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A researcher from the West University of Timișoara has introduced Romania's most comprehensive measure of Psychological Flexibility



Have you ever avoided speaking in front of a group of people or having a difficult conversation? If so, you have unknowingly experienced what specialists call **experiential avoidance**. Psychologists and researchers in Romania now have access to the first fully translated and validated instrument for measuring this concept precisely.

Ștefan Marian, a research assistant in the Department of Psychology at the West University of Timisoara, recently published a study alongside several colleagues in the international journal *Evaluation and the Health Professions*, presenting the Romanian-language validation of the Multidimensional Psychological Flexibility Inventory (MPFI) – a 60-item instrument that measures psychological flexibility and inflexibility across 14 distinct dimensions. The study was conducted on a sample of 1,109 participants drawn from the general population and represents, to date, the most comprehensive instrument of its kind available in the Romanian language.

The concept of psychological flexibility originates from Acceptance and Commitment Therapy (ACT), one of the most widely practiced forms of psychotherapy. According to this model, **a psychologically flexible individual can accept difficult emotions without avoiding them, refrain from rigidly identifying with their own thoughts, and act in accordance with their values even in uncomfortable situations**. Research consistently shows that psychological flexibility is closely associated with well-being, life satisfaction, and mental health.

„All we need is to be flexible. To accept things as they are, to defuse from our thoughts, to live in the present moment, and to follow our values.

”

– Ștefan Marian, Research Assistant
West University of Timisoara

Prior to this validation study by Ștefan Marian and his colleagues, Romanian specialists lacked a unified instrument for assessing these dimensions. Practitioners either relied on multiple, partially incompatible scales or worked with the original English-language version. The Romanian adaptation now enables psychologists to administer the inventory at the outset of therapy, monitor a patient's progress, and objectively document changes over time.

The instrument is available as open access, free of charge to anyone wishing to use it in research or clinical practice, provided that the authors are duly cited. In the next stages of his work, Ștefan Marian intends to validate the short form of the inventory (24 items) and to adapt the instrument for experience sampling studies – a methodology in which participants complete brief questionnaires multiple times throughout the day, yielding a more accurate picture of their psychological state in everyday life.

The full paper detailing the adaptation process of the Multidimensional Psychological Flexibility Inventory (MPFI) is available in *Evaluation and the Health Professions*, 2026. The instrument can also be downloaded via [this link](#).



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