Body image concerns screening tools: creation and validation of Polish language versions of Body Shape Questionnaire-34 (BSQ-34) and Functionality Appreciation Scale (FAS)

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Research

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Abstract

Background: Body image can be defined as individual perception of own body and related behaviors. Body dissatisfaction may lead to low self-esteem, depression and anxiety. Body image can be evaluated and quantified. Among various number of instruments assessing body image, there are: Body Shape Questionnaire-34 (BSQ-34) and Functionality Appreciation Scale (FAS).

The aim of this study was to translate and validate the Polish version of both: BSQ-34 and FAS.

Methods: Both, forward and backward translations of the original English versions of BSQ-34 and FAS questionnaires was performed in accordance with international standards. The validation of BSQ-34 was conducted on 89 and FAS on 103 individuals. They completed the questionnaires twice with 3-6 days interval. The subjects also filled the Polish versions of BIQLI (Body Image Quality of Life Inventory) and BAS-2 (Body Appreciation Scale-2) for convergent validity procedure.

Results: The Polish version of both BSQ-34 and FAS demonstrated very good and good internal consistency and reproducibility. Convergent validity indicated a moderate relationship between BSQ-34 and BIQLI, and strong correlation between FAS and BAS-2.

Conclusions: To conclude the Polish version of both BSQ-34 and FAS questionnaire showed sufficient internal consistency and reliability. They can be used in clinical practice in subjects speaking Polish language.

Trial registration: Wroclaw Medical University EC approval no: 2/06/20

Full Text

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