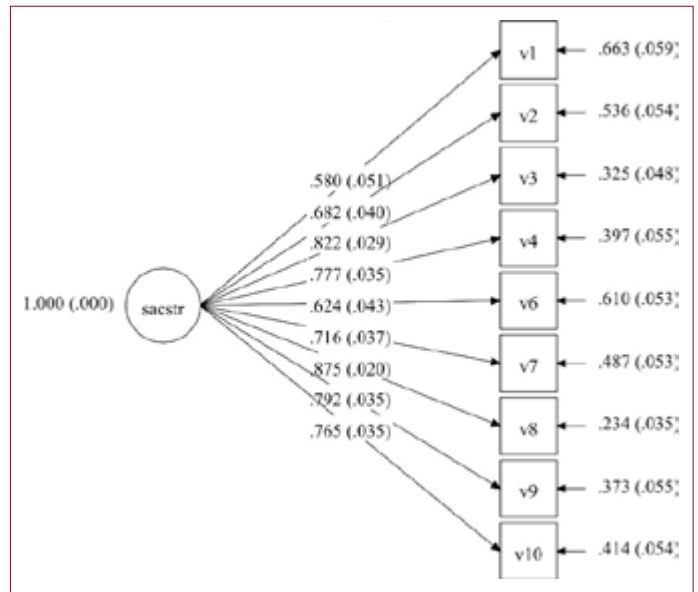
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Appendix 1. EFA and CFA results

Factor	Items	EFA		CFA	
		λ	λ	t	R ²
Self-as-context					
	1	0.69	0.58	11.37*	0.34
	2	0.78	0.68	17.06*	0.46
	3	0.87	0.82	28.36*	0.68
	4	0.78	0.78	22.12*	0.60
	6	0.60	0.62	14.62*	0.39
	7	0.65	0.72	19.34*	0.51
	8	0.86	0.88	44.03*	0.77
	9	0.77	0.79	22.88*	0.63
	10	0.63	0.76	21.59*	0.59

*: P<0.001; EFA: Exploratory factor analysis; CFA: Confirmatory factor analysis.



Appendix 2. CFA 1-factor model of the SACS-TR.