
ABSTRACT

Development of the function of daily experience writing scale

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Few empirical studies exist concerning daily writing, such as writing in one's diary. Accordingly, this study developed the function of daily experience writing scale and tested its reliability and validity. As a preliminary study to collect items for the scale, we first conducted semi-structured interviews with 15 undergraduate and graduate students who routinely made diary entries. Second, a total of 210 undergraduate and graduate students who routinely made diary entries participated in a questionnaire survey. An exploratory factor analysis yielded three factors. We named the first factor "emotion regulation," the second factor "record," and the third factor "objective viewpoint." Regarding reliability, α values confirmed a medium-to-high level of reliability. To test validity, correlations were calculated between the three subscales of the function of daily experience writing scale and two subscales of the cognitive control scale ("logical analysis" and "reframing from catastrophic thinking"). The analysis revealed significant correlations between all subscales, except "record" and "reframing from catastrophic thinking." Thus, the scale has moderate validity.

Key Words: daily experience, writing disclosure, function of writing, scale development
