

**MĂSURAREA CONVINGERILOR IRAȚIONALE CU AJUTORUL
IDEA INVENTORY: O POSIBILĂ REVIZUIRE**

**MEASURING IRRATIONAL BELIEFS WITH
THE IDEA INVENTORY: A PROPOSED REVISION**

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Abstract

This paper focuses on the measurement properties of the Idea Inventory (Kassinove et al, 1993) which was designed to assess 11 types of irrational beliefs described by Ellis. The original 11 subscales were found to lack internal consistency although the full 33 items showed a Cronbach's Alpha of 0,84. We therefore developed a new set of subscales based on the latent structure of the items and the content of the items. The outcome was a relatively reliable set of five subscales that were also consistent with the original ideas of Ellis. However, there seems to be a need for further revision since many of the items seem to measure emotional reactions to irrational beliefs rather than to the irrational beliefs themselves.¹

Keywords: irrational beliefs, The Idea Inventory

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