Psychometric properties and factor structure of the Greek version of the Other As Shamer Scale (OAS)

Gouva M.¹, Paschou A.², Kaltsouda A.³, Dragioti E.⁴, Paralikas T.⁵, Mantzoukas S.⁶ & Kotrotsiou E⁷

¹Associate Professor of Psychology, Research Laboratory Psychology of Patients, Families and Health Professionals - Higher Technological Educational Institution of Epirus, Ioannina, Greece
²Psychologists, BScPsych, MSc, Research Laboratory Psychology of Patients, Families and Health Professionals - Higher Technological Educational Institution of Epirus, Ioannina, Greece.
³Psychologists, BScPsych, MSc, PhD, Teaching Laboratory Staff, University of Ioannina.
⁴Psychologists, BScPsych, MSc, PhD, Research Laboratory Psychology of Patients, Families and Health Professionals - Higher Technological Educational Institution of Epirus, Ioannina, Greece.
⁵RN, BSc (Nursing), Msc, PhD, Professor of Laboratory Department of Nursing, Higher Technological Educational Institution of Thessaly, Greece.
⁶Associate Professor of Nursing, Higher Technological Educational Institution of Epirus, Ioannina, Greece.
⁷Professor of Nursing, Head of Postgraduate Program "Mental Health", Higher Technological Educational Institution of Thessaly, TEI of Thessaly, Larisa, Greece.

SUMMARY

Background: Shame is a very painful feeling which includes the whole person, soul and body. Objectives: The aims of this study were to translate the Other As Shamer Scale (OAS) and to evaluate the psychometric properties. Methods: In Phase 1, the OAS was translated into Greek using the translation/back-translation technique and was reviewed by an expert panel for cultural equivalence. In Phase 2, the questionnaire was administered to 294 persons (age M=40.94, SD=12.54, range=18-70 years) representing all stages of the life cycle from 20 different regions of Greece across with a measure of socioeconomic characteristics and the Experience of Shame Scale (ESS). Results: The factor structure of the OAS consisted of three factors, which replicated the three-dimensional structure of the initial instruments The OAS showed good internal consistency (Cronbach's α = .88) and test-retest reliability (intraclass correlation coefficient = .97). On a subscale level the correlation was: Inferior r =.93, Emptiness r =.90 and Mistakes r =.96. Discussion: The OAS has satisfactory psychometric properties and has the potential to be used as a clinical and research instrument for measuring of external shame in Greek people. The Greek version retains the three factor structure as proposed by the initial authors.

Key words: Shame; External Shame; Psychometrics; Greece.

Abbreviations: (OAS)= Other As Shamer Scale, CFA= Confirmatory Factor Analysis
Μετάφραση και Στάθμιση της Ελληνικής Εκδοχής του Other As Shamer Scale (OAS)

Γκούβα Μ.1, Πάσχου Α.2, Καλτσούδα Α.3, Δραγακιώτη Ε.4, Παραλίκας Θ.5, Μαντζούκας Σ.6 & Κοτρώτσιου Ε.7

1 Αν. Καθηγητρία Ψυχολογίας, Ερευνητικό Εργαστήριο Ψυχολογίας Ασθενών, Οικογενειών και Επαγγελματιών Υγείας, ΤΕΙ Ηπείρου.
2 Ψυχολόγος, MSc, Ερευνητικό Εργαστήριο Ψυχολογίας Ασθενών, Οικογενειών και Επαγγελματιών Υγείας, ΤΕΙ Ηπείρου.
3 Ψυχολόγος, MSc PhD, Μέλος ΕΔΙΠ, Πανεπιστήμιο Ιωαννίνων.
4 Ψυχολόγος, Μέλος ΕΔΙΠ, Πανεπιστήμιο Ιωαννίνων, ΤΕΙ Θεσσαλίας.
5 Καθηγητής Εφαρμογών Τμήματος Νοσηλευτικής, ΤΕΙ Θεσσαλίας.
6 Καθηγητής Τμήματος Νοσηλευτικής, ΤΕΙ Θεσσαλίας.
7 Καθηγητής Τμήματος Νοσηλευτικής, Διευθύντρια Μεταπτυχιακού Προγράμματος Ψυχικής Υγείας, ΤΕΙ Θεσσαλίας.

Γενικά
Για την μετάφραση και την στάθμιση της Ελληνικής Εκδοχής του Other As Shamer Scale (OAS), τον οποίον υποστήριξε την κίνηση η Στεφανία Μπορία, βρέθηκε ανάμεσα σε πολύ καλή απόδειξη της ακριβείας και της ευρεσιτεχνίας της μεταφράσης. Το μετρητικό έργο αποτελείται από έναν αξιόπιστο τρόπο μετάφρασης που είναι πολύ διαδοτικό και προοριζόμενο σε άλλες ερευνητικές συνθήκες. Το κύριο αποτέλεσμα της μεταφράσης ήταν η επιτυχημένη μεταφράση της ελληνικής έκδοχής του OAS, της οποίας το μετρητικό έργο μπορεί να εκτιμηθεί με μεγάλη ακριβεία.

ΠΕΡΙΛΗΨΗ

Υπόβαθρο: Η ντροπή είναι μια πολύ οδυνηρή αίσθηση που αφορά τόσο τον ψυχικό όσο και το σώμα του ατόμου.

Σκοπός: Οι στόχοι της μετάφρασης απερισκεπτικά αναφέρονται στο κίνημα της δύναμης της μεταφράσης του Other As Shamer Scale - OAS.

Μέθοδος: Στη Φάση 1, μεταφράστηκε η κλίμακα ντροπής του Other As Shamer Scale (OAS) στην Ελληνική γλώσσα. Στην Φάση 2, οι εξεταστές επεξεργάστηκαν τις διαδοχικές περιόδους της Ελλάδας, και συγκεκριμένα με την κλίμακα Experience of Shame Scale (ESS). Αποτελέσματα: Το OAS παρουσιάζει ευρεσιτεχνή συνοψία (Cronbach’s α = .88) και με αξιοπιστία της επαναληπτικής μέτρησης υψηλή (intra-class correlation coefficient = .97). Σε επίπεδο υποκλίμακων οι συγκεκριμένες ήταν: Inferior r = .93, Emptiness r = .90 και Mistakes r = .96. Συζήτηση: Η κλίμακα OAS διαθέτει ικανοποιητικές ψυχομετρικές ιδιότητες και έχει τη δυνατότητα να χρησιμοποιηθεί ως ένα κλινικό εργαλείο για την μέτρηση της ευρεσιτεχνίας ντροπής στην ελληνική κοινωνία. Η ελληνική έκδοση διατηρεί τη δομή των 3 παραγόντων, οπότε προτείνεται από τους δημιουργούς της κλίμακας.

Λέξεις Κλειδιά: Ντροπή, Εμπειρική Ντροπή, Ψυχομετρικό Εργαλεία, Ελλάδα.

INTRODUCTION

Shame is a very painful feeling which includes the whole person, soul and body (Heller, 2003). Tangney (1996) argued that shame experiences are primarily ones of emotion, occurring at specific points in time and shame is an unwanted and difficult – to – control experience. Shame is more likely to result from a loss of positive affect associated with devaluations of the self. Shame, neglected for so long, is fast moving up the rankings of socially important affects (Tangney & Dearing, 2002). Shame is fast moving up the rankings of socially important effects (Gilbert & Andrews, 1998). The shame experiences should not be confused with preexisting factors, such as low self-esteem, that can be precursors of shame (Tangney, 1996). According to Tangney, Stuewig & Martinez (2014), the feelings of shame involve a painful focus on the self – the sense that “I am a bad person” – whereas feelings of guilt involve a focus on a specific behavior – the sense that “I did a bad thing.” Shame has high clinical importance value because when people feel shame about the self, they feel diminished and worthless (Bear et al, 2009; Luyten, Fontaine, & Corveleyn, 2002). The Gilbert (1998) distinguishes the shame in internal
and external shame. The external shame requires the ability to predict how others will judge a person's behavior or a personal item and associated with estimates focusing on our side which we believe that others will react or attack them, if they learn (Gilbert, 2000). In the research of Benn et al (2005) found the external shame negatively correlated with social competence, social proximity and positively related to the fear of disclosure of personal information. Generally, on the evaluation of feeling of shame there are questionnaires and structured interviews.

The Other As Shamer Scale (OAS) is a tool designed to measure the external shame and created by Goss, Gilbert and Allan (1994). The OAS is a 18-item self–report instrument and the answers to a range of five gradations (0 = Not at all like me to 4 = extremely like me). The range includes 3 of the external shame factors. In particular, their: a) Inferior, b) Empty, c) Mistake, and yet there is also the total score.

The present article translated the Other As Shamer Scale (OAS) and evaluated its semantic equivalence for the Greek healthy population. The aim of the present study was to provide a Greek version and to examine the psychometric features and the factor structure of this version of OAS in a sample of 294 healthy individuals.

METHODS
Participants
The Greek translation of the Other As Shamer Scale (OAS) was administered to 294 individuals (age \( M=40.94, \ SD=12.54, \ range=18-70 \) years) living in 20 different regions of Greece. The sample included only individuals who were born in Greece and were fluent in Greek. The main source of the sample was the public university of each region. However the sampling was expanded to include randomly selected individuals from the general population of each region. Moreover, inclusion criteria were age greater than 18 years old and graduate at least from Primary school. Exclusion criteria were any current medical diagnosis and history of mental disorders requiring psychiatric or other medication. All participants were informed that reports were confidential and the participation in the study was voluntary. The samples' demographics are presented in detail in the results section.

Measurements
The Other As Shamer Scale (OAS)
The External Shame Scale (Other As Shamer Scale - OAS) from a pre-existing assessment tool of shame, the ISS (Internalized Shame Scale). The ISS was built in 1993 by Cook. It is a self-report questionnaire includes 30 statements, of which 24 measure the shame and the remaining six self-esteem. Goss, Gilbert and Allan (1994) developed Other As Shamer Scale (OAS) in order to measure external shame. OAS contains 18 items assessing individual's beliefs about what others think of him/herself (e.g.:"Others see me as..."). A five-point Likert scale (0-4) is used to rate how frequently the content of each statement is true for the individual. OAS items are divided into three subscales: a) inferior, b) empty and c) mistakes. A total score as well as a score for each subscale are obtained by summing up individual scores on relevant items. OAS has been used in numerous studies on shame (Gilbert, et al., 1996; Gilbert & Miles 2000; Gilbert, et al., 2005; Benn, et al., 2005).

The Experience of Shame Scale (ESS).
ESS It is a 25-item measure that the internal shame and assesses the frequency of shame experiences related to one’s character ("Have you ever felt ashamed of the sort of person you are?"), behaviour ("Have you tried to cover up or conceal things you felt ashamed of having done?"), and body ("Have you avoided looking at yourself in the mirror?"). Using a scale from 1 (not at all) to 4 (very much), participants rated the frequency of their shame experiences over the past year. Research has shown the ESS to have good discriminant and construct validity, as well as high test-retest reliability (Andrews, 1995). Cronbach’s alpha for the Greek ESS is provided satisfactory (alpha=0.93) (Gouva, et al., 2016).

Demographics
All participants completed a questionnaire of socioeconomic characteristics (age, gender, region, educational qualification, employment and marital status).

Translation Procedure
The Other As Shamer Scale (OAS) was initially translated into Greek by three authors of the present study; then it was back—translated from Greek to English by two other independent bilingual psychologists (according to the recommendations of van de Vijver & Hambleton, 1996 and van de Vijver & Leung, 1997), blind to the original scale. The translated questionnaire was compared to the original and only a few minor modifications were applied. The modified version was administered to the present sample. In order to measure the test–retest reliability of the scale a subset of 80 (50 women and 30 men) randomly chosen participants from the original sample were invited by the first author to participate in a subsequent study, three months later than the initial test.

Data Analysis
Factor Analysis
Confirmatory factor analysis (CFA) using maximum likelihood methodology was applied to evaluate the proposed three factor structure in the Greek adaptation of the OAS items. Goodness of fit was evaluated using standard reported indices of absolute and relative fit. Due to chi square’s sensitivity to the sample size, the relative chi square (\( \chi^2/df \)) is also provided (Bollen, 1999).

RESULTS
Demographics
In the study participated 110 males (age \( M= 42.41, SD= 13.03, \ range= 18 - 70 \) years) and 183 females (age \( M= 40.06, SD= 12.19, \ range= 18 - 69 \) years). Age not differ significantly between the two genders (\( t = 1.556, df = 291 \) and \( p =.121 \)). Concerning the education level of the participants, almost 1.4% completed up to the first level (primary school), 32.4% had completed the secondary level (high school), while 52.9% had a university degree. Further, 13.3% of the participants reported postgraduate studies (Masters’ degree/PhD). Most of the participants were married (57.7%) or unmarried (36.2%). Regarding the employment status,
5.1% of the participants were Pensioners, 22.2% were unemployed while the rest of the participants were self-employed (23.5%) or working at private (12.6%) and public (36.7%) sectors.

Confirmatory Factor Analysis

CFA was performed to test the fit of the three proposed factor structure (Figure 1). The synopsis of the goodness-of-fit indices permitted us to consider that this three-factorial model to have a satisfactory model fit [$\chi^2 (132) = 434.15; p < .001; \chi^2/df = 3.289; GFI = .893; RMR = .899; CFI = .897; RMSEA = .088; AIC = 378$].

Descriptive indices and internal consistency

The descriptive indices that are reported refer to the factor and total scores as unit-weighed sums of the corresponding items of each factor scale according to Goss, Gilbert and Allan (1994) recommendations, as they apply to the 18-items version (Table 1). The internal consistency of the total questionnaire was satisfactory (Cronbach's alpha .92).

TABLE 1. Descriptive Indices and Cronbach’s Coefficients Alpha of the 18-item Greek Other As Shamer Scale (OAS)

<table>
<thead>
<tr>
<th>Items of OAS</th>
<th>Men n=108</th>
<th>Women n=183</th>
<th>Total N=291</th>
<th>a</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inferior</td>
<td>M SD</td>
<td>M SD</td>
<td>M SD</td>
<td></td>
</tr>
<tr>
<td></td>
<td>4.70 4.21</td>
<td>4.97 3.83</td>
<td>4.87 3.97</td>
<td>0.820</td>
</tr>
<tr>
<td>Emptiness</td>
<td>2.06 2.64</td>
<td>2.61 2.57</td>
<td>2.40 2.61</td>
<td>0.781</td>
</tr>
<tr>
<td>Mistakes</td>
<td>5.65 4.10</td>
<td>6.14 3.86</td>
<td>5.96 3.95</td>
<td>0.820</td>
</tr>
<tr>
<td>Total OAS</td>
<td>13.07 10.55</td>
<td>14.42 9.72</td>
<td>13.91 10.04</td>
<td>0.920</td>
</tr>
</tbody>
</table>

Correlations with other measurements

The next step in our analysis was the assessment of the correlations between the OAS scores and the scores of ESS (Andrews, 1995). The three OAS factors correlated positively with all aspects of ESS (Table 2).
TABLE 2. Pearson Correlation Coefficients Between the OAS and ESS Scores, Total Sample (N=291)

<table>
<thead>
<tr>
<th>Items of ESS</th>
<th>Inferior</th>
<th>Emptiness</th>
<th>Mistakes</th>
<th>Total OAS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Characterological Shame</td>
<td>.567</td>
<td>.529</td>
<td>.568</td>
<td>.616</td>
</tr>
<tr>
<td>Behavioural Shame</td>
<td>.460</td>
<td>.442</td>
<td>.479</td>
<td>.511</td>
</tr>
<tr>
<td>Bodily Shame</td>
<td>.365</td>
<td>.363</td>
<td>.303</td>
<td>.376</td>
</tr>
<tr>
<td>Total ESS</td>
<td>.616</td>
<td>.512</td>
<td>.536</td>
<td>.589</td>
</tr>
</tbody>
</table>

Test–Retest Reliability
Three months later the OAS was readministered to a randomly chosen subset of the original sample (N=100) in order to assess the test-retest reliability. At the retest period for this subset Cronbach’s a was .887. The test-retest reliability was r = .97 (p<.001) for the total OAS. On a subscale level the correlation was: Inferior r =.93. Emptiness r =.90 and Mistakes r =.96.

DISCUSSION
In the present study the Greek version of the OAS and its psychometric validation was presented. With regards to the factor structure the results of the Greek study replicated the three-dimensional structure of the initial instrument as proposed by the Goss Gilbert and Allan (1994).

Concerning the limitations of the current study we first note the high educational level of the participants due to the procedure of selecting the sample. Another limitation is that the present survey was administered to a healthy sample. Further research in clinical samples with or without diseases should examine the dimensional measures of OAS.

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REFERENCES
APPENDIX
Greek Other As Shamer Scale (OAS)

We are interested in how people think others see them. Below is a list of statements describing feelings or experiences about how you may feel other people see you. Read each statement and circle the number to the right of the item that indicates the frequency with which you find yourself feeling or experiencing what is described in the statement. Use the scale below.

1. I feel other people see me as not good enough. I niwò oí oí allòi mé blèpouwn oíxí arketá kàlló.
2. I think that other people look down on me. Nòkídó oí oí allòi mé blèpouwn uopòtìmptiká.
3. Other people put me down a lot. Oí allòi mé blèpouwn sà nà mhn éimai tòu ìdíou epipéndou mé ekeínuws.
4. I feel insecure about others opinions of me. Oí allòi mé blèpouwn sà mìdìmimó kai asímànto.
5. Other people see me as small and insignificant. Oí allòi mé blèpouwn sà kàpsos elàttìmptikó.
6. Other people see me as somehow defective as a person. Oí allòi mé blèpouwn sàle kàpsos elàttìmptikó.
7. Other people see me as unimportant compared to others. Oí allòi asímpatón tòn wòs kóti.
8. People see me as striving for perfection but being unable to reach my own standards. Oí allòi asímpatón tòn wòs kóti.
10. People distance themselves from me when I make mistakes. Oí allòi asímpatón tòn wòs kóti.
11. Other people always remember my mistakes. Oí allòi asímpatón tòn wòs kóti.
12. Others see me as fragile. Oí allòi asímpatón tòn wòs kóti.
13. Others see me as empty and unfulfilled. Oí allòi asímpatón tòn wòs kóti.
14. Other people think there is something missing in me. Oí allòi asímpatón tòn wòs kóti.