VALIDITY AND RELIABILITY OF THE SPANISH MODIFIED VERSION OF THE TRAIT META-MOOD SCALE\(^1,2\)

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**Summary.**—This study examined validity and reliability of the Spanish modified version of the Trait Meta-Mood Scale in a sample of 292 Spanish undergraduates. The internal consistency estimates for subscales were all above .85, and the test-retest correlations after 4 wk. ranged from .60 to .83. The correlations between scores on the Spanish modified version of the Trait Meta-Mood Scale subscales and criterion measures (Beck Depression Inventory, Satisfaction With Life Scale, and Ruminative Responses Scale) were in the expected direction. In summary, the Spanish modified version of the Trait Meta-Mood Scale had appropriate reliability and significant relations with criterion variables as in previous studies with the English version.

The Trait Meta-Mood Scale (Salovey, Mayer, Goldman, Turvey, & Palfai, 1995) is a measure of perceived emotional intelligence in terms of individuals' beliefs about their own emotional intelligence. In particular, the Trait Meta-Mood Scale is a self-report measure designed to assess individuals' beliefs about their own emotional abilities. This scale addresses three key aspects of perceived emotional intelligence: Attention conveys to what extent individuals tend to observe and think about their feelings and moods (21 items, e.g., “I pay a lot of attention to how I feel” and “I don’t think it’s worth paying attention to your emotions or moods”). Clarity evaluates the understanding of one’s emotional states (15 items, e.g., “I am usually very clear about my feelings” and “I can’t make sense out of my feelings”). Repair refers to the individuals’ beliefs about ability to regulate their feelings (12 items, e.g., “Although I am sometimes sad, I have a mostly optimistic outlook” and “when I become upset, I remind myself of all the pleasures in life”). Specifically, the Trait Meta-Mood Scale is a 48-item Likert-type scale on which participants are required to rate the extent to which they agreed with each item on a 5-point scale with anchors of 1 = Strongly disagree and 5 = Strongly agree. The scale appears to have adequate psychometric characteristics. For example, Salovey, et al. (1995) reported adequate internal consistency (Attention, $\alpha = .86$; Clarity, $\alpha = .87$; and Repair, $\alpha = .82$) and good

\(^1\)This research was supported by Spanish Ministry of Education and Science Grant BSO2003-02573. The Spanish modified version of the Trait Meta-Mood Scale used in this study is available from the authors, free of charge, for research purposes only.

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convergent and discriminant validity for the subscales of the Trait Meta-Mood Scale. In a sample of 86 undergraduates Salovey, et al. (1995) reported that Attention was associated with private and public self-consciousness ($r_s = .42$ and $.36$, respectively); Clarity was negatively associated with ambivalence over emotional expression and depression ($r_s = -.25$ and $-.27$, respectively); and Repair was negatively associated with depression ($r = -.37$) and positively associated with optimism and beliefs about negative mood regulation ($r_s = .57$ and $.53$, respectively).

Various studies have analysed the association of scores on the Trait Meta-Mood Scale with emotional adjustment variables such as depression, anxiety, and overall physical and mental health. The findings of these studies showed that people with lower scores on Attention and higher scores on Clarity and Repair tended to have better emotional adjustment (Salovey, et al., 1995; Gohm & Clore, 2002). For instance, individuals who perceived themselves as skilled at Clarity and Repair reported fewer illnesses (Goldman, Kraemer, & Salovey, 1996), lower scores on depression and social anxiety, and greater self-esteem and interpersonal satisfaction (Salovey, Stroud, Woolery, & Epel, 2002), lower scores on anxiety and thought suppression (Fernandez-Berrocal, Ramos, & Extremera, 2001), and higher scores on health-related quality of life by middle-aged women (Extremera & Fernandez-Berrocal, 2002).

In this study, we examined the validity and reliability of the Spanish modified version of the Trait Meta-Mood Scale and its relation with criterion variables.

**Method**

Participants were 292 Spanish undergraduates (84 men, 208 women; age range 18 to 57 years, $M=22.6$, $SD=3.9$) who were recruited from a psychology course and participated in return for course credit.

Participants completed a series of questionnaires including the Spanish modified version of the Trait Meta-Mood Scale and the Beck Depression Inventory (Beck, Rush, Shaw, & Emery, 1979; Beck & Steer, 1987; Spanish version: Vazquez & Sanz, 1991), the Satisfaction With Life Scale (Diener, Emmons, Larsen, & Griffin, 1985; Spanish version: Suh, Diener, Oishi, & Triandis, 1998), and the Ruminative Responses Scale (Nolen-Hoeksema, Larson, & Grayson, 1999; Spanish version: Extremera & Fernandez-Berrocal, submitted) as criterion variables. The Spanish modified version of the Trait Meta-Mood Scale was administered to a reduced sample ($n=75$) on two occasions, with an interval of 4 wk., to estimate the test-retest correlations.

The Spanish modified version of the Trait Meta-Mood Scale was translated and back-translated by two authors, one of whom did not know the original English text. The final translation was fixed by consensus. The re-
results of a factor analysis in previous research (Fernandez-Berrocal, Alcaide, Dominguez, Fernandez-McNally, Ramos, & Ravira, 1998) were then used to help identify poor items. In this research, the original 48 items were subjected to a principal components analysis with a varimax rotation. The analysis showed a 3-factor solution with Attention, Clarity, and Repair as dimensions, in agreement with Salovey, et al.'s findings (1995) for the English version. The eigenvalues for these three factors were 6.54, 4.46, and 2.86, respectively, together accounting for 58.8% of the variance. Items with loadings ≤ .40 were then removed, thereby reducing the total number of items from 48 to 24.

The final version of the Trait Meta-Mood Scale asks participants to rate the extent to which they agreed with each item on a 5-point Likert-type scale with anchors of 1 = Strongly disagree and 5 = Strongly agree. The final Spanish version consists of three subscales, as in the original, each measuring different aspects of perceived emotional intelligence: Attention (8 items which correspond to Items 7, 8, 13, 14, 35, 38, 41, and 46 of the English version), Clarity (8 items, which correspond to Items 9, 12, 19, 26, 37, 42, 45, and 48 of the English version), and Repair (8 items, which correspond to Items 2, 3, 6, 10, 16, 17, 40, and 43 of the English version).

RESULTS AND DISCUSSION

Means, standard deviations, and reliability statistics for the Spanish modified version of the Trait Meta-Mood Scale subscales are presented in Table 1. The internal consistency of the subscales was high as in previous studies of the reliability of the English version (all Cronbach alphas were above .85). The Pearson product-moment procedure was used to estimate test-retest correlations. The test-retest correlations after 4 wk. were satisfactory: Attention (r = .60), Clarity (r = .70), and Repair (r = .83) for the respondents.

We assessed whether the Trait Meta-Mood Scale subscales differed with

<table>
<thead>
<tr>
<th>Scale</th>
<th>M</th>
<th>SD</th>
<th>r</th>
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</thead>
<tbody>
<tr>
<td>1. Attention</td>
<td>3.24</td>
<td>.84</td>
<td>.90</td>
</tr>
<tr>
<td>2. Clarity</td>
<td>3.24</td>
<td>.83</td>
<td>.18*</td>
</tr>
<tr>
<td>3. Repair</td>
<td>3.50</td>
<td>.80</td>
<td>.07</td>
</tr>
<tr>
<td>4. Beck Depression Inventory</td>
<td>7.00</td>
<td>6.54</td>
<td>.20†</td>
</tr>
<tr>
<td>5. Satisfaction With Life Scale</td>
<td>3.02</td>
<td>1.13</td>
<td>-.04</td>
</tr>
<tr>
<td>6. Ruminative Responses Scale</td>
<td>22.85</td>
<td>5.95</td>
<td>.37†</td>
</tr>
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*Cronbach α on diagonal. *p < .01. †p < .001.
respect to sex and age in the present study. Independent samples t tests showed no significant differences between men and women for scores on the three subscales. The correlations between age and subscale scores were not significant (all rs < .06, ns).

The intercorrelations between the Spanish modified version of the Trait Meta-Mood Scale subscales and criterion variables are shown in Table 1. These correlations were in the expected direction. The Repair scale was positively correlated with Clarity but not with Attention. Attention was positively associated with the Beck Depression Inventory and the Ruminative Responses Scale. Clarity and Repair showed similar correlations. Both were negatively associated with scores on the Beck Depression Inventory and positively correlated with those on the Satisfaction With Life Scale. In addition, the Repair scale was negatively correlated with the Ruminative Responses Scale.

In summary, the Spanish modified version of Trait Meta-Mood Scale had acceptable reliability, and the relations with criterion variables were similar to those for the English version. The Spanish modified version of the Trait Meta-Mood Scale gives us an adequate inventory with which to examine the influence of culture on perceived Emotional Intelligence in Spanish-speaking nations (Fernandez-Berrocal, Salovey, Vera, Extremera, & Ramos, in press).

REFERENCES


SPANISH TRAIT META-MOOD SCALE


Accepted February 23, 2004.