



Chilean validation of the 'Binge Eating Disorder Screener' (BEDS) in adults with overweight or obesity

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Abstract

Objective:

This study aims to assess the psychometric properties of the adapted "Binge Eating Disorder Screener" (BEDS) scale in Chile, designed to identify individuals at risk of binge eating disorder.

Method:

A total of 160 participants were involved. Exploratory factor analysis (EFA) was conducted on 80 participants, while confirmatory factor analysis (CFA) was performed on the remaining 80. EFA utilized the principal axis method with oblique promax rotation. The BEDS scale, originally consisting of seven items in English, underwent linguistic and cultural adaptation, incorporating two additional items through back-translation.

Results:

Adequacy measures (Kaiser-Meyer-Olkin = 0.773) and Bartlett's sphericity test indicated suitability for factorial analysis ($p < 0.05$). Communalities ranged from 0.567 to 0.657, explaining 37.3% of the variance. CFA confirmed a one-factor structure with good fit indices (CFI = 0.989, TLI = 0.979, RMSEA = 0.042, SRMR = 0.058). Covariance between items 5 and 6 was added based on the Lagrange Multiplier Test. The BEDS scale demonstrated good internal consistency (McDonald's omega = 0.751).

Discussion:

The successful adaptation and validation of the BEDS scale underscore the importance of culturally sensitive assessment tools. Implementation of this scale in clinical practice

can facilitate early detection and intervention, thereby improving outcomes for individuals at risk of binge eating disorder in Chile. Future research should explore its applicability across diverse cultural contexts within Chile and other Spanish-speaking populations, further enhancing its clinical utility and relevance.

Topics: Prevention

For workshops only

No Answer Given

Submission Format: Scientific Paper

Is It a Student Paper? No