PSYCHOLOGICA
Seasonal Pattern Assessment Questionnaire (SPAQ) - Psychometric characteristics of the Portuguese version

Abstract

Introduction/Objective: Seasonal alterations in mood and behavior characterized by depressive states during autumn/winter and remission during spring/summer are very frequent. In order to identify the sensitivity of the subjects to seasonal alterations, the Seasonal Pattern Assessment Questionnaire (SPAQ) is likely the most used self-evaluation instrument. The present study evaluates the psychometric properties of the Portuguese version of SPAQ.

Material and methods: The sample was composed of university and professional courses’ students (137 men and 187 women; mean age 27.7 ± 9.8). The analysis of SPAQ focused on items that are part of to the Global Seasonality Score (GSS), and the categorization of subjects into subtypes: without seasonal affective disorder; subsyndromal seasonal affective disorder (S-SAD); seasonal affective disorder (SAD).

Results: The mean global seasonality score was 9.1 ± 4.3 showing no significant differences between men and women. The internal consistency of the items that constitute the Global Seasonality Score was 0.804 (Cronbach’s α) and the average inter-item correlation was...