R & M really describe the reliability coefficient (aka the omega coefficient) with much light in this chapter. In terms of difference, the omega coefficient incorporates the model parameter from all the estimated betas and error terms, as specified by our model. Therefore, as opposed to the alpha reliability coefficient, in which we are interested in the sum of the covariances divided by the variances, we look at what the weighted coefficients were overall. From what I can tell, the main difference is that the new omega coefficient considers how much each item is being influenced by the latent variable and additionally, taking into account the amount of estimated residual. Therefore, this serves as a better measure because it is a reliability coefficient that is taking more factors into account (i.e the error in the model and the estimates).