
ABSTRACT

Development of Japanese version of the Intuitive Eating Scale-2

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This study developed a Japanese version of the Intuitive Eating Scale-2 (IES-2), a measure for assessment of intuitive eating, and investigated its reliability and validity. In addition, the present study also aimed to examine if intuitive eating also predicts adaptive related variables above and beyond disordered eating. The results of a confirmatory factor analysis showed that, like the original version, the Japanese IES-2 had a four-factor structure and invariance across gender. The Japanese IES-2 scores were internally consistent and stable over a 3-week period. Supporting its criterion-related validity, the Japanese IES-2 scores were (a) negatively related to disordered eating, internalization of the ideal thin body, poor interoceptive awareness and negative affect; (b) positively related to positive body image, self-esteem, positive affect and life satisfaction. Furthermore, the scale predicted well-being indices (self-esteem and positive affect) above and beyond disordered eating. Thus, the IES-2 is suitable for the assessment of intuitive eating in the Japanese population and predicts adaptive related variables above and beyond the disordered eating.

Key Words: intuitive eating, reliability, validity, eating disorder
