

# Exploratory Factor Analysis and psychometric properties of CERQ in a police candidates sample



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## BACKGROUND

Emotional Regulation is one of the most crucial professional competencies in the police profession [1].

In the police force the risk-benefit conjunction of experienced emotions and the strategies used to manage work-related stress is a significant challenge[2].

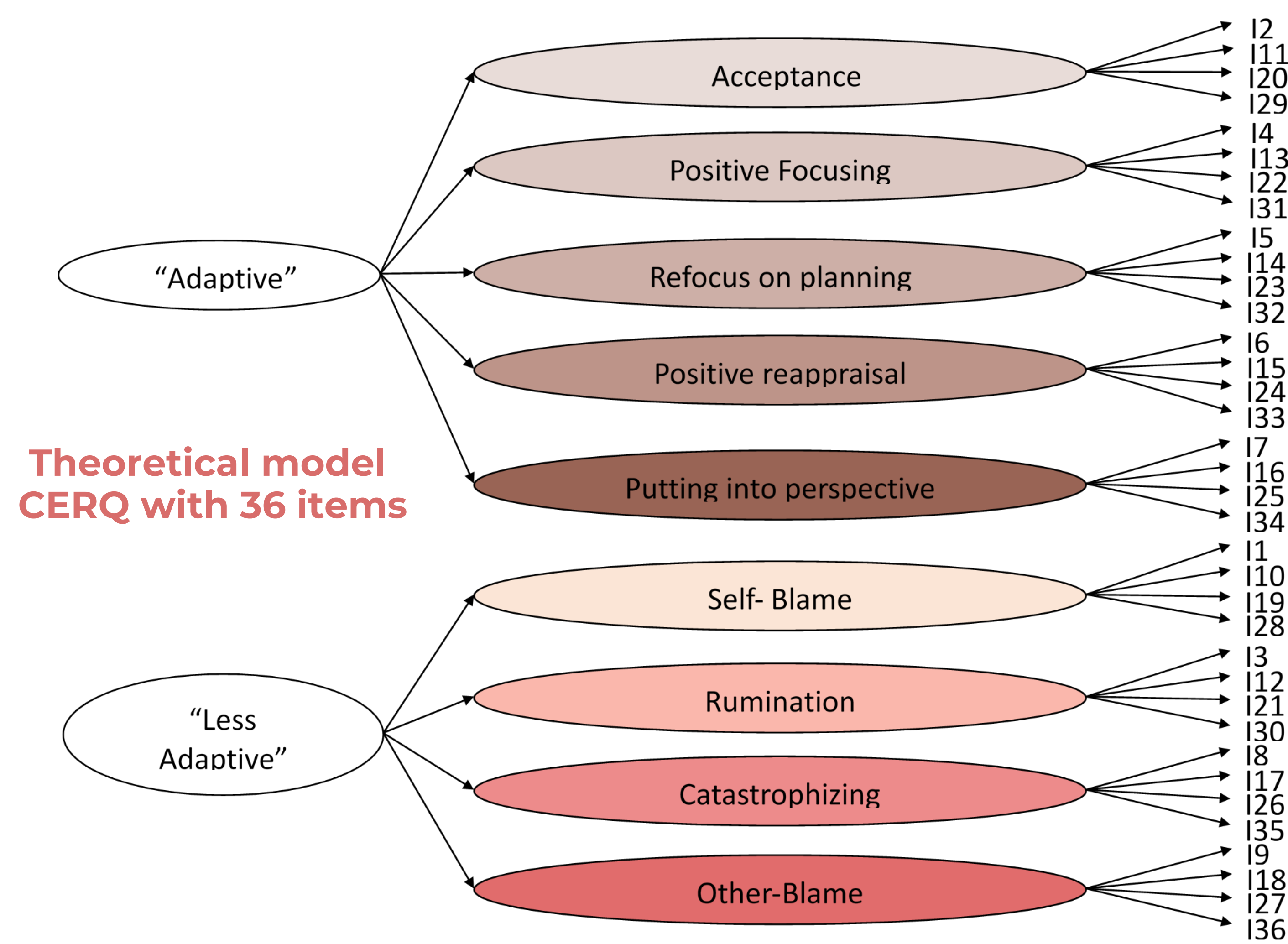
Emotional regulation are those external and internal processes responsible for monitoring, evaluating and modifying emotional reactions [3].

An important psychometric evaluation for the assesment cognitive emotional regulationis the CERQ (Cognitive Emotion Regulation Questionnaire) [4]. This instrument has been extensively used by the scientific community, and has been translated and psychometrically adapted to a large number of culturally diverse languages.

## AIMS

The present study aimed to analyse the factorial structure of the Cognitive Emotion Regulation Questionnaire (CERQ) using exploratory factor analysis (EFA) in police officer candidates from Catalonia (Spain). A second objective is to analyse the reliability and internal consistency of the nine factors of the CERQ as determined by dimensionality analysis.

- The expectation to find that the resulting model fits to the corresponding nine emotional regulation strategies (factors) and 2 suprafactors ("Adaptive" and "Less Adaptive") from theoretical model.
- Adequate levels of reliability or internal consistency are expected to be found in the different subscales of the CERQ. Scientific literature [5] require values above 0.70 in Cronbach's alphas to determine an optimal correlation among the construct items.



## Sample Description

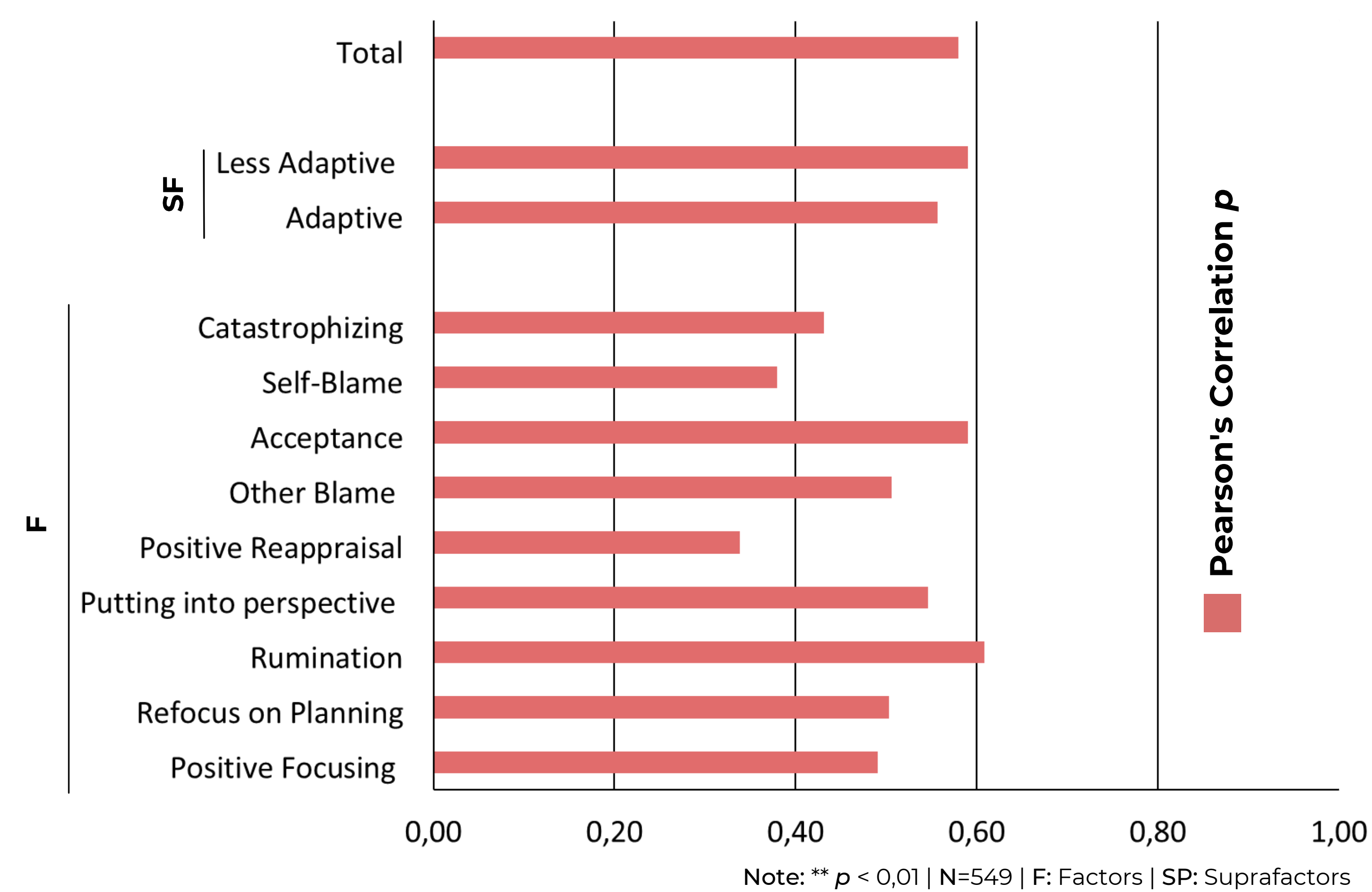
	Men	Women	N	%N	Average Age	SD Age
First Administration	583	259	842	89,29%	32,88	±6,594
Second Administration	456	194	650	68,93%	33,5	±6,697
Both Administrations	388	161	549	58,22%	33,66	±6,701
Sample	651	292	943	100%	32,85	±6,595

## RESULTS

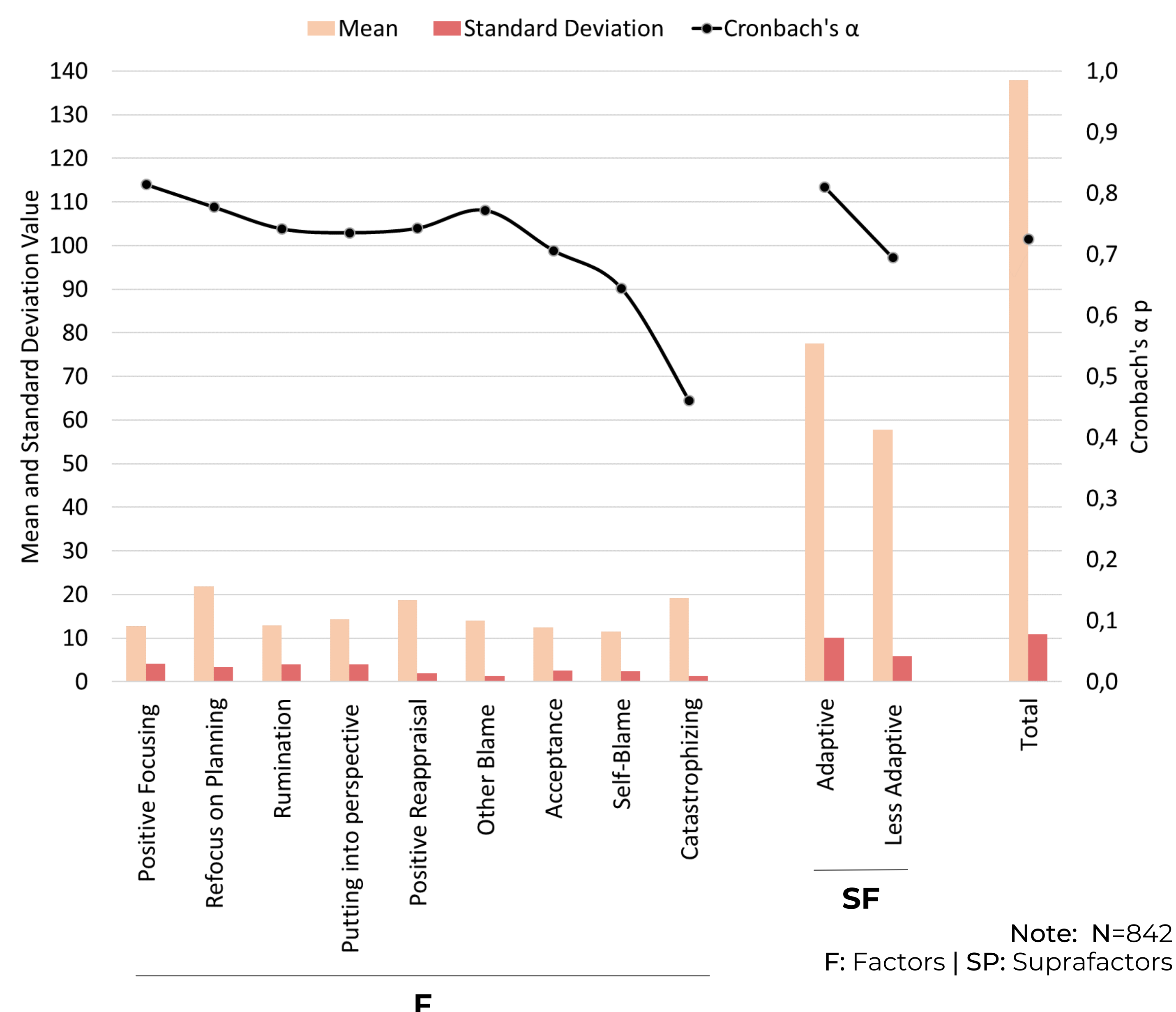
### EXPLORATORY FACTOR ANALYSIS

Firstly, we conduct an exploratory analysis to evaluate how our model reacts with the data. This first step of the research shows that we can keep the 9 factors and 2 suprafactors from the Garnefski's [5] model, except the item 19 which move into self-blame to planning factor. Also it is remarkable a loss of 2 items which have a small factor weight (less than 0.5), these items are 20 and 27. The EFA revealed that a nine-factor structure best fits the data and explains over 59% of the variance

### TEST-RETEST ANALYSIS



### INTERNAL CONSISTENCY



## CONCLUSIONS

- CERQ has good psychometric indices, making it a good tool for the assessment of emotional stability.
- The labels should be reconsidered depending on the profession. Recode for non-clinical samples.
- The Test-Retest analysis doesn't identify a profile of police officer candidates "adaptive" vs "less adaptive", because the people in the sample are very similar.
- Validation of CERQ in a sample of police candidates is a step forward in studying emotional coping strategies in the assesment and training of police candidates. In this regard, the integration of different coping strategies prove to be a good predictor of performance in police training.

