Online Supplements for:

Psychometric Properties of the Body-Checking Questionnaire (BCQ) and of the Body Checking Cognitions Scale (BCCS): A Bifactor-ESEM Approach

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S1. Translation and Content Validity of the Translation

The objective of this preliminary study was to examine the content validity of the translated Body Checking Questionnaire (BCQ) and Body Checking Cognitions Scale (BCCS) items in a sample of community adolescents.

Method

Sample and Procedure. A sample of 18 (14 girls and 4 boys) French-speaking Canadian adolescents, aged between 14 and 18 years old (M_{age} = 16.7 years, *SD* = .96) participated in this study. Participants were recruited by the research team in school settings or community organizations located in the Canadian Province of Quebec through a letter of information summarizing the study. Participants completed a written informed consent form in which they also provided their email. Those who consented were then invited by email to answer an online questionnaire (via the LimeSurvey platform).

Measures. The permission to translate and validate the BCQ and BCCS was respectively obtained from Dr. Deborah L. Reas and Dr. Victoria Mountford. The adaptation of the original English version of the BCQ and BCCS into French was done following standardized translation back-translation techniques (Van de Vrijver & Hambleton, 1996). First, the original English items were translated into French by a professional bilingual translator. Second, the translated items were discussed in committee by four authors of this manuscript familiar with cross-linguistic psychometric adaptation procedures. Perceived discrepancies between the translated items and the original items were discussed and resolved by consensus. Third, the approved French items were back-translated into English by a second independent professional bilingual translator. Fourth, the back-translated items were compared with the original English items in committee. Inconsistencies were discussed and resolved by consensus. The final French versions of the BCQ and the BCSS are respectively presented in Tables S1 and S2 of these online supplements. In the current study, the original response scale (BCQ/BCCS: *never* = 1 to *very often* = 5) was replaced by a five-point scale assessing the clarity of the items (*not at all clear* = 1 to *completely clear* = 5). Average clarity scores for items were considered to be unsatisfactory if they fell under four (Gonzales-Reigosa, 1976; Vallerand, 1989), leading to a re-examination of these items.

Results

Average clarity ratings were satisfactory for all BCQ items, with observed scores ranging from 4.50 (*SD* = .62) for Item 6 to 4.78 (*SD* = 0.43) for Item 5. The global mean across the 23 items was 4.65 (*SD* = .09). Similarly, average clarity ratings were also satisfactory for all BCCS items, ranging from 4.00 (*SD* = 1.19) for Item 1 to 4.61 (*SD* = 0.50) for Item 11. The global mean across the 19 items was 4.43 (*SD* = 0.18). These results support the clarity of the translated items.

References

Gonzalez-Reigosa, F. (1976). The anxiety arousing effect of taboo words in bilinguals. In Spielberger C. D., & Diaz-Guerrero R. (Eds.), *Cross-cultural anxiety* (pp. 89-105). Washington, DC: Hemisphere.

Vallerand, R. J. (1989). Vers une méthodologie de validation transculturelle de questionnaires psychologiques : Implications pour la recherche en langue française. *Canadian Psychology, 4,* 662-680.

Van de Vrijver, F.J.R., & Hambleton, R.K. (1996). Translating tests: Some practical guidelines. *European Psychologist*, *1*, 89–99.

Table S1.
French Back-Translated Items from the BCQ[a]

Items	Subscales	French Items
1	SBP	Je vérifie si mes cuisses s'écrasent et prennent plus de place lorsque je suis assis.
2	SBP	Je pince ou tire la peau de mon ventre pour en mesurer le gras.
3	OVAPP	J'essaie certains vêtements en particulier pour m'assurer qu'ils me font encore.
4	IDSC	Je vérifie le tour (diamètre) de mon poignet pour m'assurer qu'il n'a pas changé de taille.
5	OVAPP	Je vérifie mon reflet dans les portes vitrées ou les fenêtres d'auto pour voir de quoi j'ai l'air.
6	SBP	Je pince ou tire la peau du haut de mes bras pour en mesurer le gras.
7	IDSC	Je touche le dessous de mon menton pour m'assurer que je n'ai pas de « double-menton ».
8	OVAPP	Je regarde d'autres personnes pour comparer ma silhouette à la leur.
9	SBP	Je frotte (ou touche) mes cuisses lorsque je suis assis pour vérifier si elles sont grosses.
10	SBP	Je vérifie le tour de mes jambes pour m'assurer qu'elles n'ont pas changé de taille.
11	OVAPP	Je demande leur poids ou leur taille de vêtement aux autres afin de me comparer à eux.
12	OVAPP	Je vérifie l'apparence de mes fesses dans le miroir.
13	OVAPP	Je me pratique à m'asseoir et à rester debout dans différentes positions pour voir de quoi j'ai l'air dans chacune de ces positions.
14	SBP	Je vérifie si mes cuisses se frottent entre elles.
15	OVAPP	J'essaie de susciter des commentaires de la part des autres au sujet de ma grosseur.
16	SBP	Je vérifie si ma graisse ballotte.
17	OVAPP	Je rentre mon ventre pour voir de quoi j'ai l'air quand mon ventre est complètement plat.
18	IDSC	Je vérifie que mes bagues/joncs me font aussi bien qu'avant.
19	SBP	Je vérifie si j'ai de la cellulite sur mes cuisses quand je suis assis.
20	IDSC	Je me couche par terre pour voir si je peux sentir mes os toucher le plancher.
21	OVAPP	Je serre mes vêtements le plus possible autour de moi pour voir à quoi je ressemble.
22	OVAPP	Je me compare aux top-modèles de la télévision ou des magazines.
23	IDSC	Je pince ou tire la peau de mes joues pour en mesurer le gras.
Answer Scale		1 = Jamais 2 = Rarement 3 = Parfois 4 = Souvent 5 = Très souvent

Note. BCQ = Body Checking Questionnaire; IDSC = idiosyncratic checking; OVAPP = overall appearance; SBP = specific body parts.
[a] *for the English items see Reas, D. L., Whisenhunt, B. L., Netemeyer, R., & Williamson, D. A. (2002). Development of the Body Checking Questionnaire: A self-report measure of body checking behaviors. International Journal of Eating Disorders, 31, 324-333.*

Table S2.
French Back-Translated Items from the BCCS[a]

Items	Subscales	French Items
1	BODC	Examiner mon corps aujourd'hui me permet de décider de la quantité de nourriture que je pourrai manger demain.
2	REASS	Examiner mon corps me rassure à propos de ma silhouette.
3	REASS	Examiner mon corps m'aide à me calmer quand je suis anxieux à propos de ma silhouette ou de mon poids.
4	BODC	Examiner mon corps m'aide à contrôler mon poids.
5	REASS	C'est bon pour moi d'examiner mon corps.
6	BODC	Examiner mon corps m'empêche de perdre le contrôle de ce que je mange.
7	REASS	Examiner mon corps m'aide à me sentir mieux.
8	OBEVAL	En examinant mon corps, je peux savoir combien de poids j'ai pris.
9	OBEVAL	Examiner mon corps m'aide à confirmer le poids indiqué par la balance (pèse-personne).
10	OBEVAL	Il faut que j'examine mon corps pour voir comment mon poids se répartit.
11	OBEVAL	Je continue d'examiner mon corps dans l'espoir d'être un jour heureux de mon apparence.
12	BODC	Si j'arrête d'examiner mon corps, mon poids montera en flèche.
13	OBEVAL	Le moyen le plus fiable de juger de mon apparence est d'examiner mon corps.
14	SAFEB	Avant de quitter la maison, je dois m'assurer que mon corps est caché (par mes vêtements) de la manière qui me convient.
15	SAFEB	Si je résiste à la tentation d'examiner mon corps, je me sentirai moins bien.
16	SAFEB	Examiner mon corps m'aide à savoir comment je me sens.
17	SAFEB	J'oublie de quoi j'ai l'air si je ne vérifie pas.
18	SAFEB	Le fait d'examiner mon corps me met plus à l'aise face aux autres.
19	OBEVAL	Examiner mon corps me permet de savoir quand j'ai besoin de faire plus d'exercice.
Answer Scale		1 = Jamais 2 = Rarement 3 = Parfois 4 = Souvent 5 = Très souvent

Note. BCCS = Body Checking Cognitions Scale; BODC = body control; OBEVAL =objective evaluation; REASS = reassurance; SAFEB = safety beliefs.
[a] *for the English items see Mountford, V., Haase, A., & Waller, G. (2006). Body checking in the eating disorders: Associations between cognitions and behaviors. International Journal of Eating Disorders, 39, 708-715.*

Table S3.

Standardized Parameters Estimates from the Confirmatory Factor Analytic and Exploratory Structural Equation Models of the BCQ – Sample 1

	Confirmatory factor analysis				Exploratory structural equation modeling			
Standardized factor loadings (λ) and uniquenesses (δ)								
Items	OVAPP(λ)	SBP(λ)	IDSC(λ)	δ	OVAPP(λ)	SBP(λ)	IDSC(λ)	δ
BCQ3	.665			.558	.193	.230	.333	.564
BCQ5	.667			.556	.766	*.048*	-.162	.481
BCQ8	.841			.293	.832	*.100*	*-.084*	.251
BCQ11	.647			.581	.702	-.191	.202	.519
BCQ12	.660			.564	.657	.197	-.226	.503
BCQ13	.773			.403	.560	*.103*	.175	.419
BCQ15	.673			.547	.686	*-.075*	*.110*	.513
BCQ17	.739			.453	.482	.161	.155	.479
BCQ21	.686			.530	.448	*-.047*	.390	.495
BCQ22	.630			.603	.802	*-.006*	-.191	.506
BCQ1		.868		.247	-.129	1.103	-.143	.133
BCQ2		.723		.477	.330	.356	*.088*	.502
BCQ6		.775		.399	*.044*	.580	.231	.400
BCQ9		.887		.213	-.130	1.027	*-.023*	.160
BCQ10		.838		.297	*-.015*	.682	.254	.288
BCQ14		.785		.383	*.098*	.720	*-.013*	.374
BCQ16		.841		.292	.239	.464	.223	.320
BCQ19		.708		.499	.280	.538	*-.107*	.487
BCQ4			.755	.430	*.057*	*.156*	.629	.406
BCQ7			.780	.391	*.097*	.266	.475	.452
BCQ18			.713	.492	.188	*-.001*	.615	.452
BCQ20			.766	.413	*.107*	*.115*	.633	.391
BCQ23			.855	.270	*.100*	.173	.673	.265
ω	.905	.936	.882		.888	.918	.823	
Factor correlations								
Factor	SBP	IDSC			SBP	IDSC		
OVAPP	-				-			
SBP	.869	-			.784	-		
IDSC	.813	.806	-		.588	.583	-	

Note. BCQ = Body Checking Questionnaire; IDSC = idiosyncratic checking; OVAPP = overall appearance; SBP = specific body parts; Greyscale = main loadings; non-significant parameters are in italics; *ω* = McDonald's omega coefficient of composite reliability. All correlations are statistically significant ($p \leq .001$).

Table S4.

Standardized Parameters Estimates from the Bi-Factor Confirmatory Factor Analytic and Exploratory Structural Equation Models of the BCQ – Sample 1

	Bifactor confirmatory factor analysis					Bifactor exploratory structural equation modeling				
Standardized factor loadings (λ) and uniquenesses (δ)										
Items	OVAPP(λ)	SBP(λ)	IDSC(λ)	G-factor	δ	OVAPP(λ)	SBP(λ)	IDSC(λ)	G-factor	δ
BCQ3	*-.101*			.673	.537	*.025*	*.038*	.155	.641	.563
BCQ5	.389			.601	.488	.241	*-.079*	-.283	.650	.433
BCQ8	.419			.771	.230	.390	*.056*	-.111	.762	.251
BCQ11	.293			.598	.557	.440	*.010*	.224	.551	.452
BCQ12	.302			.608	.540	.216	*.031*	-.305	.623	.471
BCQ13	.161			.741	.425	.253	*.037*	*.078*	.716	.416
BCQ15	.315			.619	.517	.447	*.065*	.149	.572	.447
BCQ17	*.047*			.724	.474	*.096*	*-.037*	*-.039*	.729	.456
BCQ21	*.079*			.668	.548	.247	*-.001*	.293	.621	.467
BCQ22	.450			.552	.493	.486	.101	*-.092*	.524	.471
BCQ1		.584		.732	.123	*.007*	.574	-.090	.729	.131
BCQ2		*.046*		.717	.483	*.005*	*.052*	*-.107*	.723	.464
BCQ6		.175		.747	.412	-.111	.169	*.014*	.765	.373
BCQ9		.503		.762	.167	*-.022*	.508	*-.027*	.761	.162
BCQ10		.288		.784	.302	*.083*	.394	.250	.735	.235
BCQ14		.348		.716	.367	.119	.394	*.013*	.685	.360
BCQ16		*.091*		.827	.307	*.001*	.120	*.012*	.824	.307
BCQ19		.219		.668	.506	.158	.283	*-.095*	.633	.485
BCQ4			.307	.661	.468	*.020*	*.045*	.444	.647	.382
BCQ7			.357	.676	.415	-.186	-.096	*.091*	.756	.377
BCQ18			.240	.631	.544	*.023*	*-.076*	.368	.637	.453
BCQ20			.268	.679	.467	*.141*	*.116*	.546	.612	.294
BCQ23			.612	.729	.094	-.153	-.135	.275	.811	.225
ω	.576	.656	.616	.964		.646	.712	.632	.966	

Note. BCQ = Body Checking Questionnaire; G-factor = global factor from a bifactor model; Greyscale = main loadings; IDSC = idiosyncratic checking; OVAPP = overall appearance; SBP = specific body parts; non-significant parameters are in italics; *ω* = McDonald's omega coefficient of composite reliability.

Table S5.
Standardized Parameters Estimates from the Bifactor Exploratory Structural Equation Model of the BCQ – Sample 2

Items	OVAPP(λ)	SBP(λ)	IDSC(λ)	G-factor	δ
BCQ3	-*.053*	-*.050*	-*.046*	.734	.454
BCQ5	.349	*.016*	*.042*	.631	.478
BCQ8	.304	.144	*.068*	.758	.307
BCQ11	.375	.141	*.055*	.656	.407
BCQ12	.335	.291	-*.036*	.566	.481
BCQ13	.258	*.001*	.113	.651	.497
BCQ15	.223	-.105	-.163	.711	.407
BCQ17	-.138	-*.066*	-*.048*	.777	.371
BCQ21	.149	*.044*	*.059*	.727	.444
BCQ22	.330	.126	*.010*	.610	.503
BCQ1	*.058*	.578	-*.009*	.690	.186
BCQ2	-.186	*.033*	*.068*	.776	.358
BCQ6	-.083	.099	.216	.767	.349
BCQ9	*.047*	.544	.120	.778	.082
BCQ10	.188	.235	*.019*	.765	.323
BCQ14	*.062*	.222	-.159	.774	.323
BCQ16	-.133	-*.050*	-.142	.816	.294
BCQ19	*.059*	.354	-.178	.626	.448
BCQ4	*.089*	*.033*	.160	.724	.440
BCQ7	-*.048*	-*.024*	.364	.665	.422
BCQ18	-*.107*	-.297	*.006*	.694	.419
BCQ20	-*.010*	*.081*	*.098*	.805	.335
BCQ23	.093	-*.008*	.673	.648	.118
ω	.592	.654	.494	.969	

Note. BCQ = Body Checking Questionnaire; G-factor = global factor from a bifactor model; Greyscale = main loadings; IDSC = idiosyncratic checking; OVAPP = overall appearance; SBP = specific body parts; non-significant parameters are in italics; *ω* = McDonald's omega coefficient of composite reliability.

Table S6.

Standardized Parameters Estimates from the Confirmatory Factor Analytic and Exploratory Structural Equation Models of the BCCS – Sample 1

	Confirmatory factor analysis					Exploratory structural equation modeling				
Standardized factor loadings (λ) and uniquenesses (δ)										
Items	OBEVAL(λ)	REASS(λ)	SAFEB(λ)	BODC(λ)	δ	OBEVAL(λ)	REASS(λ)	SAFEB(λ)	BODC(λ)	δ
BCCS8	.709				.498	.813	*.034*	-.183	.128	.311
BCCS9	.629				.605	.673	*.038*	-.160	.141	.494
BCSS10	.815				.336	.512	*-.049*	.384	*.079*	.314
BCSS11	.720				.481	.427	-.238	.474	*.061*	.347
BCSS13	.750				.437	.351	.209	.386	*.052*	.438
BCSS19	.714				.490	.342	*.063*	.101	.337	.508
BCCS2		.804			.354	-.190	.770	.118	.214	.298
BCCS3		.834			.304	-.208	.605	.290	.258	.398
BCCS5		.747			.442	.272	.733	*-.032*	-.119	.404
BCCS7		.774			.401	.115	.850	*-.014*	*-.078*	.274
BCSS14			.721		.480	.335	-.120	.463	*.104*	.434
BCSS15			.864		.254	.214	.071	.606	.162	.251
BCSS16			.795		.367	.249	.098	.505	.129	.385
BCSS17			.464		.784	*-.049*	*.001*	.363	.240	.752
BCSS18			.612		.626	.119	.478	.501	-.148	.454
BCCS1				.792	.373	*.072*	*-.068*	.162	.673	.351
BCCS4				.797	.365	.139	.331	-.091	.631	.306
BCCS6				.804	.353	*.081*	.094	-.127	.843	.247
BCSS12				.869	.244	.244	-.160	.169	.617	.226
ω	.869	.869	.826	.889		.801	.864	.723	.871	
Factor correlations										
Factor	REASS	SAFEB	BODC			REASS	SAFEB	BODC		
OBEVAL	-					-	-			
REASS	.382	-				.177	-			
SAFEB	.905	.517	-			.506	.181	-		
BODC	.873	.478	.788	-		.680	.255	.516	-	

Note. BCCS = Body Checking Cognitions Scale; BODC = body control; OBEVAL =objective evaluation; REASS = reassurance; SAFEB = safety beliefs; Greyscale = main loadings; non-significant parameters are in italics; *ω* = McDonald's omega coefficient of composite reliability. All correlations are statistically significant ($p \leq .001$).

Table S7.

Standardized Parameters Estimates from the Bifactor Confirmatory Factor Analytic and Exploratory Structural Equation Models of the BCCS– Sample 1

	Bifactor confirmatory factor analysis						Bifactor exploratory structural equation modeling					
Standardized factor loadings (λ) and uniquenesses (δ)												
Items	OBEVAL(λ)	REASS(λ)	SAFEB(λ)	BODC(λ)	G-factor	δ	OBEVAL(λ)	REASS(λ)	SAFEB(λ)	BODC(λ)	G-factor	δ
BCCS8	.485				.662	.326	.527	*-.008*	*-.039*	.154	.609	.326
BCCS9	.497				.575	.422	.476	*.030*	-.197	*.077*	.550	.425
BCSS10	*.004*				.803	.355	.186	-.095	*.070*	*-.072*	.798	.309
BCSS11	*.066*				.714	.486	*.100*	-.269	*.024*	-.152	.750	.332
BCSS13	*.055*				.748	.437	.101	.142	.225	*-.014*	.699	.431
BCSS19	*.098*				.699	.501	.184	*.017*	.100	.213	.641	.499
BCCS2		.722			.375	.338	-.084	.759	*-.068*	*.045*	.353	.286
BCCS3		.597			.470	.422	-.213	.622	-.193	*-.063*	.517	.259
BCCS5		.645			.359	.455	.181	.666	.266	.101	.265	.372
BCCS7		.790			.309	.280	.075	.791	.157	*.069*	.240	.282
BCSS14			.126		.686	.513	*.053*	-.157	*.075*	-.091	.726	.431
BCSS15			.467		.788	.162	*-.060*	*.000*	.256	*-.017*	.830	.242
BCSS16			.330		.728	.360	*-.004*	*.031*	.242	*.001*	.751	.376
BCSS17			.192		.432	.777	-.145	*-.025*	*.117*	*.053*	.465	.746
BCSS18			.162		.568	.652	*-.084*	.405	.339	-.124	.517	.431
BCCS1				.273	.718	.410	*-.013*	.066	-.140	.287	.748	.334
BCCS4				.318	.704	.403	.122	.298	*.063*	.463	.624	.288
BCCS6				.673	.682	.082	.088	.075	*-.025*	.568	.661	.226
BCSS12				.241	.797	.307	.092	-.169	-.080	.267	.811	.227
ω	.365	.835	.398	.653	.948		.516	.870	.322	.700	.951	

Note. BCCS = Body Checking Cognitions Scale; BODC = body control; G-factor = global factor from a bifactor model; OBEVAL =objective evaluation; REASS = reassurance; SAFEB = safety beliefs; Greyscale = main loadings; non-significant parameters are in italics; *ω* = McDonald's omega coefficient of composite reliability.

Table S8.
Standardized Parameters Estimates from the Bifactor Exploratory Structural Equation Models of the BCCS – Sample 2

Items	OBEVAL(λ)	REASS(λ)	SAFEB(λ)	BODC (λ)	G-factor	δ
BCCS8	.543	*.022*	*-.020*	.138	.675	.230
BCCS9	.408	*.030*	-.143	*.051*	.644	.395
BCSS10	*-.083*	*-.038*	*-.021*	*.032*	.800	.350
BCSS11	-.133	-.244	*-.014*	-.087	.776	.313
BCSS13	*.032*	*.020*	.188	-.148	.723	.419
BCSS19	*-.051*	*.033*	*-.025*	.207	.685	.484
BCCS2	*-.080*	.783	*-.046*	*.046*	.231	.323
BCCS3	*-.050*	.774	-.240	*-.026*	.429	.156
BCCS5	.171	.519	.317	.121	.299	.497
BCCS7	.087	.826	.229	*.077*	.214	.207
BCSS14	*-.012*	-.284	*-.089*	-.127	.703	.401
BCSS15	*-.004*	*-.047*	.184	*.037*	.838	.260
BCSS16	*-.006*	*.039*	.158	*-.039*	.818	.302
BCSS17	-.203	*.049*	*.166*	*-.049*	.453	.721
BCSS18	-.109	.451	.222	-.127	.462	.506
BCCS1	*-.017*	-.072	*-.080*	.334	.782	.265
BCCS4	.137	.279	*-.041*	.470	.658	.248
BCCS6	.080	.167	*.013*	.405	.742	.251
BCSS12	*-.009*	-.151	*.077*	.213	.830	.237
ω	.416	.877	.234	.669	.955	

Note. BCCS = Body Checking Cognitions Scale; BODC = body control; G-factor = global factor from a bifactor model; OBEVAL =objective evaluation; REASS = reassurance; SAFEB = safety beliefs; Greyscale = main loadings; non-significant parameters are in italics; *ω* = McDonald's omega coefficient of composite reliability.

Table S9.
Latent Factor Correlations from the Criterion-Related Validity Analyses of the BCQ with a First Order ESEM Solution

Measures	Subscales	BCQ		
		OVAPP	SBP	IDSC
PSI-S	Global self-worth	-.753*	-.483*	-.481*
	Physical appearance	-.606*	-.366*	-.509*
FNAES	-	.834*	.597*	.442*
SPAS	-	.844*	.603*	.512*
EAT-26	Dieting	.763*	.686*	.723*
	Bulimia & Food preoccupation	.670*	.572*	.626*
	Oral control	.628*	.585*	.550*

Note. BCQ = Body Checking Questionnaire; EAT = Eating Attitudes Test; FNAES = Fear of Negative Appearance Evaluation Scale; IDSC = idiosyncratic checking; OVAPP = overall appearance; PSI-S = short form of the Physical Self-Inventory; SBP = specific body parts; SPAS = Social Physique Anxiety Scale. *$p < .01$.

Table S10.
Latent Factor Correlations from the Criterion-Related Validity Analyses of the BCCS with a First Order ESEM Solution

Measures	Subscales	BCCS			
		OBEVAL	REASS	SAFEB	BODC
PSI-S	Global self-worth	-.591*	.396*	-.626*	-.490*
	Physical appearance	-.456*	.527*	-.567*	-.411*
FNAES	-	.559*	-.171*	.700*	.565*
SPAS	-	.601*	-.225*	.797*	.572*
EAT-26	Dieting	.720*	-.051	.635*	.866*
	Bulimia & Food preoccupation	.564*	-.122	.617*	.680*
	Oral control	.554*	.218*	.531*	.766*

Note. BCCS = Body Checking Cognitions Scale; BODC = body control; EAT = Eating Attitudes Test; FNAES = Fear of Negative Appearance Evaluation Scale; OBEVAL =objective evaluation; PSI-S= short form of the Physical Self-Inventory; REASS = reassurance; SAFEB = safety beliefs; SPAS = Social Physique Anxiety Scale. *$p < .01$.