



**12<sup>th</sup> IRANIAN RESEARCHERS CONFERENCE IN EUROPE  
(IRCE)**

**3<sup>rd</sup> – 4<sup>th</sup> July 2004  
Manchester - United Kingdom**

**BOOK OF ABSTRACTS**

**Edited by:**

**Dr. Nader Rahnama  
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## Validation of THE Persian–personal-concerns inventory

Sharbaf Hamid A.<sup>1\*</sup>, Javad S. Fadardi<sup>1,2</sup>, W. M. Cox<sup>2</sup>

<sup>1</sup>Department of Psychology, Faculty of Education and Psychology, Ferdowsi University of Mashhad, Iran.  
<sup>2</sup>aghamohammadian@ferdowsi.um.ac.ir; <sup>2</sup>School of Psychology, University of Wales, Bangor, LL57 2AS, UK

The cognitive-motivational model of Cox and Klinger (1988, 2004) emphasises the importance of goals in emotional regulation. There is a series of goal-related beliefs that influences individuals' success or failure at achieving their goals. Relatively stable ways of goal-related evaluations form an individual's motivational structure, which can be adaptive or maladaptive. Evidence shows that the more maladaptive motivational structure is, the higher is the risk of failure at goal-attainments in various life areas. Such dysfunctional motivation can lead to negative consequences, such as marital dissatisfaction or substance abuse.

The Personal Concerns Inventory (PCI; Cox & Klinger, 2004) measures individuals' goal-related evaluations (e.g., Sense of Control, Happiness from Achieving Goals, Commitment). The measures can be used to depict a motivational profile for each individual. At a group level, factor analysis can be used to facilitate data interpretation; the analysis usually gives two factors that depict an adaptive and a maladaptive motivational structure. Studies have supported the validity of the PCI. *First*, laboratory research has identified relationships between participants' goals on the PCI and their skin-conductance responses, the content of their dreams, and the pattern of their daily activities. *Second*, motivational structure can predict treatment outcome for substance abusers.

In the present study, the PCI was translated into Persian and validated on a sample of Iranian students ( $N = 40$ ; 45% female; mean age = 17.52,  $SD = .88$ ) and adults ( $N = 80$ ; 50% female; mean age = 42.26,  $SD = 5.18$ ). The Persian-PCI was administered by trained interviewers in a face-to-face relationship. The PCI was subjected to inter- and intra-reliability analyses as described by Cox and Klinger (2004). To do so, Cronbach's Alphas ( $\alpha$ ), a measure of internal consistency, were calculated.

Table 1. Intra- and inter-scale Cronbach's Alphas for two Persian samples.

	The PCI scales	Adults	Students
Intra-scales reliability	Control over achieving goals	.74	.68
	Knowledge about how to achieve goals	.82	.76
	Likelihood of achieving goals if try	.79	.75
	Happiness from achieving goals	.71	.62
	Conflict in achieving a goal	.65	.71
	Sadness from failure at goal achievements	.76	.77
	Commitment to achieving goals	.77	.75
	Distance from goal achievements	.72	.63
	Appetitive verbs	.28	.43
	Aversive verbs	**	**
Inter-scales reliability	<b>Standardized <math>\alpha</math></b>	.67	.73

Note: \*\* Did not contain enough cells to permit reliability analysis.

Factor analysis of the data led to a two-factor solution: one represents an adaptive motivational structure and the other a maladaptive structure. The pattern resembles factor solutions reported in other studies. In conclusion, the Persian-PCI has acceptable reliability and validity to be used in