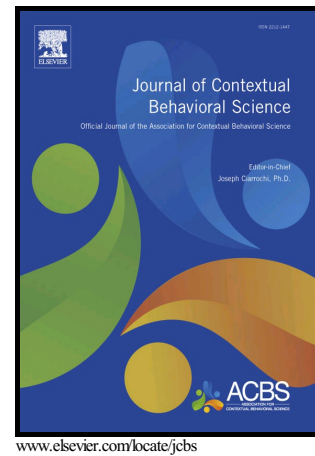


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**VALIDATION OF THE ACCEPTANCE AND ACTION QUESTIONNAIRE FOR WEIGHT-RELATED DIFFICULTIES
IN AN EATING DISORDER POPULATION**

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Abstract

Introduction: Researchers are examining Acceptance and Commitment Therapy (ACT) in the ongoing efforts for effective eating disorder (ED) treatment. ACT focuses on experiential avoidance as a central maintaining factor of ED, so valid measures of this process are needed. We sought to evaluate the psychometric properties of the Acceptance and Action Questionnaire for Weight related issues (AAQW), which has only been studied with an overweight population. Method: 281 patients admitted to an ED treatment center were administered the AAQW, Body Image- Acceptance and Action Questionnaire (BI-AAQ) and several measures for validation. An item analysis and principle components analysis with and without low correlation items were completed along with Spearman rank correlations between AAQW and measures for validation. Results: After elimination of low correlation items, the revised AAQW (AAQW-R) had improved validities in terms of higher correlations with the validity measures that

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