

Weight Behavior and Cognition Instrumentation in African American Adolescents: Psychometric Properties and Recommendations

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Introduction

African American adolescents consume foods high in fat and calories and are also less physically active than their White counterparts

Culmination of factors could be the beginning point of the obesity disparity experienced

It is important to understand how these adolescents engage in weight related behaviors and how they feel about their bodies in the context of social settings.

Weight behavior and cognition measures have been utilized and tested in the adolescent population; however, there has been limited use in adolescents of color

Purpose

To assess the psychometric properties of weight related measures utilized with an African American adolescent sample.

Weight related measures include Eating Behavior Pattern Questionnaire (EBPQ), Physical Activity Questionnaire – Adolescent Version (PAQ-A), and Social Physique Anxiety Scale (SPAS)

Methods

Questionnaires were administered to a sample of African American adolescents ages 15 – 17 years from the metropolitan Detroit area as recruited from various community settings

Test – retest reliability

Cronbach's alpha coefficient was determined to estimate internal consistency

Eating Behaviors Questionnaire (EBPQ) *Schulndt, 2004*



51 item

5 point Likert scale

51 – 225, higher scores indicating consumption of high fat, high caloric foods and increased engagement of maladaptive eating behaviors

6 subscales

low fat eating, emotional eating, snacking on sweets, cultural/ethnic eating behavior, haphazard planning, meal skipping

Cronbach's Alpha = .777

Test-Retest Reliability, $r = .802, p = .0001$

Physical Activity Questionnaire – Adolescent (PAQ-A) *Kowalski, 2004*

9 item measure

7 day recall

5 point Likert scale

8 – 40 , higher scores indicating greater physical activity

Cronbach's Alpha = .889

Test Retest Reliability $r = .736$,
 $p = .0001$



Social Physique Anxiety Scale (SPAS) *Hart, 1990*



12 survey items

5 point Likert scale

12 – 60 , higher scores indicating
greater social physique anxiety

Cronbach's Alpha = .636

Test Retest Reliability, $r = .896$,
 $p = .0001$

Recommendations and Conclusion

Recommendations

Confirmatory Factor Analysis

Criterion Validity

Replication

Further refinement of SPAS

Conclusion

Instruments chosen for the current study were deemed appropriate as evidenced by their psychometric properties

Healthcare providers who interact with African American adolescents can utilize these measures to determine weight related behaviors and cognition

Questions?

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