BACKGROUND

As childhood obesity prevalence rates in Saudi Arabia continue to rise, knowledge on maternal feeding styles and child’s eating behaviors remain a gap in the Saudi literature. In addition, maternal perceptions about their child’s weight status have yet to be studied in Saudi Arabia.

PURPOSE

The purpose of this study was to assess the fidelity and cultural appropriateness of the Child Feeding Questionnaire (CFQ) (Birch et al., 2001) and the Child Eating Behavior Questionnaire (CEBQ) (Wardle et al., 2001) in Saudi Arabia.

The CFQ, a 33-item self-report Likert questionnaire, measures maternal feeding styles and its association with child’s adiposity. The CEBQ consists of eight dimensions: food restriction, eating behavior construct; responses to the CEBQ included never, rarely, sometimes, often, and always.

The CFQ and CEBQ were translated into Arabic by the Saudi Arabian Cultural Mission in Riyadh, Saudi Arabia. The translation methods used were back-translation and cross-cultural checking (Lynn, 1986; Polit, Beek, & Owen, 2007).

The time to complete the six procedures was approximately four months. Results have demonstrated the following for each procedure:

1. PI continued interviewing phase and focused on the studied concepts of the study aims, research questions and studied concepts to ensure accuracy of translation. The PI continued to the studied concepts of the study aims, research questions and studied concepts to ensure accuracy of translation. One translator was from Saudi Arabia and had years of experience translating in an Arabic-speaking country and the other received via face-to-face. Both versions were translated and focused on the studied concepts of the study aims, research questions and studied concepts to ensure accuracy of translation.

2. Synthesis. This phase involved the Principal Investigator (PI), who was responsible for synthesizing the two Arabic translated versions of the CFQ to one version and the CEBQ translated versions from the Arabic back-translated versions of the CEBQ. The PI is fluent in both Arabic and English as she has lived half of her life in an Arabic-speaking country and the second half of her life in an English-speaking country.

3. Back-Translation. This phase involved the process wherein two English-speaking translators translated the CFQ and CEBQ from Arabic back to English, then the English-back-translated versions were sent to the PI's dissertation chairperson to compare it with the original CFQ and CEBQ English version. During this phase both back-translators were not informed about the purpose of the study, the research questions and studied concepts to ensure accuracy of translation in suification, translation (Birch et al., 2001).

4. Expert Committee Review. Three seasoned Saudi mothers and three seasoned Saudi fathers were recruited via e-mail communications. The researchers were asked to rate each item from the Arabic version of the CFQ and the CEBQ on a 4-point Likert scale (image below) to the studied concepts of the PI's aims and research questions. The Arabic translated versions of CFQ and CEBQ has shown acceptable content validity indices scores. Moreover, acceptable internal consistency has been demonstrated through pilot testing for all the CEBQ concepts and all except one concept in the CFQ. It was kept in the questionnaire as recommended by a psychometric expert. This study has demonstrated preliminary and acceptable findings of the Arabic versions of the CFQ and CEBQ.

5. Cognitive Interview. Five interviews were conducted using a convenience sample from the Saudi community to assess understanding (Abubakar, Dimitrova, Adams, Jordanov, & Stefenel, 2013). Ten mothers from the Saudi community using a convenience sample were recruited for the pilot test to estimate the questionnaire reliability and cost, calculate time spent to fill out the questionnaire. Seven to ten days was the gap between the two administration of questionnaires. Test-retest reliability estimates showed acceptable alpha coefficients (Table VI).

6. Pilot Test. Ten mothers from the Saudi community using a convenience sample were recruited for the pilot test to estimate the questionnaire reliability and cost, calculate time spent to fill out the questionnaire. Seven to ten days was the gap between the two administration of questionnaires.

The Arabic version of the CFQ and CEBQ has shown acceptable agreement scores as assessed by a group of Saudi mothers and fathers on the topic of childhood obesity. Calculations showed acceptable scale-content validity indices scores. Moreover, acceptable internal consistency has been demonstrated through pilot testing for all the CEBQ concepts and all except one concept in the CFQ. It was kept in the questionnaire as recommended by a psychometric expert. This study has demonstrated preliminary and acceptable findings of the Arabic versions of the CFQ and CEBQ.

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