

# 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.

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Adaptability to change

COVID-19

Design

General population

Validation

COVID-19

health risk

model validation

public health

questionnaire survey

two-dimensional modeling

viral disease

Adaptation to Change Questionnaire

adult

aging

Article

clinical practice

coping behavior

coronavirus disease 2019

cross-sectional study

female

human

male

mathematical model

questionnaire

sex ratio

Spaniard

Betacoronavirus

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