

June 18-19, 2018
Paris, FranceD S Simos et al., J Clin Nutr Diet 2018 Volume: 4
DOI: 10.4172/2472-1921-C1-003

VALIDATION OF THE SELF-REGULATION EATING BEHAVIOUR QUESTIONNAIRE SCALE IN THE GREEK POPULATION

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Background: Dietary behaviour has been linked to various disorders and its assessment is a crucial part of the pertinent research. In the Greek population, a tool for measuring dietary behaviour is missing. Self-regulation eating behaviour questionnaire (SREBQ) is a self-administered scale that assesses the ability of a person to change his/her eating behaviour and food choices.

Aim: To validate the SREBQ in the Greek population.

Methods: Firstly, the SREBQ was forward and backward translated and was administered in a pilot sample of few individuals. Next, 89 overweight/obese participants (71.9% women, 46.3±14 years old) answered SREBQ. The psychometric properties tested were construct validity, predictive validity and internal reliability.

Results: Principal component factor analyses confirmed the construct validity of SREBQ. The internal consistency was satisfactory (Cronbach's alpha = 0.745). The mean score for this sample was 16.24±16 (range 6-25). Currently working participants showed significantly less restraint than non-employed ($p=0.042$). No other significant correlations were found with the variables of the study. Overall, 78.3% and 88% of the sample declared that they were willing to avoid tempting foods and follow a healthier diet, respectively.

Conclusions: Our findings confirmed the good psychometric properties of the Greek SREBQ version. Future studies can safely incorporate this scale in their research protocol.

Biography

Dimitrios Simos has completed his MSc in Stress Science and Health Promotion at the Medical School of the National Kapodistrian University of Athens, at the age of 32, and has already completed training on Cognitive Behavioral Therapy at the same university. He is a new researcher in Department of Clinical Nutrition, Behaviour of eating and stress syndrome. His immediate plans are to investigate centers of control of appetite in the brain in relation to chronic anxiety as a PhD student.

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