

Validity, reliability and percentiles to assess the physical self-concept of young university students in Peru [Validez, confiabilidad y percentiles para valorar el autoconcepto físico de jóvenes universitarios de Perú]

Gomez-Campos R.

López J.F.

Ramos Á.M.

Flores M.L.

Velásquez D.M.

Lázari E.

Pacheco-Carrillo J.

Alul L.U.

CossioBolaños M.

Background: To verify the validity and reliability of the physical self-concept scale (CFA) and to propose references by means of percentiles. **Methods:** 1937 university students (1064 men and 873 women) from the city of Puno, Peru, were studied. The weight and height were evaluated and the Body Mass Index (BMI) was calculated. The survey technique was used applying an ACF scale of 30 questions. Validation was carried out through Confirmatory Factor Analysis (CF-A). The reliability of verified by means of Alpha de Cronbach. Percentiles were generated by means of the LMS method. **Results:** The CF-A showed saturations higher than 0.41 for 29 questions. In the model generated with 29 questions, the percentage explanation of the variance was 42%, the KMO was 0.911 ($\chi^2 = 15578.883$, $gl = 435$, $p < 0.001$). Cronbach's alpha showed values above 0.75. The proposed percentiles allow categorizing the ACF into three levels: $<p15$ (low ACF), $p15$ to $p85$ (moderate ACF) and $> p85$ (high ACF). **Conclusions:** The ACF scale is valid and reliable for university students. The percentiles are an alternative to identify, classify and categorize the ACF levels. © 2018 Sociedad Espanola de Nutricion Comunitaria. All rights reserved.

Percentiles

Reliability

Self-concept

University student

Validity

adult

article

body mass

confirmatory factor analysis

controlled study

Cronbach alpha coefficient

female

height

human

human experiment

major clinical study

male

Peru

university student

validation process

validity