

Validation of the Body Appreciation Scale-2 for Portuguese women

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Abstract

Background

The concept of positive body image marks a shift on the study of body image. Based on holistic love and respect for the body, this concept involves accepting one's body's unique features, attending to body needs in a health-promoting manner, and resisting to the internalization of societally-prescribed beauty ideals. Objectives: Given the lack of Portuguese validated instruments of positive body image, this study aimed to validate the Portuguese version of the Body Appreciation Scale-2 (BAS-2).

Methods

The present study used a large female sample, with ages between 18 and 50 years old. An Exploratory Factor Analysis (EFA) and a Confirmatory Factor Analysis (CFA) were conducted to analyse BAS-2's structure.

Results

Results from the EFA demonstrated the BAS-2 to be a unifactorial 10-item scale, which explained approximately 70 % of the variance. Also, all items revealed good factor

loadings and the scale showed excellent internal consistency. The BAS-2 also presented temporal reliability, and good convergent (with self-compassion) and divergent validities (with BMI, self-judgment, body image-related experiential avoidance, eating psychopathology, and depression). Moreover, the CFA revealed good local and global adjustments.

Conclusions

The BAS-2 was revealed as a short and reliable measure of positive body image, that is, the ability to love and accept one's own body (including the aspects inconsistent with societally-prescribed ideals) and to appreciate its uniqueness. This measure seems to provide an important contribution for research and the development of interventions focused on the cultivation of a balanced, comfortable, confident and happy relationship with one's own body.

Keywords: Body Appreciation Scale, positive body image, scale validation, confirmatory factor analysis, CFA