

BODY-IMAGE ACCEPTANCE AND ACTION QUESTIONNAIRE (BI-AAQ)

AND ITS RELATIONSHIP WITH DEPRESSION SYMPTOMS AND EMOTIONAL
EATING BEHAVIOUR IN A GENERAL SAMPLE OF MEXICAN POPULATION

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INTRODUCTION

The BI-AAQ is an instrument created to measure the psychological inflexibility related to body image. Studies have found relationship between psychological flexibility and some eating disorders and it can play a role as moderator between the dissatisfaction of body image and disordered eating (Sandoz et al., 2013).

CONCLUSIONS

We conclude that the BI-AAQ spanish translation has excellent psychometric properties and BI-psychological flexibility can be useful to predict eating behavior disorders such a moderator, however, we recommend more studies in clinical population.

Material and method

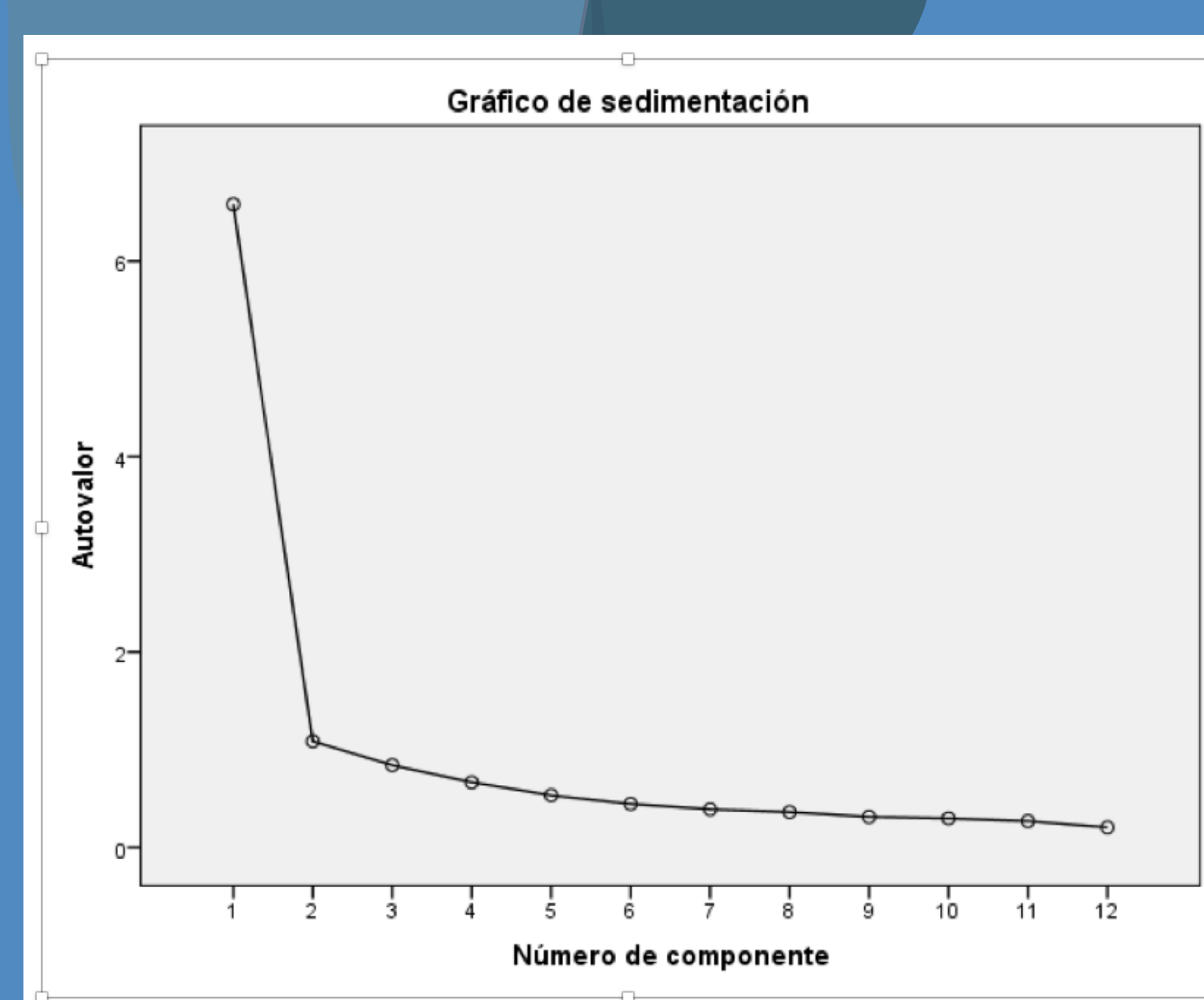
A non-probabilistic sampling was used, and consisted of a total of 312 participants from different states of the country. The sample was collected through a survey captured on surveymonkey.com and the link was posted on different social networks, and sent by email.

Measures

Body-Image Acceptance and Action Questionnaire (BI-AAQ; Sandoz et al., 2013).
Beck Depression Inventory (BDI-II; Beck, Steer y Brown, 1996)
Emotional Eater Questionnaire (EEQ, Garaulet et al., 2012).

RESULTS

N: 312
Gender: F=234; M:69
Average age: M=26.5
(SD=9.44)
Weight: M=66.3 (SD=13.79)
BMI: M=25.01 SD=4.93



Correlations

Depression-EEQ
rs= .35 p=.001
Depression- BI-AAQ
rs= .34 p=.001
BI-AAQ-EEQ
rs=.70 p=.001

Factorial Analysis

The factorial analysis of the BI-AAQ was performed, in which **KMO value (0.94)** was very good and the **sphericity test was significant (p=0.001)**. It was performed by the method of principal components resulting one factor. Item 6 was excluded.
This unique factor explains **54.85%** of the variance.

