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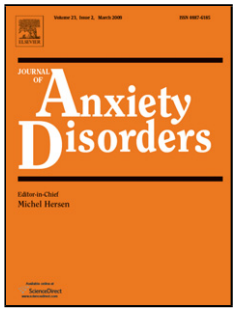

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Development and Validation of Two Measures of Emotional Contrast Avoidance: The Contrast Avoidance Questionnaires

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Highlights

- The Contrast Avoidance (CA) model for GAD has received empirical support, but lacks a validated measure.
- We developed two measures to assess for CA tendencies: one focuses on use of worry in relation to CA (CAQ-W), and one measures broader, general emotional mechanisms of CA (CAQ-GE).
- Confirmatory factor analyses supported a three-factor model for the CAQ-W and a two-factor model for the CAQ-GE.
- Both showed strong internal consistency, test-retest reliability, and construct validity.
- Both distinguished participants with GAD from non-anxious controls, demonstrating their utility as complimentary measures of CA tendencies.

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