

Development and Validation of the Parental Interoception Questionnaire (PIQ)

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Introduction

- Parents' responses to their child's mental states are relevant for healthy development.
- Less emphasis has been made on the child's body states and signals.
- Neuroscientific and psychological theory suggests that the parent-child relationship encourages the development of interoceptive and self-regulating abilities.
- **To provide empirical evidence, a measure of parental interoception is needed**, thus, our aim was to develop and validate a questionnaire that measures parents' confidence in their ability to detect and regulate their child's internal bodily signals and states.

Methods

➤ Phase 1 - Item development and content validity

Items were generated after a review of relevant constructs and existing measures. Expert ratings (relevance and clarity) and a field test (relatedness and importance) were used for content validity evaluation.

➤ Phase 2 - Exploring factor structure

Item reduction and factor analyses were carried out on a first sample.

➤ Phase 3- Evaluating reliability and validity

New sample recruited and answered additional questionnaires. A re-test was made ~30 days after to evaluate test-retest reliability.

Results – Phase 1

Version 1 - Revision of relevant measures and constructs

72 items and 10 subscales

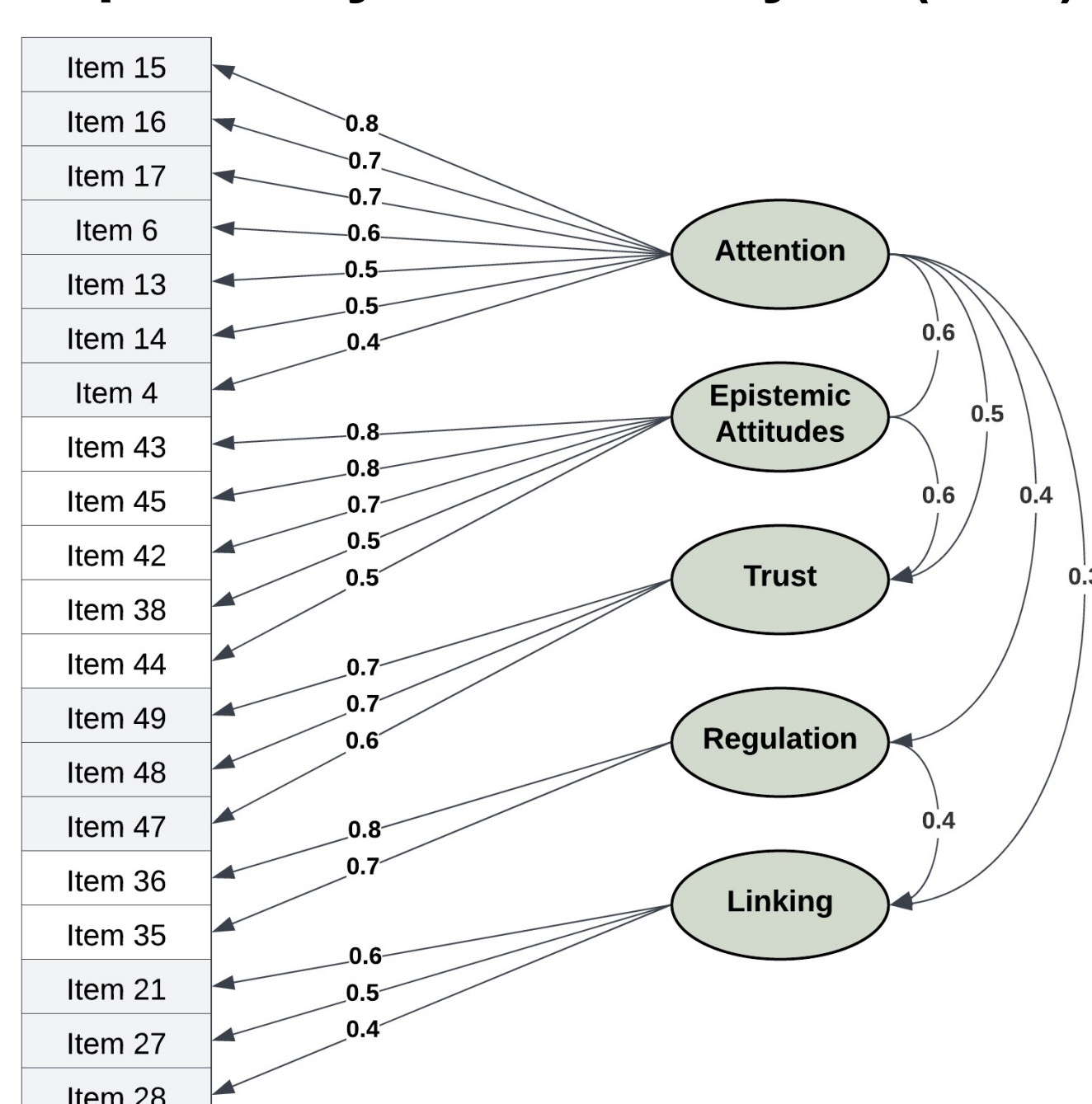
Version 2 - Expert ratings

Low CVR (<0.62) for 30 items. Feedback: definitions, jargon, examples. 71 items, 10 subscales, and 6 categories.

Version 3 - Field test

Overall high scores for relatedness (8.32/10) and importance (8.62/10). 49 items, 9 subscales, and 6 categories.

Exploratory Factor Analysis (EFA)



Sample Characteristics

Sample	N
Sample 1	N=601
Age	M=36.54, SD=6.2
Female	50.58%
Sample 2	N=511
Age	M=36.51, SD=6.2
Female	50.49%

Cronbach's alpha Values

Attention	$\alpha=0.80$
EA	$\alpha=0.75$
Trust	$\alpha=0.69$
Regulation	$\alpha=0.61$
Linking	$\alpha=0.76$

Pearson Correlations Between Factors

	Attention	EA	Trust	Regulation	Linking
Attention	1	0.61*	0.54*	0.23*	0.47*
EA		1	0.50*	0.23*	0.44*
Trust			1	0.22*	0.36*
Regulation				1	0.45*
Linking					1

Results – Phase 2

➤ Sample 1 (N=601)

EFA = 5-factor structure (TLI=0.831, RMSEA=0.094, BIC=-224.6) and 20 items.

CFA = good fit (CFI=0.924, TLI=0.91, RMSEA=0.055).

Theoretical review = final version of 24 items and 5 subscales: **Attention, Epistemic Attitudes, Trust, Regulation, and Linking.**

Results – Phase 3

➤ Sample 2 (N=511)

CFA = good fit (CFI=0.917, TLI=0.905, RMSEA=0.056).

Test-retest reliability, and construct validity pending.

Discussion

Though analyses are ongoing, and considering the limitations of self-report measures, we hope the questionnaire becomes a **useful tool for future research on parental interoception**, and ultimately helps to understand more about difficulties and/or improvements in parents' ability to regulate their child.