

The Spanish language version of the Eating Disorder Examination Questionnaire: Comparison with the Spanish language version of the eating disorder examination and test–retest reliability

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Received 8 February 2006; received in revised form 11 August 2006; accepted 18 August 2006

Abstract

This study compared the Spanish language questionnaire (S-EDE-Q) and interview (S-EDE) versions of the Eating Disorder Examination and examined the short-term test–retest reliability of the questionnaire version. Seventy-seven monolingual Spanish-speaking Latina women recruited from the community completed the S-EDE-Q and were then administered the S-EDE by fully bilingual doctoral-level research clinicians. The same assessment was repeated after approximately one week (5–14 days). The S-EDE-Q and the S-EDE were significantly correlated on frequencies of binge eating and all four subscales. Mean differences in the frequency of binge eating and the Restraint subscale were not significant, but scores on the Eating Concern, Weight Concern, and Shape Concern subscales differed significantly, with the S-EDE-Q yielding higher scores. Test–retest reliability for the S-EDE-Q was modest for binge eating but was excellent for the subscales (Spearman rho ranged 0.71–0.81), albeit somewhat variable for the individual items. Overall, the acceptable convergence between the S-EDE-Q and the S-EDE for many features of eating disorders and the good short-term test–retest findings provide preliminary support for the use of the S-EDE-Q. These findings, derived using a non-clinical sample of monolingual Spanish-speaking Latina women, require replication and extension. Evaluation with a clinical sample is necessary to further establish the reliability of the S-EDE-Q with an eating disordered group.

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Keywords: Eating disorder examination questionnaire; Binge eating; Reliability; Eating behavior; Latina; Obesity

Introduction

Although once believed to be a problem primarily limited to Caucasian females, research has found that disordered eating and body image concerns affect individuals from a variety of racial and ethnic groups

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including Latino groups (Akan & Grilo, 1995; Barry & Grilo, 2002; Fitzgibbon et al., 1998; Hrabosky & Grilo, *in press*; Jackson & Grilo, 2002; Neumark-Sztainer et al., 2002; White & Grilo, 2005). Given the association between disordered eating and obesity (Yanovski, 2003), and the alarming rates of obesity among Latino groups in the United States (Flegal, Carroll, Ogden, & Johnson, 2002), assessment of eating-related problems in this group is a high priority for health researchers.

The Hispanic population is now the largest minority group in the United States and accounts for approximately 14% of the United States population (US Census, 2005). A significant percentage of Hispanic-Americans maintain Spanish as their primary language or do not speak English at all. In addition, research has demonstrated that individuals who are bilingual may find it easier to convey emotionally-related material in their native language (Añez, Paris, Bedregal, Davidson, & Grilo, 2005; Santiago-Rivera & Altarriba, 2002). In order to obtain accurate health data, provide appropriate clinical services, and conduct clinical research in the Latino population, it is critical for health professionals to translate established assessment instruments into Spanish and to test their reliability and validity.

One of the most widely-used eating disorder assessments is the Examination Disorder Examination (EDE; Fairburn & Cooper, 1993). This semi-structured, investigator-based interview assesses behavioral, cognitive, and affective features of eating disorders and is frequently used to determine outcome in clinical studies, as well as to establish eating disorders and related symptomatology in community and naturalistic studies. The assessment of different forms of overeating and of disordered eating is increasingly viewed as critical for both obesity and eating disorders (Tanofsky-Kraff & Yanovski, 2004; Yanovski, 2003). Recently, the Spanish Language version of the EDE (S-EDE) was developed and the inter-rater and test–retest reliabilities were examined (Grilo, Lozano, & Elder, 2005). Grilo and colleagues (2005) reported excellent inter-rater reliability for the S-EDE subscales and for binge eating and that the features of eating disorder psychopathology demonstrated high short-term test–retest reliability. These findings, which are generally comparable with those reported for the original English version of the EDE (Grilo, Masheb, Lozano-Blanco, & Barry, 2004; Rizvi, Peterson, Crow, & Agras, 2000), provide initial support using the S-EDE in Latina women.

Although investigator-based interviews are typically thought to be the most rigorous form of assessment, there are several issues that limit the use of such instruments (Elder et al., 2006; Loeb, Pike, Walsh, & Wilson, 1994). First, cost and time burden restrict the ability to administer this interview in some settings or when assessment of large groups of individuals in a short period of time is necessary. In addition, the need for specialized training limits the use of investigator-based interviews in many clinical settings. When conducting assessments with a Spanish-speaking population, this particular problem is compounded—especially in non-Spanish speaking countries where bilingual interviewers would be needed in order to administer and interpret such complex assessments. Taken together, these issues highlight the need for development and psychometric evaluation of Spanish language versions of self-report assessment methods that offer the important advantages of easy use and low cost.

Research has compared the self-report version of the EDE (i.e. EDE-Q, Fairburn & Beglin, 1994) to the EDE interview in various clinical (Black & Wilson, 1996; Celio, Wilfley, Crow, Mitchell, & Walsh, 2004; de Zwaan et al., 2004; Fairburn & Beglin, 1994; Grilo, Masheb, & Wilson, 2001a, b; Kalarchian, Wilson, Brolin, & Bradley, 2000; Passi, Bryson, & Lock, 2002; Wilfley, Schwartz, Spurrell, & Fairburn, 1997), and community samples (Mond, Hay, Rodgers, Owen, & Beumont, 2004). With the exception of one study (Wilfley et al., 1997), these studies found significant correlations between interview and questionnaire for frequency of binge eating, and most studies found that the mean number of binge episodes did not significantly differ. Across the majority of studies, consistent findings were reported for the four subscale scores: the EDE-Q and EDE were significantly correlated, with the EDE-Q yielding significantly higher scores (Grilo et al., 2001a, b; Kalarchian et al., 2000; Wilfley et al., 1997).

The present study aimed to compare the Spanish language self-report of the EDE (S-EDE-Q) to the S-EDE in a sample of monolingual Spanish-speaking Latina women. In addition, this study examined the short-term test–retest reliability of the S-EDE-Q. Test–retest reliability represents the upper bound of the stability of an instrument and provides a critical context for interpreting change with repeated measurements over time. To date, only two studies have examined the test–retest reliability of the EDE-Q (Luce & Crowther, 1999; Reas, Grilo, & Masheb, 2006).

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