Preliminary reliability and validity of the Spanish Generalized Expectancies for Negative Mood Regulation Scale

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Objective: This article introduces a Spanish version of the Generalized Expectancies for Negative Mood Regulation Scale (NMR-S) and tests the reliability and the validity of the new questionnaire. Methods: A sample of 360 students from Chile completed the NMR-S along with instruments measuring depressive symptoms, social desirability, coping, and emotion regulation. Results: A factor analysis indicated that the NMR-S has a one-dimensional structure. The reliability of the new instrument was a = 0.89. The concurrent validity of the NMR-S was supported by correlations with measures of coping, emotion regulation, and depressive symptoms. Furthermore, the NMR-S predicted depressive symptoms when controlling for emotion regulation and coping. Conclusions: The findings are the first evidence to support the reliability and validity of the NMR-S.