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Development and Validity of the Congruence Scale Based on Satir's Growth Model

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Abstract

Researchers have developed a scale to measure congruence based on the Satir Growth Model (also known as Satir Transformational Systemic Therapy or STST) and have confirmed the scale's reliability as well as validity. Prior to conducting this research, there were attempts to validate Lee's (2002a) congruency scale via translation and modification. Despite these efforts Lee's (2002a) scale was found to be an inadequate tool for Satir Growth Model (STST) verification. Accordingly, this research was conducted through the development of questionnaires and preliminary research. During the stage of preliminary research, opinions of researchers and specialists were collected which were later expanded into questionnaire development and selection. Research subjects for the pilot research consisted of 189 adult males and females, 330 for preliminary research, and 659 for this research. Based on the results of preliminary research, the final 30 questionnaires were selected after questionnaire analysis and repetitive questionnaire elimination. This research and its questionnaires were then validated with other examinations and an additional 263 counselors were added as a cross-group. Both construct validity and concurrent validity results have reconfirmed the compatibility of the developed congruency scale (which is comprised of Interpersonal, Intrapsychic and Spiritual dimensions) with that of the Satir Growth Model.

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