

Correlates of children's eating attitude test scores among primary school children

ABSTRACT

A total of 107 Malay primary school girls (8-9 yr. old) completed a set of measurements on eating behavior (ChEAT, food neophobia scales, and dieting experience), the Rosenberg Self-Esteem Scale, body shape satisfaction, dietary intake, weight, and height. About 38% of the girls scored 20 and more on the ChEAT, and 46% of them reported dieting by reducing sugar and sweets (73%), skipping meals (67%), reducing fat foods (60%) and snacks (53%) as the most frequent methods practiced. In general, those girls with higher ChEAT scores tended to have lower self-esteem ($r = .39$), indicating they were more unwilling to try new foods (food neophobic) ($r = .29$), chose a smaller figure for desired body size ($r = -.25$), and were more dissatisfied with their body size ($r = .31$).

Keyword: Feeding behavior; Female; Personality test; Psychological aspect; Child