

Designing and testing new measurement instruments for rational and irrational beliefs related to uncertainty and control

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Abstract

The current study addresses the development of new instruments aimed to measure specific rational and irrational beliefs related to uncertainty and control. The instruments – Rational and Irrational Beliefs Scale Uncertainty (RAIBS uncertainty) and Rational and Irrational Beliefs Scale Control (RAIBS control) – were adapted following the Attitude and Belief Scale, short version (David, 2007), and a new response and coding system was introduced. The psychometric properties of the two scales were estimated in terms of internal consistency, criterion, and construct-related validity. Overall, data showed that the scales can be used to estimate rational and irrational beliefs related to uncertainty and control, with the limitation of a possible low sensitivity. Also, irrational beliefs about uncertainty significantly predict worry in addition to intolerance of uncertainty.