Psychometric properties of the three factor eating questionnaire in healthcare personnel [Propiedades psicométricas del Three Factor Eating Questionnaire en personal sanitario]

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Introduction: The increase in prevalence of eating disorders in the population has brought with it an interest in evaluating the nutritional patterns of the adult population in order to increase individual health and wellbeing. Objectives: To analyze the Three Factor Eating Questionnaire (TFEQ) in order to find out if it is a valid model for adult populations without any eating pathology in different cultures and societies by analyzing its psychometric properties and structure and proposing the best version or model for application to healthcare professionals, specifically in nursing. Methods: A cross-sectional descriptive analysis was done in a sample of adult nurses with no food pathology. Nine hundred and eighty-three working nurses aged 22 to 57 were selected. The 18-item version of the TFEQ was used. Results: The 18-item model with three factors showed the best fit (x^2/gl = 4,594; CFI = 0.945; TLI = 0.935; RMSEA = 0.061). The ΔCFI between model 1 (whole base model) and the rest of the models was 0.004, so configural, metric, scalar and strict invariance is accepted. Conclusions: The results described show the validity and consistency of the TFEQ as an instrument in the scope of adults with no pathology working in healthcare, specifically nursing, for evaluating eating behavior, and not exclusively for diagnosis, but also for intervention at the governmental and organizational level.

Adult

Eating behavior

Nursing

Psychometric properties

Three Factor Eating Questionnaire

adult

cross-sectional study

cultural anthropology

eating

factor analysis

female

health care personnel

human

male

middle aged

nurse

psychology

psychometry

questionnaire

reproducibility

young adult

Adult

Cross-Sectional Studies

Culture

Eating

Factor Analysis, Statistical

Female

Health Personnel

Humans

Male