POSTER

Self-Regulation in New Domains: The Reliability and Validity of Scales Measuring Cognitive and Interpersonal Regulation

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Summary

Theories related to the etiology, maintenance, and treatment of sex offenders have recently begun to utilize models which utilize the construct of self-regulation. Self-regulation has long been studied as the process by which individuals maintain emotional and behavioral stability, but we hypothesize that self-regulation an even more multi-faceted construct. This study examines the validity and reliability of instruments meant to measure cognitive self-regulation, and interpersonal self-regulation in addition to emotional self-regulation. Data collection is ongoing, but we expect the results will provide support for the utility of these multiple domains and provide well-validated instruments ready for clinical and empirical use.

Abstract

Aims

Self-regulation is the new buzzword in emerging clinical science and has been evaluated as a component of various psychiatric and behavioral disorders. For example, self-regulation processes in Borderline Personality Disorder have been extensively described within the context of treatment (e.g., Dialectical Behavior Therapy; Linehan, 1993). Recently, work by the investigators on this project has examined the role of self-regulation in sex offending behaviors (Stinson & Becker, 2012; Stinson, Becker, & Sales, 2008; Stinson, Robbins, & Crow, 2011; Stinson, Sales, & Becker, 2008). Though emotional and behavioral self-regulation are well-studied, we hypothesize that self-regulation can be further sub-divided into cognitive regulation (the ability to identify, monitor, and modulate emotional responses) and interpersonal regulation (the ability to monitor interactions with others, integrate feedback, and regulate interpersonal behaviors). The goal of this study is to empirically examine the reliability and validity of instruments meant to measure emotional, cognitive, and interpersonal self-regulation.

Method

Around 500 undergraduate students at a major university in the Southwest are currently being surveyed. Participants are being presented with a battery of measures including previously validated measures related to self-regulation, as well as the newer measures of emotional, cognitive, and behavioral self-regulation. The measures will be examined for reliability, measurement equivalence between genders, convergent and discriminant validity. In addition, we plan to examine the underlying latent structure of the measures in order to better explore the construct of self-regulation from a multiple domain view.

Results

Data collection is still ongoing; however we expect to find the scales to have adequate reliability and validity. In addition, we expect to find unique relationships based on the domain of self-regulation that help to demonstrate the utility of using these sub-domains.

Conclusions-Significance

This study will provide empirical support to the existence and utility of interpersonal and cognitive regulation. In addition, the study has the potential to provide validation to scales which can be immediately utilized for both clinical and empirical purposes.