SEM is good for data without experimental design

As discussed in Chapter 1, the key difference between path analysis and SEM is that

the former analyzes relationships among observed variables, while the latter focuses

on relationships among latent variables (latent constructs or factors).

CFA is often used to determine and confirm the factorial structure of an already

developed measuring instrument in an application among a target population. In

other words, CFA tests whether the theoretically defined or hypothesized factorial

structures of the scales in the measuring instrument under study are valid.

(Rubel, Wu et al. 2016)

Rubel, C. A., S. P. Wu, L. Lin, T. Wang, R. B. Lanz, X. Li, R. Kommagani, H. L. Franco, S. A. Camper, Q. Tong, J. W. Jeong, J. P. Lydon and F. J. DeMayo (2016). "A Gata2-Dependent Transcription Network Regulates Uterine Progesterone Responsiveness and Endometrial Function." Cell Rep **17**(5): 1414-1425.