



Brief research report

Translation and psychometric evaluation of a Standard Chinese version of the Body Appreciation Scale-2

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ABSTRACT

The present study examined the factorial and construct validity of a Standard Chinese translation of the Body Appreciation Scale (BAS-2; Tylka & Wood-Barcalow, 2015b). Participants were 191 women and 154 men from mainland China who were resident in Hong Kong at the time of recruitment. Results of confirmatory factor analysis indicated that the one-dimensional model of the BAS-2, in which all 10 items loaded onto the same factor, had adequate fit, and was invariant across sex. Body appreciation scores had good internal consistency and were significantly correlated with self-esteem and life satisfaction, and, in women, with weight discrepancy and body mass index. There were no significant differences in body appreciation scores between women and men. The present findings suggest that the Standard Chinese translation of the BAS-2 has the same one-dimensional factor structure as its parent scale and may facilitate cross-cultural studies of positive body image.

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Introduction

Positive body image is a multidimensional construct consisting of facets including body appreciation, body acceptance and love, and adaptive appearance investment (Tylka & Wood-Barcalow, 2015a). One widely-used measure of the former facet is the Body Appreciation Scale (BAS; Avalos, Tylka, & Wood-Barcalow, 2005), a 13-item scale with evidence of construct validity and internal consistency (Webb, Wood-Barcalow, & Tylka, 2015). However, one limitation of the BAS relates to the cross-cultural equivalence of its factor structure, while some studies support a one-dimensional structure (e.g., Swami, Stieger, Haubner, & Voracek, 2008), studies in some national contexts instead support a two-factor model (e.g., Ng, Barron, & Swami, 2015; Swami & Chamorro-Premuzic, 2008; Swami & Jaafar, 2012).

This lack of equivalence in the dimensionality of the BAS prevents effective cross-cultural comparisons of body appreciation. Motivated in part by this issue, as well as broader developments in the conceptualisation of body appreciation, Tylka and Wood-Barcalow (2015b) developed a revision of the scale, the 10-item

BAS-2. In adults from the United States, Tylka and Wood-Barcalow reported that the BAS-2 has a one-dimensional factor structure that is invariant across sex. They also reported that BAS-2 scores have good test-retest reliability and construct validity. While the BAS-2 represents an advance on its parent scale, a vital next step is to examine its factorial equivalence in diverse national and cultural groups (Tiggemann, 2015).

Two studies have examined the factor structure of the BAS-2 outside the United States. Using exploratory factor analysis (EFA), Atari (2016) reported that a Persian translation of the BAS-2 had a one-dimensional factor structure in samples of female and male university students in Iran (Cronbach's $\alpha = .87-.89$). Similarly, an earlier EFA study provided evidence for a one-dimensional model of a Cantonese translation in female and male university students in Hong Kong (Cronbach's $\alpha = .90-.91$; Swami & Ng, 2015). As in the United States, both studies showed that men had significantly higher body appreciation than women (Iran $d = 0.15$; Hong Kong $d = 0.19$) and that BAS-2 scores had good construct validity (i.e., significant correlations with self-esteem, life satisfaction, and body mass index [BMI] in women and BMI² in men).¹

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¹ Because the relationship between body image and body appreciation and BMI may be curvilinear in men, we examined BMI² for men.

However, as noted by Swami and Ng (2015), a limitation of the Cantonese translation of the BAS-2 is that its use is restricted to Cantonese-speaking populations (i.e., mainly Hong Kong, Macau, and Guangdong). Although the varieties of Chinese are sometimes described as dialects of a single Chinese language, the language varieties are often mutually unintelligible (DeFrancis, 1984). Indeed, there are between 7 and 13 main regional groups of Chinese (Kane, 2006), of which the most widely-used is Standard Chinese (also known as Modern Standard Mandarin or Pǔtōnghuà/普通话). Aside from being the sole official language of China and Taiwan, Standard Chinese is also an official language in Singapore and is widely-used by the Chinese diaspora elsewhere in Southeast Asia. The written form of Standard Chinese is based on simplified Chinese characters (*hànzì*/汉字) that are understood by literate speakers of otherwise unintelligible dialects (Kane, 2006).

In order to facilitate wider use of the BAS-2 in Chinese-speaking populations, we report on the translation and validation of a Standard Chinese version of the scale. In terms of the scale's factorial validity, we used confirmatory factor analysis (CFA), as opposed to EFA, because there is a sufficient body of theory and empirical research that postulates a one-dimensional relationship pattern a priori (Swami & Ng, 2015). In addition, we examined whether the derived factorial model is invariant across sex. Finally, we examined the construct validity of the Standard Chinese version of the BAS-2 by examining associations between body appreciation and self-esteem, life satisfaction, and BMI (for women) or BMI² (for men) in both sexes, and with weight discrepancy in women.

Method

Participants

Participants were 191 women and 154 men from mainland China who were working or studying at a university in Hong Kong at the time of recruitment. Participants ranged in age from 16 to 47 years ($M = 22.41$, $SD = 5.30$) and in self-reported BMI from 16.02 to 35.69 kg/m² ($M = 21.00$, $SD = 2.93$).

Measures

Body appreciation. Participants completed the 10-item BAS-2 (Tylka & Wood-Barcalow, 2015b; see Appendix for items in English and Standard Chinese). All items were rated on a 5-point scale, ranging from 1 (*Never*) to 5 (*Always*).

Weight discrepancy. To assess women's actual-ideal weight discrepancy, we used the Photographic Figure Rating Scale (PFRS; Swami, Salem, Furnham, & Tovée, 2008). The PFRS consists of 10 photographic images of women ranging from emaciated to obese and participants are asked to rate the figure that most closely matches their own body and the figure they would most like to possess on a 10-point scale ranging from 1 (*Figure with the smallest body size*) to 10 (*Figure with the largest body size*). Actual-ideal weight discrepancy was computed as the difference between absolute current and ideal ratings, so that higher scores reflect greater weight discrepancy. Previous work has shown that PFRS scores have good patterns of test-retest reliability and construct validity (Swami et al., 2012). No male version of the PFRS currently exists, so men were asked to skip this portion of the questionnaire.

Self-esteem. To measure self-esteem, we used Rosenberg's Self-Esteem Scale (RSES; Rosenberg, 1965; Standard Chinese translation: Tian, 2006), a 10-item measure of an individual's overall sense of self-worth. All items were rated on a 4-point scale ranging from 1 (*Strongly disagree*) to 4 (*Strongly agree*). One item was

removed prior to analyses, as this has been found to improve internal consistency and construct validity of estimates for the Standard Chinese version of the RSES (Tian, 2006). In the present work, Cronbach's α for the 9-item measure was .82 in women and .83 in men.

Life satisfaction. Life satisfaction was measured using the 5-item Satisfaction With Life Scale (SWLS; Diener, Emmons, Larsen, & Griffin, 1985), which assesses an individual's overall feelings of the quality of their lives. All items were rated on a 5-point scale, ranging from 1 (*Strongly disagree*) to 5 (*Strongly agree*), and scores for the Chinese version of this scale have good construct validity (Choy & Moneta, 2002). In the present study, Cronbach's α for the SWLS was .84 in women and men, respectively.

Procedures

Once ethics approval was obtained, we prepared Standard Chinese translations of the BAS-2, PFRS, and SWLS from the parent English versions using the standard back-translation technique (Brislin, 1970). Between June and December 2015, the study was advertised on campus locations and invited participation in a study on health and well-being from respondents who matched inclusion criteria (being from mainland China and fluent in Standard Chinese). Those who agreed to participate provided written informed consent and completed an anonymous paper-and-pencil version of the questionnaire in a private cubicle. The order of presentation of the scales above was pre-randomised for each participant. Participation was voluntary and respondents did not receive any remuneration for participation. Upon return of the completed questionnaires, participants were provided with written debrief information.

Statistical Analyses

Confirmatory factor analysis (CFA) was conducted using the Analysis of Moment Structures Program (AMOS v.21; Arbuckle, 2012) to examine the fit of a single-factor model where all items loaded onto a single latent variable. Standard goodness-of-fit indices were selected a priori to assess the measurement models. The normed model chi-square (χ^2_{normed}) is reported with lower values of the overall model chi-square indicating goodness-of-fit. A χ^2_{normed} value of <3.00 indicates good fit (Hu & Bentler, 1999). The Steiger-Lind root mean square error of approximation (RMSEA) and its 90% confidence interval provide a correction for model complexity. RMSEA values close to .06 indicate a good fit, with values ranging to .10 representing a mediocre fit (Hu & Bentler, 1999). The standardised root mean square residual (SRMR) assesses the mean absolute correlation residual and is a badness-of-fit index: the smaller the SRMR, the better the model fit. A cut-off value for SRMR is recommended to be "close to" or <.09 (Hu & Bentler, 1999, p. 27). The comparative fit index (CFI) measures the proportionate improvement in fit by comparing a target model with a more restricted, nested baseline model. The CFI reflects a goodness-of-fit index and is recommended to "close to" or >.95 for adequate fit (Hu & Bentler, 1999, p. 27). To determine whether the BAS-2 was invariant across sex, we tested for invariance at the configural (i.e., whether similar factors are measured), factor loading (i.e., whether the magnitude of factor loadings is the same), and intercept (i.e., whether the intercept of the regression relating each item to its factor is the same) level (Chen, 2007). Finally, we examined sex differences in body appreciation scores in the present dataset, and also compared scores with data from Swami and Ng (2015).

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