# Validation of the Self-Regulation Eating Behavior Questionnaire Scale in the Greek Population

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Abstract

*Background*: Dietary behavior has been linked to various disorders and its assessment is a crucial part of the pertinent research. In the Greek population, a tool for measuring dietary behavior is missing. Self-Regulation Eating Behavior Questionnaire (SREBQ) is a self-administered scale that assesses the ability of a person to change his/her eating behavior and food choices.

*Aim*: To validate the SREBQ in the Greek population.

*Methods*: Firstly, the SREBQ was forward and backward translated and was administered in a pilot sample of few individuals. Next, 89 overweight/obese participants (71.9% women, 46.3 ± 14 years old) answered SREBQ. The psychometric properties tested were construct validity, predictive validity and internal reliability.

*Results*: Principal component factor analyses confirmed the construct validity of SREBQ. The internal consistency was satisfactory (Cronbach's alpha = 0.745). The mean score for this sample was 16.24 ± 16 (range 6-25). Currently working participants showed significantly less restraint than non-employed (p = 0.042). No other significant correlations were found with the variables of the study. Overall, 78.3% and 88% of the sample declared that they were willing to avoid "tempting foods" and follow a healthier diet, respectively.

Conclusions: Our findings confirmed the good psychometric properties of the Greek SREBQ version. Future studies can safely incorporate this scale in their research protocol.