The psychometric properties of the Children's Eating Attitudes Test (ChEAT) were studied with a sample of Mexican students. This test evaluates eating attitudes and behaviors of children and preadolescents. The survey was administered to a sample of 1241 students (boys and girls) attending to primary and secondary schools in the North zone of Mexico City. Reliability analysis indicates that the ChEAT has a suitable internal consistency (alpha = .82). The five factors (drive for thinness, fat food avoidance, food preoccupation, compensatory behaviors, and perceived social pressure) explained 43.74% of the total variance and were similar to those reported in previous studies with children and preadolescents. The ChEAT showed good test-retest reliability and convergent validity with the Body Shape Questionnaire. To our knowledge, this is the first study that reports the psychometric properties of the ChEAT with a Mexican sample.

Keywords
ChEAT, eating attitudes, eating behavior, validity, reliability.