

Factor structure of the Multidimensional Body-Self Relations Questionnaire (MBSRQ) in a general Spanish sample: Concordance between four-factor and two-factor models.

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1.-BACKGROUND

The factor structure of the MBSRQ is under debate due to the limitations of previous research methods such as principal component analysis (PCA)¹. Although the four-dimensional 38-item version of the MBSRQ is widely used in Spain², recent studies suggest a more efficient two-factor 15-version item³. However, no studies have directly compared both versions with a Spanish population sample.

Aims:

- To compare the classic four-factor model and the new proposed two-factor model to contribute to a better understanding of its validity and inform future research and practice in the assessment of body image in Spanish-speaking populations.

2.-METHODS

Participants & Design

- A sample of 1012 participants was selected using stratified random sampling. Inclusion criteria: (i) to be ≥18 years; (ii) not to have medical issues for which PA was contraindicated; and (iii) to provide informed consent.
- The study was conducted in 2018. Data for this analysis were collected through a dedicated online panel.

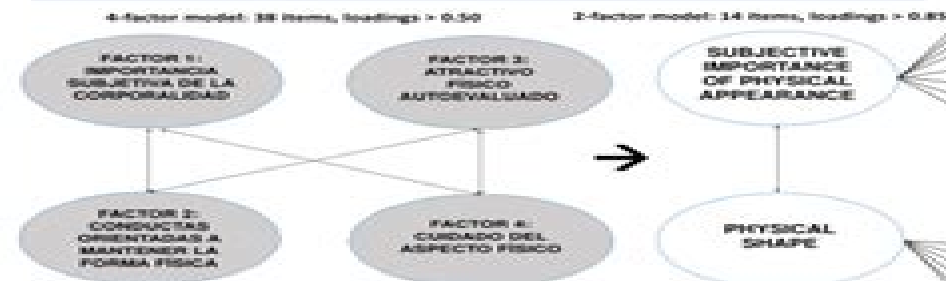
Measures & Data Analysis

- Questionnaire-1: Multidimensional Body Self Relations Questionnaire⁴. We used the Spanish Version of the Multidimensional Body Self Relations Questionnaire².
- The factor structure was investigated using CFA through WLSMV. MEI was evaluated through the change in $\Delta CFI/\Delta RMSEA$. Software: MPLUS 8.0.

3.-RESULTS

→FACTOR STRUCTURE: 4-factor model vs. 2-factor model

	RMSEA	CFI	TLI	SRMR
2-factor model	0.050	0.925	0.917	0.067
4-factor model	0.109	0.696	0.676	0.098



→RELIABILITY: For the two-factor model, Cronbach's Alpha is greater than 0.85 across dimensions.

→FACTORIAL INVARIANCE:

4-factor model for sex. Sex: 1=Women (n=471); 2=Men (n=482).

	N (48)	χ^2 infer	CFI	TLI	RMSEA	SRMR	χ^2 test	Δ	CFI	RMSEA	Decision
Model 1: Configural	2243,479 (1284)	8,000	0,938	0,935	0,048 - (0,042 - 0,047)	0,049	-	-	-	-	-
Model 2: Metric	2251,799 (132)	0,000	0,938	0,933	0,047 - (0,047 - 0,046)	0,079	2 x 1	0,000	0,000	Accept	-
Model 3: Scalar	2249,792 (1322)	0,000	0,938	0,935	0,042 - (0,047 - 0,046)	0,079	3 x 1	0,000	0,000	Accept	-

4.-CONCLUSIONS

- The current version of the model demonstrated satisfactory reliability, convergent validity, and discriminant validity, supporting its credibility.
- The model's measurement equivalence across sexes was confirmed, indicating that it can be used effectively for both men and women.
- The original factor structure was not supported by the CFA results, but a two-factor model focusing on subjective importance of physical appearance and physical fitness showed a good fit. This model can be utilized by practitioners for designing interventions.

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