

# Accepted Manuscript

Development and preliminary validation of the Salzburg Stress Eating Scale

Adrian Meule, Julia Reichenberger, Jens Blechert

PII: S0195-6663(17)31133-9

DOI: [10.1016/j.appet.2017.10.003](https://doi.org/10.1016/j.appet.2017.10.003)

Reference: APPET 3635

To appear in: *Appetite*

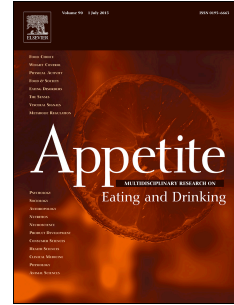
Received Date: 2 August 2017

Revised Date: 2 October 2017

Accepted Date: 2 October 2017

Please cite this article as: Meule A., Reichenberger J. & Blechert J., Development and preliminary validation of the Salzburg Stress Eating Scale, *Appetite* (2017), doi: 10.1016/j.appet.2017.10.003.

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting proof before it is published in its final form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.



## Abstract

Stress-related eating has long been a focus of study in several disciplines. Currently available psychometric scales conflate stress-related eating with emotional eating despite that not all stress states can be subsumed under some form of specific emotion. Moreover, existing measures primarily assess increased food intake in response to emotions and stress, thus ignoring evidence of decreased food intake in response to stress. Therefore, we drew from established stress concepts to develop the first genuine stress-related eating scale (Salzburg Stress Eating Scale [SSES]) in both German and English versions. In the SSES higher scores indicate eating more when stressed and lower scores indicate eating less when stressed. In study 1 ( $n = 340$ ), the German SSES was found to have a one-factor structure ( $\alpha = .89$ ). SSES scores were weakly or moderately correlated with other eating-related constructs (e.g., emotional eating, body mass index [BMI]), and weakly correlated or uncorrelated with non-eating-related constructs (e.g., impulsivity, perceived stress); in addition, women had higher scores than men. Perceived stress moderated the association between stress eating and BMI, such that higher SSES scores were significantly related to higher BMI in individuals with high perceived stress, but not in individuals with low perceived stress. In studies 2 ( $n = 790$ ) and 3 ( $n = 331$ ), factor structure, internal consistency, and associations with sex and BMI were replicated for both German and English versions of the SSES. Hence, the SSES represents a psychometrically sound tool for the measurement of stress-related eating.

## Keywords

Stress; Stress eating; Emotional Eating; Body mass index

متن کامل مقاله

دریافت فوری ←

**ISI**Articles

مرجع مقالات تخصصی ایران

- ✓ امکان دانلود نسخه تمام متن مقالات انگلیسی
- ✓ امکان دانلود نسخه ترجمه شده مقالات
- ✓ پذیرش سفارش ترجمه تخصصی
- ✓ امکان جستجو در آرشیو جامعی از صدها موضوع و هزاران مقاله
- ✓ امکان دانلود رایگان ۲ صفحه اول هر مقاله
- ✓ امکان پرداخت اینترنتی با کلیه کارت های عضو شتاب
- ✓ دانلود فوری مقاله پس از پرداخت آنلاین
- ✓ پشتیبانی کامل خرید با بهره مندی از سیستم هوشمند رهگیری سفارشات