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

Nutrena Tate PhD, RN, CPNP-PC
Post Doctoral Fellow
University of Michigan
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.
To assess the psychometric properties of weight related measures utilized with an African American adolescent sample.

Weight related measures include Eating Behavior Pattern Questionnaire (EBPO), 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

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Nutrena Tate PhD, RN, CPNP-PC
ntate@umich.edu