

Assessing construct validity and reliability of the Benefit Finding Scale in people with multiple sclerosis and their caregivers

Saturday, September 13, 2025 9:17 AM (17 minutes)

BACKGROUND. The Benefit Finding Scale (BFS) is a 17-item measure assessing the perception of positive contributions to one's life deriving from stressful and life-threatening experiences. We aimed to investigate construct validity (structural validity, measurement invariance between sub-samples) and reliability (internal consistency) of the BFS in people with multiple sclerosis (PwMS) and their caregivers.

METHODS. We used confirmatory factor analysis (CFA) to assess structural validity in terms of the recently proposed three-factor structure of the BFS. We then used multi-group CFA to assess measurement invariance between PwMS and their caregivers. To appraise internal consistency, we calculated Cronbach's alpha.

RESULTS.

A total of 1360 PwMS and their caregivers completed the study. The three-factor structure of the BFS showed good fit (RMSEA 0.06; CFI 0.92; SRMR 0.05). Configural, metric and scalar invariance were confirmed. The BFS showed good internal consistency for 'Acceptance and adjustment' (alpha 0.80), questionable for 'Family relations and sense connectedness' (alpha 0.66) and 'Personal growth and authenticity' (alpha 0.63).

CONCLUSIONS. Results support using the BFS as a three-factor measure of benefit finding among PwMS and their caregivers. Measurement invariance of the BFS was confirmed between PwMS and their caregivers, suggesting that the questionnaire has the same meaning and measurement parameters in PwMS and their caregivers. It is also possible to calculate separate scores for each BFS domain to obtain fine-grained information on benefit finding in multiple sclerosis.

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