

Adaptation to change questionnaire for nurses: Validation and new needs in the context of COVID-19

- Martín A.B.B.^a
- Jurado M.M.M.^a
- Pérez-Fuentes M.C.^{a, b}
- García A.S.^c
- Jiménez-Rodríguez D.^d
- Martínez E.F.^e
- Herrera-Peco I.^f
- Martínez Á.M.^a
- Valenzuela R.F.^g
- Mateo I.M.^h
- Linares J.J.G.^{a, i}

Abstract

Background: The worldwide pandemic caused by the SARS-CoV-2 coronavirus has challenged healthcare systems and the professionals who work in them. This challenge involves strong changes to which nurses have had to quickly adapt. Emotional and cognitive-behavioral factors influence the capacity for adaptation to change. Based on this model, the objective of this study was to validate the Adaptation to Change Questionnaire (ADAPTA-10) for identifying professionals in a population of nurses who have problems adapting to adverse situations such as those caused by COVID-19.

Methods: This study was performed with a sample of 351 nurses. (3) **Results:** The ADAPTA-10 questionnaire was found to have good psychometric properties, and to be an effective, useful tool for nurses in research and clinical practice. The two-dimensional structure proposed in the original model was confirmed. Scales are also provided by sex for evaluation of adaptation to change; the highest scores on the emotional component were among nurses who had not personally encountered the virus. **Conclusions:** This instrument will be able to detect of the needs for adaptation to the new reality associated with COVID-19, as well as other situations in which nurses are immersed that demand adaptation strategies. © 2021 by the authors. Licensee MDPI, Basel, Switzerland.

Author keywords

ADAPTA-10 questionnaire; Adaptation to change; COVID-19; Nurses