ABSTRACT: Frustration intolerance has been proposed as a fundamental indicator of psychological disturbance in one of the main Cognitive-Behavioral Therapies, the Rational Emotive Therapy (REBT) proposed by Ellis in 1992. For this reason, Harrington pointed out the need to investigate this concept in depth. Consequently, he created a Frustration Intolerance Scale (FDS) (Harrington et al., 2005) to analyze the structure and content of such an important construct.

The purpose of this study is to conduct an initial validation of the Harrington Intolerance to Frustration Scale in Spain. Accordingly, the original English scale was translated into Spanish, back-translated into English, and then compared with the original by several bilingual researchers with clinical expertise in Cognitive-Behavioral Therapy. This was done to obtain a first Spanish adaptation of the FDS which would allow us to conduct the first analyzes about the operability of the mentioned above instrument. Some psychometric properties of the proposed translation have been analyzed after its administration to 238 university students. In the first place, the factor structure proposed on the original scale was tested using Confirmatory Factor Analysis (CFA). This analysis supports the already attained results in the original FDS scale, confirming a solution with 4 factors: emotional intolerance, entitlement, intolerance to discomfort and achievement. Regarding to the factor load, both the CFA and Pearson's correlation analysis indicated that items 1 and 23 were not good loadings of item-to-scale correlations. These items were also problematic in the original English version, as Harrington himself specified when contacting him through email. Both items were modified in the current version of the scale. In addition, the construct validity of the translated scale was assessed through its correlation with an injustice measure (T-IEQ), obtaining as expected significant correlations with every factor.
Therefore, these preliminary analyzes are a first step in the validation in Spain of this multidimensional measure, which is now being administered online in its revised version.

RESUMEN: La intolerancia a la frustración ha sido propuesta como un indicador fundamental del malestar psicológico en una de las principales terapias Cognitivo-Conductuales, la Terapia Racional Emotiva (REBT) propuesta por Ellis en 1992. Por esta razón, Harrington apuntó la necesidad de investigar este concepto en profundidad. Consecuentemente creó una escala de Intolerancia a la frustración (FDS) (Harrington et al., 2005) para analizar la estructura y el contenido de este constructo tan relevante.

Este estudio tiene como finalidad la validación inicial de la escala de Intolerancia a la Frustración de Harrington en España. Por lo tanto, se elaboró una traducción preliminar al español de FDS, que posteriormente se tradujo de nuevo al inglés para ser comparada con la original por varios investigadores bilingües con experiencia clínica en terapia Cognitivo-Conductual. De esta manera se obtuvo la primera adaptación al Español de la FDS que nos permitió realizar los primeros análisis acerca del funcionamiento del citado instrumento. Se han analizado algunas propiedades psicométricas de la traducción propuesta tras la administración a 238 estudiantes universitarios. En primer lugar, se probó la estructura factorial ya planteada en la escala original mediante un análisis factorial confirmatorio (CFA). Este análisis respalda los resultados de la escala FDS original, obteniendo una solución de 4 factores: intolerancia emocional (emotional intolerance), sensación de derecho (entitlement), intolerancia al malestar (discomfort intolerance) y logro (achievement). En cuanto a la carga factorial, tanto el CFA como el análisis de correlación de Pearson indicaron que los ítems 1 y 23 no eran buenos estimadores de su correspondiente factor. Estos ítems también fueron problemáticos en la versión original en inglés, como nos indicó el mismo Harrington vía email. Ambos items fueron modificados en la versión actual de la escala. Asimismo, se valoró la validez de constructo de la escala traducida mediante su correlación con una medida de injusticia (T-IEQ), obteniendo valores esperables con correlaciones significativas para todos los factores.
Por ende, estos análisis preliminares suponen un primer paso en la validación en España de esta medida multidimensional.

FRUSTRATION DISCOMFORT SCALE INITIAL VALIDATION AND PSYCHOMETRIC PROPERTIES

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INTRODUCTION

Rosenzweig (1938) defined frustration tolerance as "the capacity of the individual to withstand a given frustrating situation without distorting the so-called 'objective' facts of the life situation." He pointed out that psychotherapy involves experiencing tolerable doses of frustration and becoming resistant to them. Therefore, resorting to an adequate adjustment would build up the frustration tolerance.

In particular, the Rational Emotive Behavior Therapy (REBT) (Ellis, 1979) suggested that irrational beliefs enhance psychological disturbance, and more specifically it was the first therapy that incorporated the beliefs of frustration and discomfort into a systematic cognitive model (Ellis 1979, 1980). Moreover, an experimental study conducted by Bond & Dryden (2000) suggested that emotional disturbance is determined by the content of secondary beliefs, such as frustration intolerance. With that in mind, the concept of frustration intolerance refers to the belief that "reality should be how we want it to be" (Harrington 2007), and conform our wishes, hence we refuse to accept the differences between the demand and the reality.

Taking this into account, the REBT literature shows that frustration intolerance includes different areas of belief content (Dryden 1999; Dryden and Gordon 1993). As such, it can be useful to distinguish between different forms of frustration intolerance (Harrington 2005, 2007). By using REBT framework, Harrington (2005) developed the Frustration-Discomfort Scale (FDS) in order to clarify frustration intolerance factor structure and its belief content, specially regarding to the relationship with specific psychological problems.

Furthermore, it was conducted an exploratory factor analysis which showed that frustration intolerance was best described by four factors:

I. Emotional intolerance (intolerance of emotional distress)
II. Entitlement (intolerance of unfairness & frustrated gratification)
III. Discomfort intolerance (intolerance of difficulties & hassles)
IV. Achievement (intolerance of frustrated achievement goals)

OBJECTIVE:

The present study aim is to explore the factor structure of a Spanish adaptation of the Frustration Discomfort Scale (FDS). This study analyzes the internal reliability and sources of construct validity.

HYPOTHESIS:

H1: The Confirmatory Factor Analysis (CFA) of this preliminary Spanish translation of FDS shows a 4-factor solution supporting Harrington et al. findings.

H2: The concept of Frustration Intolerance (FDS) is correlated with the concept of injustice.

METHODS

The **participants** that answered the questionnaire were 238 university students from Castellón (83.20% ♀,16.80% ♂) The mean age of the students was 21.09 (DT=2.77). Dissemination was made through social networks.
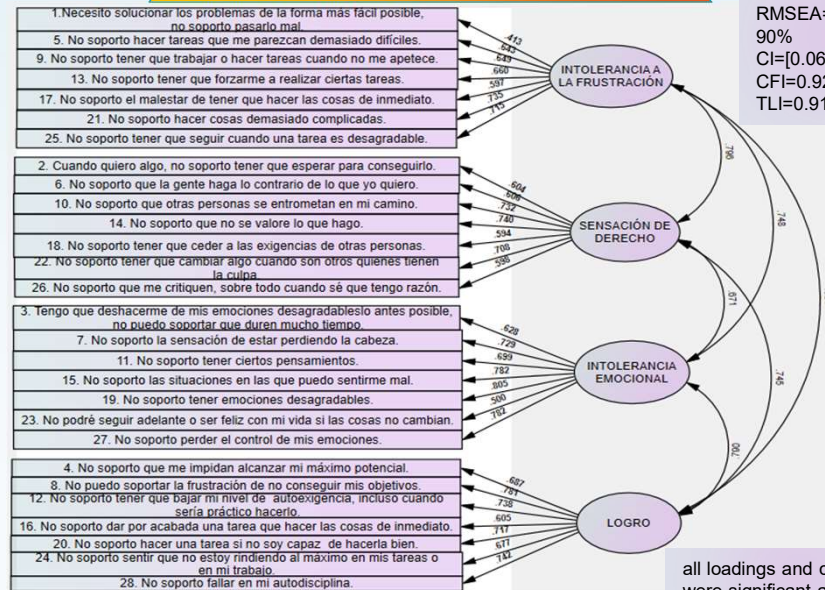
The **measures** used were the Frustration Discomfort Scale (FDS) Spanish translation and the Trait Injustice Experiences Questionnaire (T-IEQ).

The **procedure** first step was translating to Spanish the original FDS. For this aim, a group of 5 LabPsiTec experts translated the scale, giving their improvement suggestions. When an agreement on the translated Spanish version was achieved, this was back translated into English by a bilingual English-Spanish speaker. Finally, two independent researchers checked the original and back-translated versions for discrepancies. The next phase consisted in administrating the above-mentioned scales. Having missing data was avoided by using an online form with compulsory response to every of the 28 FDS items and the injustice scale (Qualtrics). This implies that we used the data of every responder. The study procedures were approved by the ethics committee of the Jaume I University.

RESULTS

CFA Adjustment Model:
RMSEA=0.063, 90% CI=[0.066,0.070], CFI=0.924, TLI=0.917

all loadings and correlations were significant at **p < .001**

INTERNAL CONSISTENCY:

	CRONBACH'S α							
				FDS				
	EI		ENT		DI		ACH	
α	.852		.817		.786		.857	
If item deleted	3	.836	2	.810	1	.802	4	.844
	7	.827	6	.795	5	.746	8	.837
	11	.830	10	.789	9	.737	12	.827
	15	.824	14	.785	13	.739	16	.837
	19	.808	18	.799	17	.772	20	.856
	23	.857	22	.785	21	.755	24	.829
	27	.829	26	.786	25	.757	28	.827

FDS. Frustration Discomfort Scale; EI. Emotional Intolerance; ENT. Entitlement; DI. Discomfort Intolerance; ACH. Achievement

Regarding the items that were inadequate estimators of its factor, these were 1 and 23 according to the **CFA** and the **Cronbach's Alpha analysis.**

SOURCES OF CONSTRUCT VALIDITY:

The **Pearson correlation analysis** between the **T-IEQ** and the factors of FDS:

For Emotional Intolerance .415**   For Entitlement .353**
For Discomfort Intolerance .251**   For Achievement .376**

➤ All of them significative, **P<.01**

1) As it was expected, the Pearson correlation analysis showed a significant correlation between the 4 FDS factors and the injustice measure. 2) As it was predicted, the Confirmatory Factor Analysis supported the 4-factor solution. These results show the initial robustness of the adaptation of FDS.

DISCUSSION

This study was the first step in order to validate the FDS in Spain. It was useful to detect the items that were not good estimators of its factor so they could be reformulated. After revising and adapting the problems of this study a further one is being conducted by a team leaded by Dr. Suso-Ribera, with whom I collaborate, which is still on going but has already substantially expanded the sample. After contacting with Dr. Harrington, he also indicated that items 1 and 23 were problematic in the original English version. Our preliminary new analyses indicate that the changes made in these items have been effective.

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