Reliability and Validity of the Spanish Version of the Revised Scale for Caregiving Self-Efficacy

MARÍA MÁRQUEZ-GONZÁLEZ, PhD
Departamento de Psicología Biológica y de la Salud, Facultad de Psicología, Universidad Autónoma de Madrid, Madrid, Spain

ANDRÉS LOSADA, PhD
Departamento de Psicología, Facultad de Ciencias de la Salud, Universidad Rey Juan Carlos, Madrid, Spain

JAVIER LÓPEZ, PhD
Departamento de Psicología, Facultad de Medicina, Universidad San Pablo CEU, Madrid, Spain

CECILIA PEÑACOBA, PhD
Departamento de Psicología, Facultad de Ciencias de la Salud, Universidad Rey Juan Carlos, Madrid, Spain

This study investigated the reliability and convergent validity of the Revised Scale for Caregiving Self-Efficacy (RSCSE) in a Spanish sample of 180 caregivers of relatives with dementia. The self-efficacy scales were examined in relation to help-seeking behaviors, behavioral problems of the relative, dysfunctional thoughts about caregiving, and depressive symptoms. Good internal consistency indices were found for the RSCSE subscales. Those caregivers with higher scores on the RSCSE reported more help-seeking behaviors, a higher frequency of behavioral problems of their relative, fewer dysfunctional thoughts about caregiving, and less depression. The clinical implications of these results are discussed.

KEYWORDS behavioral problems, caregivers, dementia, depression, dysfunctional, help seeking, self efficacy

The preparation of this article was supported in part by a grant from the Spanish Ministry of Education (Grant SEJ2006-02489/PSIC).

Address correspondence to María Márquez-González, Facultad de Psicología, Universidad Autónoma de Madrid, Campus de Cantoblanco, 28049 Madrid, Spain. E-mail: maria.marquez@uam.es