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Poster

The 20-item and 10-item Spanish versions of the Positive and Negative Affect Schedule (PANAS): Psychometric properties in a sample of nursing students

Author

Laura Galiana, Javier Sánchez-Ruiz, Juan Gómez-Salgado, Gabriel Vidal-Blanco, Michael A. West, Philip Larkin, & Noemí Sansó

Affiliation

Universitat de València, Universidad de Huelva, University of Laussanne, Lancaster University, Universitat de les Illes Balears

Abstract

Background: Hedonic well-being has been repeatedly related to health outcomes. Specifically, in samples of nurses, positive affect has contributed to explain stress, burnout and compassion satisfaction, whereas negative affect has been related to secondary traumatic stress. For hedonic well-being measurement, he Positive Affect and Negative Affect Schedule, in its long and short versions, is one of the most used instruments. Aim: The aim of this study is to present evidence on the internal structure of both the 20-item and 10-item Spanish versions of the PANAS in a sample of nursing students. Methods: Research took place at the University of Valencia and the University of the Balearic Islands (Spain). Participants were 925 nursing students, in the first year of the Nursing Degree. A sequence of models, including four confirmatory factor analyses, was hypothesized, estimated and tested, in the two versions: model 1, a one-factor model; model 2, a two-correlated factors model; model 3, a general factor with a method factor model; and model 4, a bifactor model. Evidence of reliability estimates for the best-fitting model, together with relations with other variables related to nurses' stress and burnout (which included hope, general-self-efficacy, resilient coping, optimism, and mindfulness), were also gathered. Results: Evidence pointed to an adequate fit of models 2, 3 and 4 in both the 20- and the 10-item versions. As models 3 and 4 showed negligible CFI differences when compared to the most parsimonious model 2, this latest was retained as the best representation of the data. Reliability estimates were adequate for both versions, and similar pattern of relations with other variables was found. Conclusions: The 20- and 10-item Spanish versions of the PANAS assesses two correlated factors of positive and negative affect, when applied in a sample of nursing students. Positive and negative affect, measured with this instrument, are related to hope, general self-efficacy, resilience, optimism, and mindfulness, key abilities for future prevention of nursing students and professional nurses'stress and burnout.

Keywords

affect; validity; competitive models; reliability.

Primary authors: GALIANA, Laura (Universitat de València); Mr SÁNCHEZ-RUIZ, Javier (Universitat de València); Prof. GÓMEZ-SALGADO, Juan (Universidad de Huelva); Dr VIDAL-BLANCO, Gabriel (Universitat de València); Prof. WEST, Michael A. (Lancaster University); Prof. LARKIN, Philip (University of Lausanne); Dr SANSÓ, Noemí (Universitat de les Illes Balears)

Presenters: Mr SÁNCHEZ-RUIZ, Javier (Universitat de València); Prof. GÓMEZ-SALGADO, Juan (Universidad de Huelva); Dr VIDAL-BLANCO, Gabriel (Universitat de València); Prof. WEST, Michael A. (Lancaster University); Prof. LARKIN, Philip (University of Lausanne); Dr SANSÓ, Noemí (Universitat de les Illes Balears)

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