The Cognitive Fusion Questionnaire: a study with a sample of adolescents
Ester Solé and Jordi Miró
Unit for the Study and Treatment of Pain ALGOS; Research Center for Behavior Assessment, Psychology Department, Institut d’Investigació Sanitària Pere Virgili Universitat Rovira i Virgili, Catalonia, Spain

INTRODUCTION
Acceptance and Commitment Therapy (ACT) has shown some success in improving the quality of life of adolescents with chronic pain (1). ACT aims to promote psychological flexibility and encourages a focus on the client’s most valued life goals (2). A central element in psychological flexibility is cognitive defusion – and it is taught to counteract the cognitive fusion process. Cognitive fusion has been defined as “…the tendency of human beings to be caught up in the content of what they are thinking so that it dominates over other useful sources of behavioral regulation”(3). The Cognitive Fusion Questionnaire has emerged as one of the most promising measures of this core construct (CFQ). However, up to this date, information on the CFQ is only available for adults.

METHODS
Procedure
456 letters were delivered to the children and parents of the participating schools. 344 adolescents whose parents agreed to participate or who consented by themselves to participate (older than 17 years old) completed the assessment form within school time.

RESULTS
CFQ is a 7-item measure with a 1-7 Likert scale. (A higher score indicates higher levels of cognitive fusion; the score range is 7 to 49).

Linguistic translation of the CFQ into Catalan was performed using a back-translation procedure. The scale-backtranslated version was faithful to the original. No developmental adjustment to the wording was deemed.

CONCLUSIONS
• Reports provided with the CFQ show an acceptable level of validity and reliability, and the one-factor solution suggested for adults has been confirmed in our sample of schoolchildren.
• Advantages of CFQ are: its brevity and simplicity, it assesses cognitive fusion in general, rather cognitive fusion associated with a specific health condition, it measures cognitive fusion only and its factorial structure has been confirmed in 7 different samples.
• Further research should look at additional psychometric properties of the CFQ that have been studied in adult samples, but not yet in adolescents (e.g., sensitivity to treatment or test-retest reliability).

REFERENCES

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