

Validation of the Spanish version of the Physical Appearance Comparison Scale-Revised (PACS-R): Psychometric properties in a mixed-gender community sample (pp. 269-289)

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The objectives of this study were to examine the validity and reliability of the Spanish version of the Physical Appearance Comparison Scale-Revised (PACS-R) and to assess its ability to predict body dissatisfaction and disordered eating in a community sample in Spain. A total of 1405 participants (83.6% women; aged 14-64) completed the Spanish PACS-R along with measures of body image, eating disturbances, appearance-related sociocultural influences, self-esteem and social comparison. Exploratory and confirmatory factor analyses supported the original one-dimensional factor structure for the 11-item Spanish version of the PACS-R. Women had significantly higher PACS-R scores than men. Internal consistency of the measure was excellent, and results showed good test-retest reliability and convergent validity in men and women. Regression analyses demonstrated the utility of the scale in predicting body dissatisfaction and disordered eating in both genders. Results suggest that the Spanish PACS-R has excellent psychometric properties, therefore it might be a useful tool to measure appearance comparisons among Spanish speaking populations.