

## Chilean Adaptation and Validation of the Fisher Divorce Adjustment Scale–Short Form

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### ABSTRACT

The aim of this study was to determine the psychometric properties of a short version of the Fisher Divorce Adjustment Scale (FDAS–SF; Fisher, 1978) in the Chilean context. Participants were 260 individuals who were divorced or separated. The FDAS–SF included 22 of the original 100 items, and its factorial structure was evaluated using exploratory and confirmatory factor analysis. Instead of the 6 original subscales proposed by its author, the structure that showed the best fit to the data was composed of 5 subscales: self-worth, disentanglement from the ex-partner, anger, grief, and social trust. The social self-worth subscale was excluded. Reliability analyses revealed good internal consistency of the subscales and adequate convergent validity with depression, anxiety, stress, and life satisfaction. Given the psychometric properties of this short version, it can be concluded that the FDAS–SF can be used in the Chilean context to evaluate the adjustment to divorce and separation.

### KEYWORDS

Divorce adjustment;  
life satisfaction;  
mental health;  
separation

Divorce is a frequent phenomenon in today's society, and Chile is not an exception, despite being one of the most recent countries to legalize it, in 2004. Even a decade ago, 26.1% of married couples separated within the first 7 years of the relationship, which is similar to the situation in developing countries (United Nations, 2011). The separation of married couples who do not legally divorce (stop living together) and the breakup of couples living together, a type of relationship that has increased in recent years, can be added to the divorce figures.

Divorce and separation, understood as the dissolution of the conjugal link, are phenomena that have received considerable scientific attention, based on data indicating that this experience is associated with high levels of stress (Amato, 2010; Demo, 2010; Sbarra, Law, & Portley, 2011).

Among the consequences of relationship breakup, the reported data show that divorced individuals, as a group, experience lower levels of well-being