



# French Adaptation of the Brief Irritability Test: Factor Structure, Psychometric Properties, and Relationship with Depressive Symptoms

RESEARCH ARTICLE

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## ABSTRACT

The Brief Irritability Test (BITe, Holtzman et al., 2014) is a brief, reliable, and valid self-report measure of irritability. Despite the growing interest to understand the underlying causes and consequences of irritability, this questionnaire has not been developed and validated for a French-speaking population yet. In the present study, 413 participants completed our French adaptation of the BITe (i.e., TCI; Test Court d'Irritabilité) and measures of associated constructs (depression, anger, hostility, and aggression) and well-being (life satisfaction and social support). Descriptive, psychometric (i.e., Cronbach alpha and Spearman correlation coefficients), and factor analyses were conducted. An exploratory factor analysis in sample 1 ( $n = 209$ ), yielded one single factor. The confirmatory factor analysis in sample 2 ( $n = 204$ ) showed a reasonable fit of this single factor model explaining 55.5% of the variance and presenting a strong internal consistency ( $\alpha = .80$ ). Compared to the original English questionnaire, the TCI shares similar unidimensional factor organization and correlations with other constructs, although a gender bias was identified, with women scoring higher than men. Irritability was higher among respondents in the age range 17–25, compared to older adults. A hierarchical regression analysis showed that TCI scores significantly predict depressive symptoms when demographics were controlled for. In summary, the TCI presents good psychometric properties and could constitute a valuable tool to evaluate irritability in clinical and research contexts.

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