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**Measuring psychological inflexibility in university students: the Italian version of the
Acceptance and Action Questionnaire for University Students (AAQ-US)**

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Abstract

Introduction: Psychological Inflexibility (PI) has emerged as a useful construct for explaining a broad range of psychological problems and poor academic functioning in university students. However, measures of general PI are not sensitive enough to detect associations of PI with academic outcomes. To address this gap, the Acceptance and Action Questionnaire for University Students (AAQ-US) was developed. The AAQ-US measures PI in specific university contexts. This study focused on the adaptation into Italian and validation of the AAQ-US. *Methods:* Participants were two independent samples of Italian university students (Sample 1: N = 118, 67.8% females; M = 23.21yrs, SD = 5.16; Sample 2: N = 190, 72.1% females, M = 22.71yrs, SD = 3.62). In addition to the AAQ-US, participants completed measures of mental health outcomes and academic functioning. *Results:* Factor analysis supported the unidimensionality of the scale. Internal consistency was excellent. Higher AAQ-US scores were significantly related to higher general psychological inflexibility, anxiety, depression, and procrastination, and to lower life satisfaction, number of exams passed, and grade average, supporting the convergent and concurrent validity of the questionnaire. *Discussion:* The AAQ-US also proved incremental validity for predicting both academic and mental health outcomes, above and beyond measures of general psychological inflexibility, even though the effects were stronger for academic outcomes. Findings from this study showed that the Italian version of the AAQ-US is a valid and reliable questionnaire for measuring psychological inflexibility in university contexts.