

THE UKRAINIAN-LANGUAGE ADAPTATION FOR THE WIESBADEN INVENTORY FOR POSITIVE PSYCHOTHERAPY AND FAMILY THERAPY (WIPPF)



Liudmyla Serdiuk

D.Sc. (Psychology), Professor
Head of the Laboratory of Psychology of Personality, Kostiuk
Institute of Psychology, NAES of Ukraine (Kyiv, Ukraine)
Basic Trainer of PPT

Email:
Lzserdyuk15@gmail.com



Svitlana Otenko

Lecturer of the Department of Psychology of the Open International
University of Human Development "Ukraine" (Kyiv, Ukraine)
Master Trainer of PPT

Email:
svet1608@gmail.com

Received 24.11.2020.

Accepted for publication 25.01.2021.

Published 01.02.2021.

Abstract

The article presents adaptation and verification made for the psychometric characteristics of the Wiesbaden Inventory for Positive Psychotherapy and Family Therapy. The psychometric characteristics and other approbation results for the offered Ukrainian-language version of the examined Inventory are shown. The data on the Inventory diagnostic are described and its prognostic capabilities to determine factors of an individual's self-determination, psychological well-being and psychological hardiness are assessed.

Keywords: approbation of the inventory, positive mental health, Positive Psychotherapy, actual capacities, psychological well-being.

Introduction

The Positive Mental Health Movement which comprises positive psychology, positive psychotherapy and positive psychiatry is a new promising direction around the world. The fundamental feature of this direction is a change in the focus of approaches to a person from the symptoms' and deficits' orientation on the development and support of his or her internal resources (Messias et al., 2020). In this positive sense, mental health is the basis of well-being and effective functioning of a person, in which he or she can realize his/her own potential, effectively overcome

difficulties, and work productively and fruitfully. Empirically based, it is necessary to develop and improve diagnostic tools for measuring the constructs of positive human mental health to develop this direction. Therefore, the study of the possibilities of using the few existing effective diagnostic tools is a significant task of modern psychology, psychotherapy and psychiatry.

The Wiesbaden Inventory for Positive Psychotherapy and Family Therapy is an original tool that examines self-assessment of characterological and personal characteristics (primary and secondary abilities), the content of conflict reactions manifested in four areas of the balance model,

sources and psychodynamics of conflict underlying basic personality concepts.

The Inventory was developed by N. Peseschkian in collaboration with H. Deidenbach (Peseschkian, & Deidenbach, 1988). The modern English version of the Inventory (WIPPF 2.0), revised and supplemented by A. Remmers, is intended for use in different cultures and for translation into other languages (Remmers, 1996)

The Inventory consists of 88 statements, providing four levels of their evaluation: fully agree, partially agree, partially disagree or completely disagree. For data processing, these verbal estimations are translated into the appropriate points: fully agree - 4 points, partially agree - 3 points, partially disagree - 2 points, completely disagree - 1 point.

The authors have identified 27 inventory scales, assessing subjective significance for an individual of their personal characteristics in the following three areas: 1) actual abilities (secondary to their own behaviour; primary in relation to themselves); 2) manifested conflict reactions in four areas of the balance model; 3) subjectively perceived parameters of the model of relations.

The Inventory is intended to use mainly in psychotherapy, so clients, through reflection and self-assessment, start understand their internal resources, the content of conflicts they are involved, their conflict reactions and psychodynamic origins of such reactions.

For WIPPF application for research purposes, the standardization of research data is important; in particular, the normative values for the Inventory scales should be determined.

Methods and organization of the research

The adaptation of WIPPF was a part of a comprehensive study at the Laboratory of Psychology of Personality, Kostiuk Institute of Psychology, the National Academy of Educational Science, Kiev, Ukraine.

The modern version (WIPPF 2.0) of the Wiesbaden Inventory for Positive Psychotherapy and Family Therapy (Peseschkian, & Deidenbach, 1988; Remmers, 1996) was used for translation into Ukrainian and subsequent adaptation. The translation into Ukrainian was made by professional translators and adapted to the socio-cultural norms of the Ukrainian language.

In addition, an adapted version of S. Maddi's Hardiness Scale (Leontev, & Rasskazova, 2006); adapted Ryff's Scales of Psychological Well-being (Ryff, 1995; Shevelenkova, & Fesenko, 2005); the General Causality Orientation Scale of E. Deci & R. Ryan adapted by O. Dergachova, L. Dorfman and D. Leontiev (Deci, & Ryan, 2002; Dergacheva, Dorfman, 2008) were used in the empirical research to determine the competitive validity of WIPPF, as well as its diagnostic and

prognostic capabilities. The methods of descriptive statistics, correlation analysis, regression, comparison of averages were used for data processing and statistical analysis.

The empirical data processing was carried out using the statistical software package SPSS 21.0 for Windows.

Participants of the research. The sample for Ukrainian-language version adaptation consisted of 384 people, including 96 men and 288 women, aged 19 to 62 years. The average age was 37.7 ± 11.1 . By their main activities, they were: students attending the advanced training in Positive Psychotherapy methods, working specialists (teachers, engineers, managers of different levels, lawyers, economists, psychologists, doctors, social workers, rehabilitation specialists, etc.). All respondent can be described as psychologically well, somatically healthy, without visible personality disorders.

Results

The research carried out using the Ukrainian-language inventory has shown a fairly high internal consistency. We calculated the internal consistency of the scales by Cronbach's alpha (the consistency of inventory three statements determining a scale value). Internal consistency scores assessed using the Cronbach's alpha were quite acceptable and ranged from 0.73 to 0.86 for different WIPPF scales.

The retest study was conducted 1.5 months after the first testing. We re-interviewed 157 people aged 19 to 53 years (average age 34.8 ± 8.4 years), 44 men and 113 women. There were no statistically significant differences in age and gender (Mann-Whitney test, $p < 0.05$) between the test and retest samples.

Correlations were calculated between the WIPPF test and retest scales for each scale (Pearson's method, $p < 0.05$, $p < 0.001$). The Inventory retest reliability after the period of 1.5 months was quite high (mean $r = 0.78$, $p < 0.001$). That is, the test showed fairly high retest reliability.

The sample classification by age was made on the basis of psychosocial developmental stages proposed by Eric Erickson (from 19 to 35 years - youth; from 35 to 60 years - adulthood). There were small, but statistically significant differences between different age groups (Mann-Whitney test, $p < 0.05$) for the scales of Trust (the average value for young people was 8.6 ± 1.4 ; the average value for adults was 9.3 ± 1.7) and Hope (the average value for young people was 8.8 ± 1.7 ; the average value for adults was 9.6 ± 1.5).

There were no statistically significant differences for the WIPPF scales between men and women. Obviously, the inventory scales are not gender specific. But since the number of men in the sample is much smaller, this issue can be investigated in more depth in the future.

As for the respondents' activities, there were no statistically significant differences.

The normative values for the Inventory scales, obtained initially on the basis of mean points and standard deviations for the general sample (the test study), showed strong overestimation of Sincerity, Trust, Hope and an underestimation of Thrift.

To determine the WIPPF normative values that are characteristic for a psychologically mature personality, we used as a main criterion for respondents' selection the indicators of psychological hardiness (the respondents showed values above average or high for this indicators). This is justified by the fact that hardiness is a disposition that helps to overcome internal stress in difficult life situations through hardy coping with stresses. Since psychological hardiness is closely related to indicators of psychological well-being and self-determination (Serdiuk, Danyliuk, & Chykhantsova, 2019), these indicators were two additional criteria for selection.

The normative values were determined with the 3σ rule, according to the Gaussian normal distribution law: 99.6% of the general population data are within 3σ, 94% are within 2σ and 68% are within 1σ. Therefore, the statistical normative values will be defined as a mean ± standard deviation (μ ± σ).

Thus, the standard values for the Inventory scales are presented in Table 1.

Table 1.

Normative values for WIPPF scales (n=315)

	WIPPF Scales	Mean	Std. deviation	Norms
Secondary capacities	Orderliness	7.8	1.7	6.1 – 9.5
	Cleanness	7.9	1.7	6.2 – 9.6
	Punctuality	8.1	1.9	6.2 – 10.0
	Politeness	7.5	1.6	5.9 – 9.1
	Sincerity	8.2	1.3	6.9 – 9.5
	Activity	8.5	1.5	7.0 – 10.0
	Seriousness	9.1	1.2	7.9 – 10.3
	Thrift	6.2	1.8	4.4 – 8
	Obedience	7.5	1.5	6.0 – 9.0
	Justice	9.1	1.4	7.7 – 10.5
	Fidelity	9.0	1.3	7.7 – 10.3
	Primary capacities	Patience	9.2	1.3
Time		8.5	1.5	7.0 – 10.0
Contacts		9.0	1.5	7.5 – 10.5
Trust		9.6	0.9	8.7 – 10.5
Hope		9.7	1.2	8.5 – 10.9
Sexuality		9.5	1.3	8.2 – 10.8
Acceptance		9.2	1.0	7.2 – 10.2
Faith		8.6	1.7	6.9 – 10.3
Conflict reaction	Body	7.5	1.9	5.6 – 9.4
	Achievement	8.1	1.9	6.2 – 10.0
	Contacts	7.3	1.8	5.5 – 9.1
	Future	8.2	1.8	6.4 – 10.0
Model dimension	I – mother	8.0	2.6	5.4 – 10.6
	I – father	8.0	2.9	5.1 – 10.9
	I – others	6.6	2.9	3.7 – 9.5
	You	8.1	2.6	5.5 – 10.7
	We	8.3	2.4	5.9 – 10.7
Primary I	7.0	2.4	4.6 – 9.4	

Checking of the Inventory competitive validity presented a certain difficulty, since there were no adequate diagnostic tools for this. For this purpose, correlations with personality constructs were investigated to distinguish between people with different levels of self-determination, psychological well-being and hardiness. Table 2 shows the correlations between actual abilities and other personality constructs characterizing a self-fulfilling personality.

Table 2.

Correlations between WIPPF scales and the indicators of psychological well-being

	Positive relations	Autonomy	Environmental mastery	Personal growth	Purpose in life	Self-acceptance	Psychological well-being	Self-determination	Commitment	Control	Challenge
Orderliness	-.25	-.16	-.08	.18	-.09	-.15	-.14	-.05	-.28	-.25	-.39*
Cleanness	-.26	-.21	-.27	.04	-.09	-.26	-.29	-.38	-.24	-.26	-.45**
Punctuality	-.51**	-.25	-.18	-.07	-.19	-.38*	-.32	-.09	-.45*	-.39*	-.48**
Politeness	-.07	-.15	.08	.45**	.19	.16	.18	.28	.16	.01	.04
Sincerity	.26	.53**	.26	.57**	.55**	.39*	.48**	.39*	.34*	.21	.19
Activity	.04	-.24	-.07	.46**	.18	.13	.05	-.03	.16	.09	.06
Seriousness	.07	.24	.07	.26	.27	.29	.26	.45**	.26	.13	.28
Thrift	-.41*	-.32	-.28	-.17	-.19	-.33*	-.38*	-.25	-.17	-.26	-.26
Obedience	-.06	-.08	.05	.29	-.06	-.06	.04	-.19	-.18	-.07	-.19
Justice	.13	.09	.13	.44**	.33*	.27	.27	.48*	.39*	.19	.15
Fidelity	.07	.05	.09	.29	.25	.19	.18	.59**	.28	.12	-.06
Patience	-.07	.07	.18	.16	-.15	.08	.07	.25	-.18	-.07	-.06
Time	.14	.38*	.27	.29	.19	.05	.27	.14	.18	.07	.07
Contacts	.41*	.25	.26	.66**	.58**	.39*	.58**	.35*	.59**	.48**	.44*
Trust	.55**	.38*	.42**	.46**	.49**	.55**	.58**	.65**	.53**	.43*	.36*
Hope	.56**	.43**	.53**	.58**	.69**	.63**	.72**	.57**	.79**	.74**	.55**
Sexuality	.47**	.19	.11	.32	.39*	.47**	.38*	.33*	.56**	.44**	.41*
Acceptance	.31	.17	.48*	.24	.33*	.36*	.34*	.29	.44**	.49**	.44**
Faith	.14	.15	-.14	.59**	.27	.02	.16	.27	.13	.08	-.04

Note: * - correlation is significant at the level 0.05; ** - correlation is significant at the level of 0.01

The data presented in Table 2 show: first, the consistency of significant relationships; secondly, the

possible ways of psychological assistance to achieve positive life priorities.

The findings suggest that contacts, trust, hope, sexuality contribute to a positive relationship, while overestimated punctuality and thrift, on the contrary, make a bad contribution. Autonomy and self-determination are promoted by sincerity, time, seriousness, acceptance, justice, trust, hope, etc. Personal growth is associated with politeness, sincerity, justice, contacts, trust, hope and faith.

In general, we should note the special importance of primary abilities in achieving of positive life priorities, which correlate with almost all diagnosed indicators.

The described correlations, in our opinion, are very logical and reveal an individual's psychological resources, which development will contribute to life satisfaction in all areas of the balance model.

Conclusion

1. The performed empirical study of the WIPPF psychometric characteristics showed a fairly good internal consistency of scale statements, the inventory sufficient reliability and validity in relation to such constructs as psychological well-being, psychological hardiness and self-determination.

2. The correlations revealed at competitive validity testing show an individual's psychological resources that help to achieve positive life priorities and psychological health.

3. The Ukrainian-language version of the Inventory fits well into the conceptual circle of Positive Mental Health Sciences and can be used as a research method in Personality Psychology.

4. The research tasks at the nearest future should include identification of a predictive validity of the examined Ukrainian-language version regarding indicators of psychological health, life quality and life satisfaction.

References

- [1] **ANTONOVSKY, A.** (1993). The structure and properties of the Sense of Coherence Scale. *Social Science and Medicine*, 36, 725–733
- [2] **DECI E.L., RYAN R.M.** (2002). Self-determination research: reflections and future directions. *Handbook of self-determination research*. Rochester, NY, 431–441.
- [3] **DERGACHEVA, O, DORFMAN,, L, & LEONTEV, D.** (2008). Русскоязычная адаптация опросника каузальных ориентаций [Russian-language adaptation of the General Causality Orientation Scale]. *Vestnik Mosk. Un-ta. Ser. 14. Psikhologia*, 3, 91-106.
- [4] **LEONTEV, D., & RASSKAZOVA, E.** (2006). Тест жизнестойкости [Test of psychological hardiness]. Moscow: Smysl.
- [5] **MADDI, S., & KHOSHABA, D.** (1994). Hardiness and mental health. *Journal of Personality Assessment*, 63(2), 265-274.
- [6] **MESSIAS, E., PESECHKIAN, H, CAGANDE, C.** (editors) (2020). *Positive Psychiatry, Psychotherapy and Psychology - Clinical Applications*. Springer International Publishing, Cham.
- [7] **PESECHKIAN, N., & DEIDENBACH, H.** (1988). *Wiesbadener Inventar zur Positiven Psychotherapie und Familientherapie WIPPF*. Berlin, New York: Springer Verlag.
- [8] **REMMERS, A.** (1996). WIPPF 2.0 int. Transcultural Adaptation of the Psychotherapeutic Questionnaire WIPPF for the International Use. Theoretical and Practical Aspects. WIPPF 2.0 int. - Транскултурална обработка на психотерапевтичния въпросник WIPPF за международно приложение / теоретически и практически аспект. *Journal Positum, Varna, Feb. 1996*, 13-28.
- [9] **RYFF, C.** (1995). The structure of psychological well-being revisited. *Journal of Personality and Social Psychology*, 69, 719-727.
- [10] **SERDIUK L., DANYLIUK, I., & CHYKHANTSOVA O.** (2019). Psychological factors of secondary school graduates' hardiness. *Social Welfare. Interdisciplinary Approach*, 1, 93-103. DOI: <https://doi.org/10.21277/sw.v1i9.454>
- [11] **SHEVELENKOVA, T. & FESENKO, T.** (2005) Психологическое благополучие личности [An individual's psychological well-being]. *Psikhologicheskaya diagnostika*, 3, 95-121.

Acknowledgement

The authors would like to thank Dr. Hamid Peseschkian, MD, DMSc, director of the Wiesbaden Academy of Psychotherapy, Wiesbaden, Germany, for his support.