



Brief research report

A Dutch translation and validation of the Body Appreciation Scale-2: An investigation with female university students in the Netherlands



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ABSTRACT

This paper describes a Dutch translation and validation of the Body Appreciation Scale-2 (BAS-2; Tylka & Wood-Barcalow, 2015a), an instrument for assessing key components of positive body image. Dutch-speaking female university students ($N = 310$, $M_{\text{age}} = 21.31$, $SD = 3.04$) completed the Dutch BAS-2. To assess its construct validity, participants also completed measures of appearance satisfaction, functionality satisfaction, self-objectification, self-esteem, and optimistic life orientation. Exploratory factor analysis revealed a one-dimensional factor structure of the Dutch BAS-2, substantiating the BAS-2 factor structure found in samples of U.S., Chinese, and Iranian university students and community adults. Dutch BAS-2 scores also demonstrated good internal consistency ($\alpha = .90$), convergent validity, and incremental validity. In addition, lower body mass indices were associated with higher Dutch BAS-2 scores. The present findings support the cross-cultural equivalence of the BAS-2 and thus its promise in enabling research on positive body image in diverse cultural contexts.

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Introduction

Central characteristics of positive body image include holding favourable views of one's body, accepting the body despite any imperfections, respecting the body by caring for its needs and engaging in healthy behaviours, and protecting one's body image from negative influences (Tylka & Wood-Barcalow, 2015a). To date, the most widely-used measure for assessing these key components of positive body image is the Body Appreciation Scale (BAS; Avalos, Tylka, & Wood-Barcalow, 2005; Webb, Wood-Barcalow, & Tylka, 2015). The BAS comprises 13 items and its scores have demonstrated good internal consistency and construct validity (Webb et al., 2015). One important limitation of the BAS, however, concerns its cross-cultural equivalence (Swami, Ng, & Barron, 2016): although some studies support a one-dimensional structure of the BAS (e.g., Swami, Stieger, Haubner, & Voracek, 2008), studies conducted in other national contexts support a two-dimensional structure (e.g., Atari, Akbari-Zardkhaneh, Mohammadi, & Soufiabadi, 2015; Ng, Barron, & Swami, 2015). This factorial non-equivalence of the BAS impedes effective

cross-cultural comparisons regarding positive body image (Swami et al., 2016).

Motivated by this limitation, as well as by recent developments in the conceptualisation of positive body image, Tylka and Wood-Barcalow (2015a) created the BAS-2. In doing so, BAS items that were shown from some cross-cultural studies to load onto a second factor were discarded. In addition, BAS items with item-factor loadings consistently below .50 were removed, as was a sex-specific item. The final BAS-2 comprises five original BAS items and five new items. In U.S. adults, the BAS-2 has been found to have a one-dimensional factor structure, as well as good 20-day test-retest reliability, internal consistency, and construct validity of its scores (Tylka & Wood-Barcalow, 2015a).

To the best of our knowledge, the factor structure of the BAS-2 has now been investigated in three studies outside the U.S., including female and male university students from China (Cantonese language, Swami & Ng, 2015; Standard Chinese language, Swami et al., 2016) and Iran (Persian language, Atari, 2016). Importantly, in each of these studies, exploratory factor analysis has revealed a one-dimensional factor structure of the BAS-2, supporting its cultural equivalence. These studies have also upheld the internal consistency and construct validity of BAS-2 scores: Cronbach's α has ranged from .87 to .90 in women and .86 to .91 in men, and BAS-2 scores have been significantly positively correlated with self-esteem and life satisfaction, and (in women)

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significantly negatively correlated with lower body mass indices. BAS-2 scores have also been significantly positively associated with age in Iranian men (Atari, 2016), and significantly negatively associated with actual-ideal weight discrepancies in Chinese women (Swami & Ng, 2015; Swami et al., 2016). Taken together, these studies form an important first step towards determining the factorial equivalence of the BAS-2 in diverse national and cultural groups.

The present study aimed to investigate the psychometric properties of the BAS-2 within an additional cultural context. Specifically, we translated the BAS-2 to Dutch and administered it among Dutch-speaking women in the Netherlands. The Netherlands represents a Western but non-English speaking cultural context, thus complementing the aforementioned BAS-2 research that has been conducted in China and Iran. To investigate the factor structure of the Dutch BAS-2, we conducted an exploratory factor analysis. In addition, we conducted a preliminary exploration of the internal consistency and construct validity of the Dutch BAS-2's scores. We predicted that the Dutch BAS-2 would demonstrate construct validity through its relationships with several body-related variables (appearance satisfaction, functionality satisfaction, self-objectification) and well-being (self-esteem, optimistic life orientation), given the BAS-2's associations with these variables in the U.S. (Tylka & Wood-Barcalow, 2015a) and (with regard to self-esteem) in China (Swami & Ng, 2015; Swami et al., 2016) and Iran (Atari, 2016). Lastly, we expected the Dutch BAS-2 to predict unique variance in well-being when accounting for shared variance with appearance satisfaction and functionality satisfaction, demonstrating its uniqueness as a measure of body image (cf. Tylka & Wood-Barcalow, 2015a).

Method

Participants

Participants were 310 Dutch-speaking female undergraduates ($M_{\text{age}} = 21.31, SD = 3.04$), with body mass indices (BMI) between 15.57 and 41.40 kg/m² ($M = 22.14, SD = 3.31$). We limited our sample to women given practical limitations: because the sites of data collection predominantly comprised female students, a comparable sample of men could not be obtained within the timeframe available for the research. Most participants identified as being of Dutch ($n = 227$), German ($n = 37$), Belgian ($n = 9$), mixed-Dutch ($n = 7$), or Turkish ($n = 6$) ethnic descent. The remainder identified with a variety of other ethnic groups ($n = 23$) or did not provide an answer ($n = 1$).

Measures

Measures were completed in the order below. Table 1 presents their Cronbach's alphas in this study.

Body Appreciation Scale-2 (BAS-2; Tylka & Wood-Barcalow, 2015a). The BAS-2 comprises 10 items rated from 1 = *Never* to 5 = *Always*. Scores on these items were averaged, with higher scores representing a more positive body image.

Multidimensional Body-Self Relations Questionnaire (MBSRQ; Brown, Cash, & Mikulka, 1990; Cash, 2000). MBSRQ items from the Appearance Evaluation (seven items; rated from 1 = *Definitely disagree* to 5 = *Definitely agree*) and Body Areas Satisfaction (nine items; rated from 1 = *Very dissatisfied* to 5 = *Very satisfied*) subscales were administered. Scores on these 16 items were averaged (cf. Cash, 2000), after having reverse-coded two items from the Appearance Evaluation subscale; higher scores reflect greater appearance satisfaction.

Body Esteem Scale (BES; Franzoi & Shields, 1984). BES items from the Physical Condition subscale (nine items; rated from 1 = *Strongly dislike* to 5 = *Strongly like*) were administered. Scores on these items were averaged, with higher scores demonstrating greater functionality satisfaction (i.e., satisfaction with what one's body can do, rather than how one's body looks; Alleva, Martijn, Van Breukelen, Jansen, & Karos, 2015).

Objectified Body Consciousness Scale (OBCS; McKinley & Hyde, 1996). OBCS items from the Body Surveillance subscale (eight items; rated from 1 = *Strongly disagree* to 7 = *Strongly agree*) were administered. Six items were reverse-coded, and then scores on all eight items were averaged; higher scores reflect higher levels of self-objectification.

Rosenberg Self-Esteem Scale (RSES; Rosenberg, 1965). The RSES consists of 10 items rated from 0 = *Strongly disagree* to 3 = *Strongly agree*. Five items were reverse-coded, and then scores on all 10 items were summed; higher scores reflect higher self-esteem.

Life Orientation Test – Revised (LOT-R; Scheier, Carver, & Bridges, 1994). The LOT-R comprises six items, plus four filler items, rated from 0 = *Strongly disagree* to 4 = *Strongly agree*. Three items were reverse-coded, and then scores on all six items were summed; higher scores reflect a more optimistic life orientation.

Table 1
Participants' scores on all measures and the Pearson *r* correlations between them.

Variable	<i>M</i>	<i>SD</i>	Range	α	1.	2.	3.	4.	5.	6.	7.	8.
1. Dutch BAS-2	3.60	0.57	1–5	.90	–							
2. Appearance satisfaction (MBSRQ-AE-BAS)	3.44	0.60	1–5	.90	.82***	–						
3. Functionality satisfaction (BES-PC)	3.50	0.65	1–5	.83	.47***	.49***	–					
4. Self-objectification (OBCS-BS)	4.87	0.95	1–7	.80	–.44***	–.34***	–.11*	–				
5. Self-esteem (RSES)	20.12	4.98	0–30	.87	.69***	.62***	.46***	–.39***	–			
6. Optimistic life orientation (LOT-R)	14.29	3.96	0–24	.79	.52***	.51***	.40***	–.31***	.73***	–		
7. Body mass index	22.14	3.31	NA	NA	–.14*	–.32***	–.09	–.06	–.01	–.05	–	
8. Age	21.31	3.04	NA	NA	.10	.04	.00	–.10	–.01	–.01	.19**	–

Note: *N* = 310. α = Cronbach's alpha of the scale or subscale(s) in this study. Range refers to the possible range of scale or subscale scores, not to the range in the present sample's actual scores. NA = not applicable. BAS-2 = Body Appreciation Scale-2. MBSRQ-AE-BAS = Multidimensional Body-Self Relations Questionnaire – Appearance Evaluation and Body Areas Satisfaction subscales. BES-PC = Body Esteem Scale – Physical Condition subscale. OBCS-BS = Objectified Body Consciousness Scale – Body Surveillance subscale. RSE = Rosenberg Self-Esteem Scale. LOT-R = Life Orientation Test – Revised.

* $p < .05$.
 ** $p < .01$.
 *** $p < .001$.

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