Design and validation of the adaptation to change questionnaire: New realities in times of covid-19

Pérez-Fuentes M.C.
Jurado M.M.M.
Martínez Á.M.
Fernández-Martínez E.
Valenzuela R.F.
Herrera-Peco I.
Jiménez-Rodríguez D.
Mateo I.M.
García A.S.
Márquez M.M.S.
Linares J.J.G.

Emotional and cognitive-behavioral factors influence people’s adaptability to change. Based on this premise, the objective of this study was to develop, evaluate and validate the Adaptation to Change Questionnaire (ADAPTA-10) for identifying those who show poor adaptability to adverse situations, such as those caused by COVID-19. This study was carried out in a sample of 1160 adults and produced a 10-item instrument with good reliability and validity indices. It is an effective tool useful in research and in clinical practice. Calculation tables are provided for the general Spanish population and by sex to evaluate adaptability to change. The two-dimensional structure proposed in the original model was confirmed. This instrument will enable the needs for adaptation to the new reality associated with COVID-19 to be detected and also other situations in which the subject becomes immersed which demand adaptation strategies in the new situation lived in. © 2020 by the authors.

Licensee MDPI, Basel, Switzerland.

Adaptability to change

COVID-19
coping behavior
Coronavirus infection
isolation and purification
middle aged
pandemic
psychology
questionnaire
reproducibility
virology
virus pneumonia
Adaptation, Psychological
Adult
Betacoronavirus
Coronavirus Infections
Female
Humans
Male
Middle Aged
Pandemics
Pneumonia, Viral
Reproducibility of Results
Surveys and Questionnaires