



BACKGROUND

- **Purpose:** To evaluate the psychometric properties of the Tacting of Function Scale in a sample of healthy older adults
- The Tacting of Function Scale (Pierce & Levin, 2019) was developed to measure one's ability to tact (or label) the function (or purpose) of behavior
- Validation of the Tacting of Function Scale was limited to a homogenous sample of college-aged students

| Demographic | Statistic |
|-----------------|--------------|
| Age, M(SD) | 78.05 (5.08) |
| Sex, N(%) | |
| Female | 45 (56.3%) |
| Race, N(%) | |
| White/Caucasian | 78 (97.5%) |
| Other | 2 (2.5%) |
| Education, N(%) | |
| 4-year degree+ | 58 (72.5%) |

METHOD

Sample:

- 80 healthy, community-dwelling older adults, aged 65+

Measures:

- Demographic characteristics
- Tacting of Function Scale
- ACT processes (CompACT)
- Perceived Stress (PSS)
- Depression (CES-D)
- Anxiety (GAD-7)

Analytic Strategy:

Examine Factor Structure

- Principal Components Analysis (PCA)

Examine Reliability

- Internal consistency
- Test-retest reliability (baseline and 1-month)

Examine Validity

- Convergent (CompACT, PSS, CES-D, GAD-7)
- Discriminant (age, sex, education)

RESULTS

- PCA supported a single factor model, which accounted for 35% of the variance
- Internal consistency was adequate ($\alpha = .78$).
- Test-retest reliability supported stability of the scale, $r = .88, p < .001$
- Correlations between theoretically-related psychological constructs were observed, supporting *convergent validity* (see Table below)
- Discriminant validity was supported, as the Tacting of Function Scale did not correlate with age, sex, or education (all $ps > .05$)
- Limitations: Homogenous, non-clinical sample
- **Implications: The scale may be used to measure tacting -- a modifiable psychological process in older adults.**

| | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|-----------------------------------|---|------|-------|-------|--------|--------|--------|
| 1. Tacting of Function Scale | 1 | 0.16 | .41** | .58** | -.36** | -.38** | -0.09 |
| 2. CompACT Openness to Experience | | 1 | .28* | .25* | -.47** | -.44** | -.30** |
| 3. CompACT Behavioral Awareness | | | 1 | .42** | -.39** | -.38** | -.24* |
| 4. CompACT Valued Action | | | | 1 | -.47** | -.35** | -0.15 |
| 5. Perceived Stress | | | | | 1 | .74** | .68** |
| 6. Depression | | | | | | 1 | .77** |
| 7. Anxiety | | | | | | | 1 |

* $p < .05$; ** $p < .01$