Abstract

Objective: The aim of the study was to analyse the psychometric properties of the Food Choice Questionnaire (FCQ) in Spanish population (FCQ-SP), its factor structure and internal consistency. In addition, the relationships between the FCQ-SP and the General Health Questionnaire (GHQ), the Irrational Food Beliefs Scale (IFBS), and the Eating Disorders Inventory-3 (EDI-3) were analysed in order to explore the validity of the FCQ-SP. Possible gender differences in the food choice pattern were analysed.

Methods: The sample comprised 255 women and 50 men, ranged from 25 to 64 years. In order to get a better interpretation of the results associated with changes based on the age, the participants were grouped in four age intervals (25-34, 35-44, 45-54, and 55-64). All the participants were relatives of secondary and high school students in three schools of Seville and Cordoba. Results: The factor analysis yields the seven following factors: mood, health and natural content, sensory appeal, weight control, convenience, familiarity, and price. The internal consistency was determined by means of the Cronbach’s coefficients, which ranged from 0.70 to 0.83 for the different components. With regards to the food choice profile, sensory appeal was the most motivating factor to choose food, followed by price and weight control. With respect to gender differences, women showed higher scores than men in all components except in the case of price. Discussion: The FCQ-SP has adequate psychometric properties to be applied to Spanish population, and it is useful to explore the consumers’ motivation with regards to food choice.

Keywords

Food choice, Food beliefs, Eating behaviour, Motivation, Gender differences.