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## **THE CONCURRENT VALIDITY OF THE MIND OVER MOOD DEPRESSION INVENTORY.**

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### **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* Depression Inventory (MOM-D).

The MOM-D is a brief self-report inventory developed to assess depression severity (Greenberger & Padesky, 1995). The MOM-D consists of nineteen items assessing four different dimensions of depression, (affect, cognitions, behavioral and physiological symptoms). Clients are asked to indicate how much each of the 19 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 ("a lot"). The MOM-D yields an overall depression score ranging from 0 to 57, 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-D were correlated with scores from the Beck Depression Inventory II (BDI-II), and the Burns Depression Checklist (Burns-D).

**Instruments:** The Beck Depression Inventory-II and the Burns Depression Checklist (Burns-D) were selected as reference standards, as both have good internal consistency, strong content validity, excellent concurrent validity, and well-established discriminative validity. Thus given their well-established empirical support, both are seen as valid, well-established self-report measures of depression.

**Participants:** Participants consisted of a group of 104 undergraduate students enrolled in Psychology courses at a regional university in the southeastern United States. Each participant was given the MOM-D, the Beck Depression Scale (BDI-II), and the Burn's-D. 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 depression.

## RESULTS AND DISCUSSION

It was found that the MOM-D correlated significantly and positively with the Beck Depression Inventory-II and the Burn's Depression Checklist (See Table 1).

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

**Table 1**

Intercorrelations between the MOM-D, the BDI-II, and the Burn's-D.

	MOM-D.	Beck Dep. Inv-II.	Burn's-D.
MOM-D.	1.00	.877*	.878*
Beck Dep. Inv-II.		1.00	.884 *
Burn's-D.			1.00

- Significant at the .01 level.

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