

## P-557 - CHILDREN'S EATING ATTITUDES TEST: PSYCHOMETRIC CHARACTERISTICS IN A PORTUGUESE ADOLESCENT GIRLS SAMPLE

C.Bento<sup>1</sup>, A.Pereira<sup>2</sup>, J.Saraiva<sup>1</sup>, M.Marques<sup>2</sup>, M.J.Soares<sup>2</sup>, S.Bos<sup>2</sup>, J.Valente<sup>2</sup>, A.Macedo<sup>2</sup>, M.H.Azevedo<sup>2</sup>

<sup>1</sup>University Clinic of Paediatrics, Faculty of Medicine, University of Coimbra, <sup>2</sup>Instituto de Psicologia Médica, Faculdade de Medicina da Universidade de Coimbra, Coimbra, Portugal

**Introduction:** The Children Eating Attitudes Test (ChEAT; Maloney et al. 1988) is a well-established 26-item scale designed to measure a wide range of problematic eating attitudes and behaviours among children and adolescents.

**Objective:** To analyse ChEAT reliability and validity in a Portuguese adolescent girls sample.

**Method:** 565 high-school girls (mean age  $15.76 \pm 1.571$ ; mean BMI  $20.42 \pm 2.745$ ) answered the Portuguese versions of ChEAT and of the Contour Drawing Figure Rating Scale (CDFRS; Thompson & Gray, 1995). To study the temporal stability 124 girls answered the ChEAT again after approximately six weeks.

**Results:** Cronbach's alpha was of .76. The test-retest Pearson correlation was of 0.61. A four factors structure (explained variance=44.06%) was selected: Factor (F) 1 *Fear of Getting Fat*, F2 *Restrictive and Purging Behaviours*, F3 *Food Preoccupation*, F4 *Social Pressure to Eat*. The body satisfaction as assessed through CDFRS was negatively correlated with the total ChEAT (-.35), F1 (-.47) and F2 (-.23) (all  $p > .001$ ); and positively correlated with F4 (.26,  $p < .001$ ). Significant mean differences (all  $p < .01$ ) were found between the three CDFRS groups (Group -1 *Want to be thinner*; Group 0 *Satisfied*; Group 1 *Want to be fatter*) in all eating behaviour dimension scores, except for F3; total ChEAT, F1 and F2 mean scores between groups significantly decreased through the body satisfaction groups -1, 0 and 1 and significantly increased for F4.

**Conclusions:** The Portuguese ChEAT psychometric characteristics are good. Factorial structure is in accordance with the original. It could be very useful to clinical and epidemiological purposes.