The aim of this study was to assess the internal consistency and validity of the Bulimic Investigatory Test Edinburgh (BITE) in Mexican women. The first sample comprised 322 undergraduate women (150 women from Hermosillo, Sonora and 172 women from Ciudad Guzman, Jalisco) with a mean age of 21.24 (SD = 3.91). The second sample included 73 women with eating disorders (bulimia nervosa = 23 and binge eating disorder = 50) with a mean age of 28.47 (SD = 9.65). The results showed that internal consistency of BITE was .90 for women from Hermosillo, .85 for women from Ciudad Guzman and .83 for women with eating disorders. The best cut-off point of BITE total score was 21 and 15 for symptoms subscale and 6 for severity subscale. The BITE total score and its subscales differentiate between clinical and undergraduate women. Also it was found a significant correlation between BITE and EAT. These findings evidenced that internal consistency of BITE was acceptable across the samples and supported the validity of the questionnaire.

Abstract

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Keywords

BITE, reliability, validity, women, Mexico.