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Assessment of Alexithymia: Psychometric Properties of the Psychological Treatment Inventory-Alexithymia Scale (PTI-AS)

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ABSTRACT

Background: The aim of this study is to investigate the psychometric properties of a new measure of alexithymia, the Psychological Treatment Inventory-Alexithymia Scale (PTI-AS). **Method:** A group of 778 participants completed the PTI-AS. In order to evaluate aspects of concurrent validity, a part of the sample (n = 116) completed the PTI-AS, the Twenty-Items Toronto Alexithymia Scale (TAS-20) and the Bermond-Vorst Alexithymia Questionnaire (BVAQ). In order to evaluate aspects of discriminant validity a group of patients with a diagnosis of Eating Disorders completed the PTI-AS, the TAS-20 and the Eating Disorders Inventory (EDI-3). **Results:** Exploratory Factor Analysis (EFA) showed a solid structure with one factor. Results were confirmed by Confirmatory Factor Analysis (CFA), which yielded good fit indices (CFI = .98; TLI = .95; RMSEA = .08; SRMR = .04). The PTI Alexithymia Scale showed a good degree of internal consistency ($\alpha = .88$). Correlations between the PTI Alexithymia Scale, the TAS-20 ($r = .74, p < .001$) and the BVAQ ($r = .40, p < .001$) were statistically significant, supporting the scale's concurrent validity. **Conclusion:** Thanks to its good psychometric properties the PTI-AS can be considered as a brief and useful measure for assessing alexithymia.

KEYWORDS

Alexithymia; Personality Tests; Psychological Assessment; Psychometrics; Affective Symptoms

Cite this paper

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