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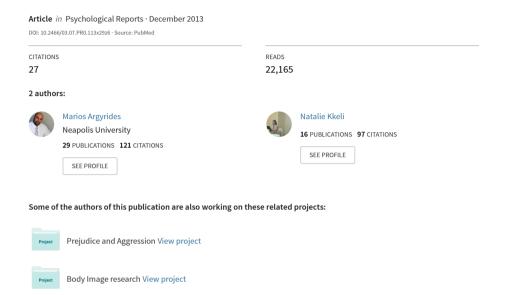Psychological Reports

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MULTIDIMENSIONAL BODY-SELF RELATIONS QUESTIONNAIRE–APPEARANCE SCALES: PSYCHOMETRIC PROPERTIES OF THE GREEK VERSION[1]

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Summary.—The psychometric properties of a Greek version of the Multidimensional Body-Self Relations Questionnaire–Appearance Scales (MBSRQ–AS) were studied. A total of 1,312 high school students (463 boys, 849 girls) were administered the Greek MBSRQ–AS, the Greek Appearance Schemas Inventory–Revised (ASI–R) and the Greek Sociocultural Attitudes Towards Appearance Questionnaire–3 (SATAQ–3). An exploratory factor analysis revealed that the Greek MBSRQ–AS items significantly loaded with the scale's main factors. Internal consistencies of the subscales ranged from .76 to .86. Test-retest reliabilities ranged from .75 to .93. Convergent validity was also confirmed as the Greek MBSRQ–AS subscales correlated positively with the ASI–R and the SATAQ–3.

Body image is one's perceptions, feelings, and thoughts about one's appearance (Muth & Cash, 1997; Grogan, 1999; Cash, Morrow, Hrabosky, & Perry, 2004). Interest in body image among researchers is high since it is associated with disordered eating (Cash, 2005; Leondari, 2011), low self-esteem, depression, and social anxiety (Cash, 1990; Thompson, 1992; Frederick & Morrison, 1996). The Multidimensional Body-Self Relations Questionnaire (MBSRQ) is a well-validated measure that evaluates different attitudinal facets of body image (Muth & Cash, 1997; Cash, 2000). The first form of this instrument is a full 69-item version consisting of seven factor subscales reflecting two dispositional dimensions named Evaluation and Orientation and five additional subscales tapping appearance, fitness, and health/illness. In addition to the seven subscales, the scale also has three special multi-item subscales: the Body Areas Satisfaction Scale (BASS); the Overweight Preoccupation Scale; and the Self-Classified Weight Scale (Cash, 2000).

The second, shorter form of the MBSRQ is a 34-item version that evaluates only the appearance-related components of the body image construct (Cash, *et al.*, 2004). The shorter version of the instrument is called the MBSRQ–Appearance Scales (MBSRQ–AS) and it consists of two of the main factor subscales of the original version and the three additional multi-item subscales. These include the 7-item Appearance Evaluation scale, which measures feelings of physical attractiveness or unattractive-

ness, and satisfaction or dissatisfaction with one's looks. High scorers feel mostly positive and satisfied with their appearance and low scorers have a general unhappiness with their physical appearance. The 12-item Appearance Orientation scale assesses the extent of investment in one's appearance. The 4-item Overweight Preoccupation scale assesses fat anxiety, weight vigilance, dieting, and eating restraint. The Self-Classified Weight scale consists of two items and reflects how one perceives and labels one's weight (ranging from very underweight to very overweight). Finally, the 9-item Body Areas Satisfaction Scale (BASS) assesses satisfaction or dissatisfaction with specific areas of the body on a 5-point scale (Complete Satisfaction to Complete Dissatisfaction). Each MBSRQ subscale score is the mean of its constituent items (Brown, Cash, & Mikulka, 1990). Both the main factor and additional subscales of the MBSRQ–AS have good psychometric properties with reported internal consistency coefficients ranging from .70 to .89 and 1-mo. test-retest reliabilities ranging from .74 to .91 (Cash, 2000). According to Cash (2000), the internal consistencies were based on normative samples and the test-retest reliability coefficients were obtained from samples of college students ages 18 yr. or over. Cash (2000) also states in the manual that the MBSRQ is appropriate for individuals 15 yr. or older.

Concerning Cyprus, a study by Hadjigeorgiou, Tornaritis, Savva, and Kafatos (2005) revealed that 42% of Greek-Cypriot females and 18% of Greek-Cypriot males ages 10 to 18 years were dissatisfied with their weight and shape. These percentages are indicative of significant body-image disturbances in Cyprus. Similar findings were also reported by Argyrides (2013) in a college-age population. Furthermore, a survey of the literature demonstrates that there are few questionnaires for evaluating body image in Greek. Specifically, a thorough review by Stalikas, Triliva, and Roussi (2012), which published the collection of all validated psychometric tools in the Greek language that are used in Greece and Cyprus did not identify any available tool for assessing body image. Therefore, instruments assessing body image, appearance, and weight concerns are needed. The short version of the MBSRQ was found to be an appropriate measure to examine these issues as it is one of the most widely used (Rusticus & Hubley, 2006). Consequently, a Greek adaptation of the MBSRQ–AS was developed and examined in the present study.

It was expected that the Greek version of the MBSRQ–AS would have adequate psychometric properties. The following specific hypotheses were tested:

Hypothesis 1. The items in the Greek MBSRQ–AS will have significant loadings (≥ .40) on the scale's main factors.

Hypothesis 2. The internal consistency of the Greek MBSRQ–AS will be ≥ .75.

Hypothesis 3. The test-retest reliability of the Greek MBSRQ–AS will be ≥ .75.

Hypothesis 4. The Greek MBSRQ–AS will correlate positively with the Appearance Schemas Inventory–Revised (a measure of investment in one's appearance) and the Sociocultural Attitudes Towards Appearance Questionnaire (a measure of the internalization of the thin ideal by the media), thereby confirming its convergent validity.

Method

Sample and Procedure

A total of 1,312 participants were recruited from the public school system in Cyprus and were administered the questionnaires of interest (463 boys, 849 girls). The details concerning participants' age, height, weight, and Body Mass Index (BMI) can be seen in Table 1. Based on participants' BMI score, their BMI Weight Category was calculated using the teenage BMI scale: 0–5th percentile = Underweight, 5th–85th percentile = Normal Weight, 85th–95th percentile = Overweight, and Higher than 95th percentile = Obese. This frequency distribution revealed that 248 participants (18.9%) fell in the Underweight category, 915 (69.7%) in the Normal Weight category, 120 (9.1%) in the Overweight category, and 29 (2.3%) in the Obese category.

TABLE 1
PARTICIPANTS' INFORMATION ON AGE, HEIGHT, WEIGHT, AND BODY MASS INDEX (N = 1,312)

Variable	M	SD	Range
Age	16.1	0.89	15–19
Height, cm	168.2	8.34	145–200
Weight, kg	60.33	12.01	37–124
Body Mass Index	21.24	3.40	12.77–41.52

For the present study, the appropriate permission by the Ministry of Education and Culture of Cyprus was acquired to be able to collect data within the public school system. All 89 gymnasiums and lyceums in the country were contacted and informed about the nature of the study and were asked to participate; 39 agreed (43.82%). The parents of the students were informed of the nature and goals of the study and were asked to

give their consent. All students who participated had parental consent and were informed that their participation was anonymous and voluntary. They were asked to complete the questionnaire in the classroom during a scheduled class period.

During this period, a questionnaire packet was distributed, which consisted of the demographic data sheet asking participants about their age, gender, weight, and height, and the three questionnaires (Greek MBSRQ–AS, the Greek ASI–R and the Greek SATAQ–3). Participants completed the packet in 30–40 min., and the order of the questionnaires was kept constant across all participants. All participants were invited to complete the questionnaire again after one month, to assess its test-retest reliability. Of the original 1,312 participants, 252 responded to the same questionnaire again after 1 mo.

Translation

In translating the MBSRQ–AS to Greek, the recommendations of Beaton, Bombardier, Guillemin, and Ferraz (2000) and Stalikas, *et al.* (2012) were followed; a forward and backward translation method was used. In this process, the English version of the MBSRQ–AS was translated to Greek by a professional translator and then a different professional translator back-translated the Greek version to English. The two translations were then evaluated by a bilingual speaker and a licensed professional psychologist who specializes in body-image issues. The bilingual speaker and the body-image specialist discussed any possible discrepancies, and then evaluated and corrected them. When the final decision about all the items was made, a pilot version of the scale was administered to a convenience sample of 33 undergraduate students (14 men, 19 women; M age = 21.1 yr., SD = 2.3) asking them for feedback on the clarity of the questionnaire. No major changes were made after this pilot study.

Measures

The body image of the 1,312 participants was assessed with the newly translated Greek version of the MBSRQ–AS. For the purpose of convergent validity assessment, participants were also administered the Greek version of the Appearance Schemas Inventory–Revised (ASI–R) (Cash, 2003; Argyrides & Kkeli, 2013 for the Greek version). This is a 20-item measure, scored on a 5-point scale with anchors 1: Strongly disagree and 5: Strongly agree, addressing issues of valuing and attending to one's appearance as well as engaging in appearance-management (or grooming) behaviors. Sample items are: "I try to be as physically attractive as I can be" and "I have never paid much attention to what I look like." The scale has a lowest total score of 20 and a highest total score of 100. The ASI–R internal consistency (Cronbach's α) was reported to be .90 (Cash, 2003). The

ASI–R scale is also supported by convergent validity data where higher scores are related to issues relating to the internalization of societal/media ideals of appearance, poorer body-image evaluation and body-image dysphoria (Cash, 2003). For the current sample, the alpha coefficient was .89.

For further support of convergent validity, participants were also administered the Greek version of the Sociocultural Attitudes Towards Appearance Questionnaire (SATAQ–3) (Thompson, van den Berg, Roehrig, Guarda, & Heinberg, 2004; Argyrides, 2012 for the Greek version). The SATAQ–3 assesses one's level of internalization of the thin ideal from media as well as feeling pressured to look a certain way and perceiving the media as a good source of information of how one should look. The SATAQ–3 is a 30-item scale measuring the multidimensional effect of sociocultural influences on body-image on four dimensions which include: Information, Pressures, Internalization-General, and Internalization-Athlete. Sample items are: "I've felt pressure from TV or magazines to lose weight" and "I would like my body to look like the people who are in movies." Internal consistencies of the four factors are very good with Cronbach's αs generally exceeding .80 (Thompson, *et al.,* 2004). Items are answered on a 5-point Likert scale (1:Definitely disagree, 5:Definitely agree) and a total score is computed for each factor. For the current sample, the alpha coefficients of the scales ranged from .82 to .86.

Results

Descriptive statistics were calculated for participants' age, gender, height, weight, body mass index (BMI), and BMI category. These results are reported in Table 1. Subscale and total scores were also calculated for the three measures (the Greek MBSRQ–AS, the Greek ASI–R, and the Greek SATAQ–3). In addition to exploratory factor analysis, internal consistency, test-retest reliability, and convergent validity were analysed with Pearson correlations and Cronbach's alpha coefficients.

Group comparisons were also performed with independent-samples *t* tests and analyses of variances. Gender differences on body-image satisfaction were expected, as women generally report less satisfaction with their physical appearance and more concerns with appearance and weight (Untas, Koleck, Rascle, & Borteyrou, 2009). Furthermore, significant associations exist between weight and body dissatisfaction and weight concerns (Schwartz & Brownell, 2004). Moreover, and as compared to obese individuals, normal weight individuals have been found to be more satisfied with their appearance and less preoccupied with their weight (Cash & Pruzinsky, 2002; Schwartz & Brownell, 2004). Therefore, if differences are found in the current study between the gender and weight categories, this should indicate further support for the sensitivity and validity of the Greek adaptation of the MBSRQ–AS.

Factor Structure

For the purpose of the current study, the two main factor subscales of the MBSRQ were used in the factor analysis: Appearance Orientation (12 items) and Appearance Evaluation (7 items). This separation between the two main factor subscales and the three additional subscales was proposed by Cash (2000) in the manual of the scale which describes the other three subscales as "special multi-item subscales" (p. 1) and not part of the original factor structure. Furthermore, the same procedure was followed by Untas, *et al.* (2009) with the French version of the MBSRQ, who reported that the last three subscales "were never proposed or intended as distinctive dimensions vis-à-vis the original Body-Self Relations Questionnaire scales" (p. 465). Therefore, only the factor structure of the two subscales (Appearance Orientation and Appearance Evaluation) belonging to the original Body-Self Relations Questionnaire was investigated.

Exploratory Factor Analysis with maximum likelihood and oblique rotation was used on the total sample in order to assess the factor structure of the 19 items of the Greek version of the MBSRQ–AS and extracted two factors (using Cattell's 1966 Scree test) which explained 41.44% of the total variance (Table 2). As with the original and the French adaptation of the scale, the first factor corresponded to the Appearance Orientation subscale of the MBSRQ–AS and explained 22.86% of the variance. The second factor corresponded to the MBSRQ–AS Appearance Evaluation subscale and explained another 18.58% of the variance. This exploratory analysis also indicated that all 19 items had significant loadings greater than .40 (Hair, Black, Babin, & Anderson, 2009) in at least one factor. Furthermore, there was no significant relationship between the two factors ($r = -.001$, ns).

In an attempt to further support the factor structure of the scale, the same analysis was performed after participants were grouped into two categories: boys and girls. This second analysis confirmed the results of the initial factor structure with the whole sample. The results of both analyses are presented in Table 2, and both support Hypothesis 1.

Internal Consistency

Cronbach's α coefficients were satisfactory for the two main subscales of the Greek MBSRQ–AS and supported Hypothesis 2. Specifically, the alpha coefficient for the Appearance Orientation subscale was .81 and for the Appearance Evaluation .82. For the three additional subscales of the Greek MBSRQ–AS, the Cronbach's α coefficients were .86 for the Body Areas Satisfaction Scale (BASS), .76 for the Overweight Preoccupation subscale, and .81 for the Self-Classified Weight subscale.

Test-retest Reliability

The test-retest correlations were very high for the two main factor subscales and the three additional subscales of the Greek MBSRQ–AS:

TABLE 2
EXPLAINED VARIANCE AND LOADINGS OF 19 ITEMS ON 2 MAIN FACTORS [APPEARANCE ORIENTATION
(F1) AND APPEARANCE EVALUATION (F2)]

	Item	Total Sample (N = 1,312)		Boys (n = 463)		Girls (n = 849)	
		F1	F2	F1	F2	F1	F2
1	Notice how I look	**.72**	.09	**.65**	.13	**.70**	.12
2	Buy clothes to look my best	**.69**	−.13	**.69**	.12	**.66**	.03
3	Have a body that is sexually appealing	−.12	**.75**	.11	**.61**	.11	**.69**
4	*Like my looks*	*.12*	*.53*	*−.10*	*.69*	*−.09*	*.76*
5	Check appearance	**.55**	.10	**.68**	.09	**.46**	.16
6	Spend time getting ready	**.53**	−.19	**.56**	−.08	**.60**	.05
7	Be considered good-looking	.11	**.52**	.13	**.49**	.15	**.58**
8	*Important always to look good*	*.73*	*.17*	*.72*	*.08*	*.70*	*.09*
9	Use of grooming products	**−.62**	.08	**−.49**	−.03	**−.42**	−.06
10	Way one looks without clothes	.12	**.66**	.08	**.65**	−.04	**.66**
11	Be self-conscious of my grooming	**.56**	−.11	**.62**	−.10	**.50**	−.13
12	Wear whatever is handy	**−.53**	.17	**−.54**	−.11	**−.56**	−.11
13	Way clothes fit the person	.11	**.41**	.08	**.55**	.09	**.63**
14	Don't care about what people think	**−.52**	.13	**−.45**	.19	**−.67**	.11
15	Take special care with hair grooming	**.55**	.11	**.51**	.07	**.56**	.12
16	Dislike my physique	.09	**−.62**	−.10	**−.76**	−.13	**−.78**
17	Feel physically unattractive	−.18	**−.71**	.08	**−.78**	.14	**−.78**
18	Never think about appearance	**−.66**	−.08	**−.64**	.19	**−.66**	.09
19	Try to improve physical appearance	**.64**	.04	**.62**	.06	**.60**	−.03
	Explained Variance	22.9%	18.6%	22.3%	16.8%	22.6%	18.3%

Note.—Boldface numbers indicate statistically significant (>.40) loading of the item on the appropriate factor. Item numbers reflect the original numbers of MBSRQ–AS. Items 4 and 8 (italics) were omitted as they loaded onto other factors than the original Factor Structures of Appearance Orientation (12 Items) and Appearance Evaluation (7 Items).

Appearance Evaluation ($r = .87$, $df = 1,310$, $p = 2.11e-4$), Appearance Orientation ($r = .91$, $df = 1,310$, $p = 1.32e-5$), Body Areas Satisfaction ($r = .75$, $df = 1,310$, $p = 2.31e-3$), Overweight Preoccupation ($r = .93$, $df = 1,310$, $p = 1.17e-5$) and Self-Classified Weight ($r = .91$, $df = 1,310$, $p = 4.16e-4$). Thus, Hypothesis 3 was supported.

Convergent Validity

The correlation coefficients between the two main factor subscales and the three additional subscales of the Greek MBSRQ–AS and the ASI–R showed significant relations. As can be seen in Table 3, the Appearance Evaluation subscale of the MBSRQ–AS positively correlated with the ASI-R and negatively correlated with all the SATAQ–3 subscales. Concerning the Appearance Orientation subscale of the MBSRQ–AS, it also positively correlated with the ASI-R and all the SATAQ–3 scales. Furthermore, the level of investment in one's appearance, as assessed by the ASI–R, positively correlated with Overweight Preoccupation ($r = .48$, $df = 1,310$, $p = 6.13e-6$) and negatively correlated with Body-Areas Satisfaction ($r = −.33$, $df = 1,310$, $p = 3.01e-5$) and Self-Classified Weight ($r = −.35$, $df = 1,310$, $p = 1.13e-4$) (details can be found in Table 3). Therefore, Hypothesis 4 was supported.

TABLE 3
CORRELATIONS BETWEEN THE GREEK MBSRQ–AS SUBSCALES AND APPEARANCE SCHEMAS
INVENTORY–REVISED AND SOCIOCULTURAL ATTITUDES TOWARDS APPEARANCE
QUESTIONNAIRE (SATAQ) ($N = 1,312$)

	AE	AO	OWP	BASS	SCW
Appearance Schemas Inventory	.35‡	.57‡	.41‡	−.36‡	−.38‡
SATAQ Internalization General	−.29‡	.37‡	.50‡	−.36‡	.16‡
SATAQ Internalization Athlete	−.14‡	.27‡	.32‡	−.22‡	.14‡
SATAQ Pressures	−.31‡	.26‡	.53‡	−.34‡	.26‡
SATAQ Information	−.10†	.37‡	.26‡	−.15‡	.06*

Note.—AE = Appearance Evaluation; AO = Appearance Orientation; OWP = Overweight Preoccupation; BASS = Body Area Satisfaction Scale; SCW = Self-Classified Weight. *$p < .05$. †$p < .01$. ‡$p < .001$.

Group Comparisons

The means and standard deviations of the scores on the Greek MB-SRQ–AS subscales for the three groups of BMI categories (Underweight, Normal Weight, and Overweight/Obese) are shown in Table 4. Analyses of variance (ANOVA) indicated significant differences on all subscales. Specifically, there was a significant main effect on the Appearance Evaluation factor subscale ($F_{2, 1309} = 40.67$, $p < .001$, $\eta^2 = .06$), the Appearance Orientation factor subscale ($F_{2, 1309} = 3.51$, $p = .03$, $\eta^2 = .01$), the Body Areas Satisfaction additional subscale ($F_{2, 1309} = 13.21$, $p < .001$, $\eta^2 = .02$), the Overweight

TABLE 4
MEANS AND STANDARD DEVIATIONS OF THE SCORES ON THE GREEK MBSRQ–AS SUBSCALES BY
BMI CATEGORY

MBSRQ Subcale	Underweight (n = 248)		Normal Weight (n = 915)		Overweight/ Obese (n = 149)		F_{1309}	p
	M	SD	M	SD	M	SD		
Appearance Evalu- ation	3.67	0.65	3.49	0.71	3.02	0.72	40.67	<.001
Appearance Orien- tation	3.76	0.59	3.65	0.59	3.63	0.59	3.51	.03
Overweight Preoc- cupation	2.27	0.90	2.68	0.94	3.08	0.84	13.21	<.001
Body Areas Satisfac- tion Scale	3.75	0.65	3.65	0.68	3.39	0.68	36.72	<.001
Self-Classified Weight	2.43	0.74	3.00	0.55	3.66	0.58	200.61	<.001

Preoccupation additional subscale ($F_{2, 1309}$= 36.72, $p < .001$, $\eta^2 = .05$), and the Self-Classified Weight subscale ($F_{2, 1309}$= 200.61, $p < .001$, $\eta^2 = .23$). Bonferroni *post hoc* tests indicated that Underweight participants had significantly higher scores on Appearance Evaluation, Appearance Orientation, and Body Areas Satisfaction Scale and significantly lower scores on Overweight Preoccupation and Self-Classified Weight than did Normal Weight participants. The same statistical differences were present in the same direction when comparing Normal Weight to Overweight/Obese participants. The only exception was between the subgroup of Normal Weight and Overweight/Obese participants, where their scores on the Appearance Orientation scale did not differ significantly, indicating that the two groups placed similar importance on how they look, similar attention to their appearance, and engage similarly in extensive grooming behaviors.

Descriptive statistics for the Greek MBSRQ–AS subscales for boys and girls are shown in Table 5. Independent sample *t* tests with Bonferroni adjustment ($p < .025$) showed significant differences on the two main factor subscales and two of the three additional subscales. Specifically, girls scored significantly higher than boys on Appearance Orientation ($t_{1310} = -12.12$, $p < .001$, Cohen's $d = 0.70$) indicating that girls place more importance on how they look, pay more attention to their appearance, and engage in more extensive grooming behaviors than boys. In addition, girls scored significantly higher than boys on the Overweight Preoccupation subscale ($t_{1310} = -13.99$, $p < .001$, Cohen's $d = 0.83$), indicating more fat anxiety, weight vigilance, dieting, and eating restraint. On the other hand, boys scored significantly higher than girls on the Appearance Evaluation subscale ($t_{1310} = 6.09$, $p < .001$, Cohen's $d = 0.37$) indicating more feelings of

TABLE 5
MEANS AND STANDARD DEVIATIONS OF THE SCORES ON THE GREEK MBSRQ–AS SUBSCALES BY SEX

MBSRQ Subscale	Boys ($n = 463$)		Girls ($n = 849$)		t_{1310}	p
	M	SD	M	SD		
Appearance Evaluation	3.64	0.69	3.38	0.72	6.09	<.001
Appearance Orientation	3.41	0.61	3.81	0.53	−12.12	<.001
Overweight Preoccupation	2.18	0.82	2.90	0.91	−13.99	<.001
Body Areas Satisfaction Scale	3.81	0.68	3.55	0.67	6.44	<.001
Self-Classified Weight	2.93	0.65	2.99	0.69	−1.44	.15

physical attractiveness and satisfaction with their looks and on the Body Areas Satisfaction subscale ($t_{1310} = 6.44$, $p < .001$, Cohen's $d = 0.39$) indicating satisfaction with discrete aspects of their appearance and specific parts of their body. There were no significant differences between the two groups on the Self-Classified Weight subscale.

DISCUSSION

In the current study, the psychometric properties of the Greek version of the MBSRQ–AS were investigated. The findings provide significant support for the construct validity of the questionnaire as a measure of body image for the Greek population, as all four hypotheses were supported.

The two-factor structure of the 19 items corresponding to the Appearance Orientation and Appearance Evaluation subscales are in concordance with the results of Brown, *et al.* (1990) on the original scale of the MBSRQ, as well as with the findings of Untas, *et al.* (2009) on the French adaptation of the measure, where each of the 19 items loaded on one factor or the other with a coefficient higher than .40. The non-significant correlation between the Appearance Orientation and Appearance Evaluation factor subscales provides further support for the independence of these two factors. Furthermore, the factor structure of the scale was very similar for the two genders.

The internal consistencies and test-retest reliabilities were found to be satisfactory for the two main factor subscales and the three additional subscales of the Greek MBSRQ–AS, findings that are similar to Cash's (2000) manual of the scale and the Untas, *et al.* (2009) study on the French adaptation of the measure. Furthermore, and as predicted, the Greek MBSRQ–AS was significantly correlated with the Appearance Schemas Inventory–Revised, which assesses the valuing and attending to one's appearance and his/her engagement in appearance-management (or grooming) behaviours as well as the Sociocultural Attitudes Towards Appearance Questionnaire (SATAQ–3) which assesses the internalization of a thin ideal from the me-

dia, pressures from the media, and the media being considered as a good source of information about one's looks, providing support for the convergent validity of the scale. Specifically, as valuing and attending to one's appearance increased, so did the preoccupation with weight (Overweight Preoccupation) and the amount of investment in appearance (Appearance Orientation). Moreover, as valuing and attending to one's appearance increased, there was a decrease in satisfaction with certain areas of the body (Body-Areas Satisfaction), satisfaction with appearance (Appearance Evaluation), and how one's own weight is classified (Self-Classified Weight). Furthermore, high scores on the internalization of the thin ideal were correlated with low scores on feelings of attractiveness (Appearance Evaluation), low scores on satisfaction with specific parts of the body (Body Areas Satisfaction), more investment towards appearance (Appearance Orientation), and more anxiety over one's weight (Overweight Preoccupation). The same direction of relationships was present for the SATAQ–3 factor, which deals with feeling pressured by the media to look a certain way (SATAQ Pressures) and considering the media as a good source of information as to what one should look like (SATAQ Information).

The significant differences in scores between groups classified as underweight, normal weight, and overweight/obese provided further support for the sensitivity of the scale. Consistent with Cash and Pruzinsky (2002) and Schwartz and Brownell (2004), the normal weight group reported more positive feelings and more satisfaction with their appearance, paid more attention to their appearance, and were less preoccupied with their weight than the overweight/obese group. There was an exception between the groups of Normal Weight and Overweight/Obese where there were similar scores on importance of how they look, similar attention to appearance, and similar engagement in grooming behaviors.

As expected, and as found with the French version of the MBSRQ–AS (Untas, *et al.*, 2009), gender differences were present on most scales. Specifically, based on the results, girls placed more importance on how they look, paid more attention to their appearance, and engaged more in extensive grooming behaviors than boys. In addition, they indicated more fat anxiety, weight vigilance, dieting, and eating restraint. On the other hand, boys indicated more feelings of physical attractiveness and satisfaction with their looks and satisfaction with discrete aspects of their appearance and specific parts of their body. However, there was no difference between the two genders on how boys and girls classified their weight, indicating that they both perceived and labeled their weight similarly.

A potential limitation of the current study is the fact that that MBSRQ–AS is usually used with a college-age population. However, according to Cash (2000) and the MBSRQ manual, the measure is appropriate

for use with individuals who are 15 yr. of age or older. Another study attempting to replicate the current findings with a college-age population may provide further support to the current findings. Another limitation of the study may be the body mass index (BMI), which was assessed by self-reported height and weight, and therefore, might be biased by self-presentation. Significant inaccuracies in estimation of height and weight have been found in a Greek-Cypriot sample in the past (Hadjigeorgiou, Tornaritis, Solea, Savva & Kafatos, 2011).

To summarize, the current study demonstrated that the Greek version of the MBSRQ–AS has very good psychometric properties. Given the absence of measures that assess the multidimensional facets of the body image construct in the Greek language, it serves as an essential tool for use among Greek populations. It could be interesting to explore the current findings in other sample groups such as people with disordered eating, eating disorders and/or other related disorders.

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