

See discussions, stats, and author profiles for this publication at: <https://www.researchgate.net/publication/320565489>

Body Shape Questionnaire: application in Brazilian and Portuguese women and men

Conference Paper · October 2017

DOI: 10.1159/000480486

CITATIONS

0

READS

361

4 authors:



Wanderson Roberto da Silva

São Paulo State University

54 PUBLICATIONS 59 CITATIONS

SEE PROFILE



João Maroco

ISPA Instituto Universitário

443 PUBLICATIONS 9,803 CITATIONS

SEE PROFILE



Juliana Chioda Ribeiro Dias

14 PUBLICATIONS 37 CITATIONS

SEE PROFILE



Juliana Alvares Duarte Bonini Campos

São Paulo State University

278 PUBLICATIONS 1,406 CITATIONS

SEE PROFILE

Some of the authors of this publication are also working on these related projects:



Occupational health: Instruments and models [View project](#)



PURI-PRO [View project](#)

IUNS 21st ICN

International Congress of Nutrition

"From Sciences to Nutrition Security"

Buenos Aires, Argentina, 15-20 October 2017 - Sheraton Buenos Aires Hotel & Convention Center
www.iuns-icn2017.com info@iuns-icn2017.com



ISPA



unesp

Reference

144/3624

Body Shape Questionnaire: application in Brazilian and Portuguese women and men

**Wanderson Roberto da Silva^a, João Marôco^b, Juliana Chioda Ribeiro Dias^c,
Juliana Alvares Duarte Bonini Campos^a**

wandersonroberto22@gmail.com

^a Department of Food and Nutrition. School of Pharmaceutical Sciences. São Paulo State University (UNESP). Araraquara, São Paulo, Brazil.

^b William James Center for Research (WJCR). Instituto Universitário de Ciências Psicológicas, Sociais e da Vida (ISPA). Lisbon, Portugal.

^c Centro Universitário Unifafibe. Bebedouro, São Paulo, Brazil.

Background and Objective:

- Body Shape Questionnaire (BSQ): assesses women's body shape concerns -> Different among women and men.
- Some studies have used the BSQ in both sexes and the results in male samples showed that men no concern with body shape.
- The aim of this study was to assess the correlation of the BSQ with other instruments specific for women and men, and to discuss the theoretical approximation of these scales.

Methods:

- Sample: Brazilian and Portuguese college students
- Instruments: Weight Concerns Scale ([WCS]; SILVA, W.R.; SANTANA, M. DE S.; MAROCO, J.; MALOA, B.F.S.; CAMPOS, J.A.D.B. Body weight concerns: Cross-national study and identification of factors related to eating disorders. *PLoS One*, v. 12, p. e0180125-16, 2017), Male Body Dissatisfaction Scale-shortened version ([MBDS]; DA SILVA, W.R.; MARÔCO, J.; OCHNER, C.N.; CAMPOS, J.A.D.B. Male body dissatisfaction scale (MBDS): proposal for a reduced model. *Eating and Weight Disorders-Studies on Anorexia Bulimia and Obesity*, v. 22, p. 1-11, 2017), and BSQ (SILVA, W.R.; COSTA, D.; PIMENTA, F.; MAROCO, J.; CAMPOS, J.A.D.B. Psychometric evaluation of a unified Portuguese-language version of the Body Shape Questionnaire in female university students. *Cadernos de Saúde Pública* (Online). v.32, p.1-13, 2016)
- Nutritional status: weight and height self-reported = Body Mass Index
- Psychometric properties: Confirmatory Factor Analysis (for each sex)
- Estimation method: Weighted Least Squares Mean and Variance Adjusted (WLSMV)
- Indices: chi-square by degrees of freedom (X^2/df), comparative fit index (CFI), Tucker-Lewis index (TLI), and root mean square error of approximation (RMSEA)
- Internal consistency: Cronbach's alpha coefficient (α)
- Correlation of BSQ with WCS and MBDS: structural equation modeling

Results:

- n = 2,484 students (women=1,613 and men=871)
- Average age: 21.0 (SD=2.8) years old
- Nutritional status: 5.5% underweight (women=7.0%, men=2.8%), 74.5% eutrophic (women=77.0%, men=69.9%), 16.2% overweight (women=13.1%, men=21.9%), and 3.8% obese (women=2.9%, men=5.4%)
- WCS, MBDS, and BSQ showed good fit to women and men

Sample	Instrument	X^2/df	CFI	TLI	RMSEA	α
Women	BSQ	14.91	0.94	0.93	0.09	0.96
Men	BSQ	6.25	0.93	0.93	0.08	0.96
Women	WCS	16.88	0.98	0.97	0.09	0.79
Men	MBDS	5.55	0.95	0.93	0.07	0.80-0.85

- BSQ vs. WCS: $r=.981$, $p<.001$
- BSQ vs. MBDS: $r=.417$, $p<.001$

Conclusion:

The BSQ presented strong correlation with the WCS showing that BSQ's items are more specific to assess the body concerns of women.

Keywords:

Body Shape Concern; Men; Women

Conflict of Interest:

The authors declare that they have no conflict of interest.

Further Collaborators:

None



Grant #2014/03093-2, 2015/00228-7