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THE CONCURRENT VALIDITY OF THE MIND OVER MOOD ANXIETY INVENTORY

**Teri Cox
University of Kentucky**

**Don Beal, Susan Brittain
Eastern Kentucky University**

Introduction:

The availability of valid instruments to assess emotional problems is critical for systematically monitoring ongoing psychological treatment, demonstrating treatment efficacy, as well as for carrying out epidemiological research. The purpose of the present investigation was to further assess the concurrent validity of the *Mind Over Mood* Anxiety Inventory (MOM-A), (Greenberger & Padesky, 1995).

The MOM-A is a brief self-report inventory developed to evaluate symptoms of anxiety (Greenberger & Padesky, 1995). The MOM-A consists of 24 items assessing three dimensions of anxiety: (1) anxious feelings; (2) anxious thoughts; and (3) physical symptoms. Clients are asked to indicate how much each of the 24 symptoms has bothered them in the "last week". A 4-point rating scale for each item indicates the severity of each symptom, from 0 ("not at all") to 3 ("most of the time"). The MOM-A yields an overall anxiety score ranging from 0 to 72, determined by summing the self-ratings across all items.

Method

One method of establishing the concurrent validity of a psychometric instrument is to correlate the instruments' scores with other well established, valid instruments that measure the same construct the new test purports to measure (Anastasi & Urbina, 1997). Thus in the present study, the scores from the MOM-A were correlated with scores from the Beck Anxiety Inventory (BAI) and the Burns Anxiety Inventory (Burns-A).

Instruments: The Beck Anxiety Inventory and the Burns Anxiety Inventory were selected as reference standards, as both have good internal consistency, strong content validity, excellent concurrent validity, and clear discriminative validity. Thus given their well-established empirical support, both are seen as valid, well-established self-report measures of anxiety.

Participants: Participants consisted of a group of 100 undergraduate students enrolled in Psychology courses at a regional university in the southeastern United States. Each participant was given the MOM-A, the Beck Anxiety Scale, and the Burn's-A. The

order of administration of these instruments was varied to avoid order effects. These scores were then analyzed to determine if there were significant correlations among the different measures of anxiety.

Results and Discussion

It was found that the MOM-A correlated significantly with the Beck Anxiety Inventory and the Burn's-A in the analyses, (See Table 1).

In all cases the correlations were highly significant ($p < .01$), and positive. Thus, these findings provide encouraging supportive evidence for the concurrent validity of the *Mind Over Mood* Anxiety Inventory, (MOM-A).

References

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Greenberger, D. and Padesky, C.A. (1995). *Mind Over Mood: A Cognitive Therapy Treatment Manual for Clients*. New York: Guilford Press.

Table 1.

Intercorrelations between the MOM-A, the BAI, and the Burn's-A.

	MOM-A.	Beck Anx. Inv	Burn's-A.
MOM-A.	1.00	.724*	.849*
Beck Anx. Inv.		1.00	.773 *
Burn's-A.			1.00

* Significant at the .01 level.

Contact:

Don Beal, Department of Psychology, Eastern Kentucky University
Richmond, KY 40475

E-mail: don.beal@eku.edu