



Psychometric properties of the Sociocultural Attitudes Towards Appearance Questionnaire-4-Revised (SATAQ-4R) in Turkish women



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ABSTRACT

Research suggests that rates of body image and eating disturbance are on the rise in Turkey and may be reaching levels comparable to those observed in Western societies. However, research examining theoretically based etiological factors for disordered eating via validated assessment measures is limited. The current study aimed to examine the psychometric properties of the Sociocultural Attitudes Towards Appearance Questionnaire-4-Revised (SATAQ-4R) in a sample of Turkish college women. Exploratory factor analysis indicated a 6-factor scale. Reliability and convergent validity of the SATAQ-4R subscales were good. Results suggest that the SATAQ-4R is appropriate for use with Turkish college females. Future work may seek to examine the scale with Turkish men.

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1. Introduction

Turkey represents an interesting context to examine sociocultural factors and the influence of Westernization on body image and eating behaviors. Geographically situated between the European and Asian continents, Turkish citizens are influenced by both Western and Eastern values (Karakitapoğlu-Aygün & İmamoğlu, 2002). Although Turkey has historically identified as a non-Western society, the country has increasingly adopted Western political and cultural norms (Oğuzlu & Kibaroğlu, 2009). Concurrent with this shift in social values, dominant appearance ideals appear to have undergone a similar transition. While appearance ideals historically highlighted the beauty of full-figured women, ideals in Turkey increasingly mirror Western appearance ideals. Moreover, rates of dieting (Canpolat, Örsel, Akdemir, & Özbay, 2005) and disordered eating (Büyükgöze-Kavas, 2007) in Turkey are comparable to those observed in other European countries.

There has been an increase in studies examining the prevalence and correlates of disordered eating attitudes and eating pathologies in Turkey (Büyükgöze-Kavas, 2007); however, the number of studies investigating the theorized etiological factors via standardized and psychometrically sound measures is still limited (Swami, Özgen, Gökçen, & Petrides, 2015).

One of the most widely used measures developed to assess sociocultural risk factors for body image disturbance and disordered eating is the Sociocultural Attitudes Towards Appearance Questionnaire (SATAQ;

Heinberg, Thompson, & Storer, 1995). The first version of the SATAQ was designed to assess women's internalization of sociocultural norms related to their physical appearance and their investments to obtain these appearance standards. Since the SATAQ's original publication, the SATAQ has been revised periodically (Cusumano & Thompson, 1997; Thompson, van den Berg, Roehrig, Guarda, & Heinberg, 2004) to adapt to these shifts in appearance standards and the state of the science. Recently, the fourth version of the scale, was designed to assess internalization of appearance ideals relevant to both women (i.e., thin ideal internalization) and men (i.e., muscular ideal internalization), as well as appearance-related pressures received from family, peers, and media (Schaefer, Burke, Thompson, Heinberg, Calogero, Bardone-Cone et al., 2015).

At present, the SATAQ-4 has been validated in college men and women from the United States, as well as women from Italy, Britain, Australia, and Spain (Llorente, Gleaves, Warren, Pérez-de-Eulate, & Rakhkovskaya, 2014; Schaefer, Burke et al., 2015). Schaefer, Harriger, Heinberg, Soderberg & Thompson (2015) noted that although the SATAQ-4 provides a targeted assessment of thin ideal internalization and muscular ideal internalization, it fails to assess a more general desire for personal physical attractiveness, which represents a broader dimension of appearance ideal internalization. Additionally, accruing evidence suggests that appearance pressures received from sources not subsumed within the categories of peers, family, and media may have a significant role in the development or maintenance of body image and eating disturbance. Specifically, researchers have stated that pressures from romantic partners, teachers, and coaches may also represent an important source of appearance-related influence (Biesecker & Martz, 1999; Carriere & Kluck, 2014; Tylka & Andorka,

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2012). Therefore, the SATAQ-4R has been slightly revised to include an assessment of a desire for an attractive appearance and appearance-related pressures from significant others (Schaefer, Harriger et al., 2015).

Consistent with the goal of adapting psychometrically-validated measures for understanding disordered eating and its risk factors among Turkish individuals, the SATAQ-3 was recently validated in Turkish women (Kalafat, Özbaşı, & Dilek, 2008; Swami et al., 2015). Since the SATAQ-3 has undergone numerous important revisions to increase the tool's utility among both men and women and to examine additional sociocultural influences implicated within the Tripartite Influence Model (Thompson, Heinberg, Altabe, & Tantleff-Dunn, 1999), the aim of the present study was to examine the psychometric properties of the SATAQ-4R in Turkish women.

2. Method

2.1. Participants

Participants in the current study were 249 Turkish female college students ($M_{\text{age}} = 20.88$, $SD = 1.32$, range = 18–25) attending Middle East Technical University (METU). Most respondents were second or third year students ($n = 160$, 64.2%), single ($n = 200$, 80.3%), and reported middle or lower levels of income ($n = 136$, 54.6%). The average body mass index (BMI; kg/m^2) was 21.15 ($SD = 3.07$) with most women ($n = 193$, 77.5%) being classified as normal weight (i.e., BMI of 18.5 to 24.9).

2.2. Measures

2.2.1. Sociocultural Attitudes Towards Appearance Questionnaire 4-Revised (SATAQ-4R)

SATAQ-4R is the version of the scale constructed by Schaefer, Harriger et al. (2015). The measure contains 31 items and seven subscales: Internalization: Thin/Low Body Fat, Internalization: Muscular, Internalization: General Attractiveness, Pressures: Peers, Pressures: Family, Pressures: Significant Others; Pressures: Media. All items are measured on a 5-point Likert type scale ranging from “definitely agree” to “definitely disagree.”

2.2.2. Rosenberg Self-Esteem Scale (RSES)

The RSES (Rosenberg, 1965) is a 10-item scale assessing global feelings of self-worth. Çuhadaroglu (1986) adapted RSES into Turkish. Items are measured on a 4-point Likert type scale ranging from “strongly agree” to “strongly disagree” with higher scores indicating greater self-esteem (present Cronbach's $\alpha = .90$).

2.2.3. Multidimensional Body-Self Relations Questionnaire-Appearance Evaluation Subscale (MBSRQ-AE)

The appearance evaluation subscale of the MBSRQ (Brown, Cash, & Mikulka, 1990; Cash, 2000) is a seven-item scale, which was used to assess respondents' satisfaction with their overall appearance. Items are rated on a 5-point Likert type scale ranging from “definitely agree” to “definitely disagree” with higher scores indicating greater body satisfaction. Doğan and Doğan (1992) adapted the measure in Turkish samples (present Cronbach's $\alpha = .91$).

2.2.4. Eating Disorder Examination-Questionnaire (EDE-Q)

The EDE-Q (Fairburn & Beglin, 1994) is a widely used 28-item measure of disordered eating attitudes and behaviors. It was translated into Turkish by Yücel et al. (2011). Items are rated on a 7-point Likert scale with higher scores indicating greater disordered eating. The questionnaire contains four subscales: Restraint (present Cronbach's $\alpha = .85$), Eating Concern (present Cronbach's $\alpha = .80$), Shape Concern (present Cronbach's $\alpha = .88$), and Weight Concern (present Cronbach's $\alpha =$

.83)), as well as a Global Score (present Cronbach's $\alpha = .93$) representing an average of scores on the four subscales.

2.3. Procedure

After ethical approval was obtained from the Review Board of METU, students enrolled in required and elective psychology courses were asked to fill out study's questionnaire package in exchange for extra course credit.

2.4. Statistical analyses

Bartlett's test of sphericity and the Kaiser–Meyer–Olkin measure of sampling adequacy were used to assess the factor structure of the items in the SATAQ-4R. Based on earlier work (e.g., Schaefer, Harriger et al., 2015), an exploratory factor analysis (EFA) using principal axis factoring and a promax oblique rotation was performed. The number of factors to be extracted was determined according to the Kaiser–Guttman criterion (Guttman, 1954; Kaiser, 1960) and an examination of the scree plot (Floyd & Widaman, 1995; Cattell, 1966). Items with low primary loadings (i.e., items loaded less than .40 onto the expected factor) and cross-loaded items were not included in the subsequent analyses. Internal consistency reliability of the SATAQ-4R and its subscales were assessed using Cronbach's alpha (George & Mallery, 2003). All analyses were conducted using SPSS version 21.0.

3. Results

3.1. Exploratory factor analysis

Bartlett's test of sphericity was significant ($\chi^2 = 5751.50$, $df = 465$, $p < .001$) and the Kaiser–Meyer–Olkin value was .87, suggesting that the SATAQ-4R items were appropriate for factor analysis. In the EFA, both the eigenvalues and scree plot suggested a six-factor solution, rather than a seven-factor solution as was identified in the US female sample. Examination of the pattern matrix (see Table 1) indicated that all items from the Internalization: Thin/Low Body Fat, Internalization: Muscular, Internalization: General Attractiveness, and Pressures: Media subscales loaded strongly onto their primary factors (loading of .53 or higher) with no cross-loadings. Items that had originally formed two separate factors in the US female sample (Pressures: Peers and Pressures: Significant Others subscales) loaded onto a single factor in the Turkish female sample. Therefore, this factor was labeled Pressures: Peers/Significant Others in the current sample. Two items from this subscale demonstrated significant cross-loadings (item 20 and item 24) and were therefore removed for all subsequent analyses.

3.2. Internal consistency reliabilities of and correlations among the subscales

Cronbach's alpha values are presented in Table 1. Internal consistency for the SATAQ-4R subscales was good at .84 or higher. Associations among the SATAQ-4R subscales were generally small to medium in size (see Table 2). Subscale means indicated that respondents, on average, reported moderate levels of appearance ideal internalization and sociocultural pressures.

3.3. Convergent validity

Pearson correlation coefficients between SATAQ-4R subscales and convergent measures were generally medium to large in size (see Table 2). SATAQ-4R subscales were most strongly associated with measures of disordered eating. Slightly weaker associations were observed with body satisfaction. SATAQ-4R subscales exhibited weaker associations with self-esteem. In the current female sample, the Internalization: Thin/Low Body Fat subscale and Internalization: General

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