



PSYCHOMETRIC PROPERTIES OF THE EATING DISORDER EXAMINATION - QUESTIONNAIRE AMONG BRAZILIAN CISGENDER GAY AND BISEXUAL ADULT MEN

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Introduction: One of the most widely used assessment tools for evaluate disordered eating attitudes and behaviors, Eating Disorder Examination - Questionnaire (EDE-Q), has not yet been rated in Brazilian cisgender gay and bisexual men—an at-risk population given the extent of minority stressors in Brazilian culture. Despite research supporting that gay and bisexual men have elevated risk for eating disorders (EDs) when compared to their heterosexual counterparts, there is a dearth of research on EDs in cisgender gay and bisexual men in Brazil. **Objective:** The present study aimed to assess the psychometric properties of the EDE-Q among Brazilian cisgender gay and bisexual adult men. **Method:** The Brazilian Portuguese version EDE-Q was administered to a sample of 1.409 gay and bisexual adult men, aged 18–50 years, along with measures of self-objectification, body-ideal internalization, drive for muscularity, muscle dysmorphia symptoms, and body appreciation. The factor structure of the Brazilian Portuguese version EDE-Q was assessed using a two-step, split-sample exploratory (EFA; $n = 704$) and confirmatory factor analytic approach (CFA; $n = 705$). Additionally, convergent validity, internal consistency, and 2-week test–retest reliability were evaluated. **Results:** Findings from an EFA and CFA revealed a one-factor structure with 22 items and adequate internal consistency ($\omega = .92$, 95% CI = [.91, .93]). Moreover, the scale demonstrated good 2-week test–retest reliability (ICC = .86, 95% CI = [.82, .88], $p < .001$). The EDE-Q scores showed a positive and statistically significant association with self-objectification, body-ideal internalization, muscle dysmorphia symptoms, and drive for muscularity, as well as a negative and statistically significant association with body appreciation. **Conclusions:**

Results provide support for the use of the EDE-Q using a one-factor structure in Brazilian cisgender gay and bisexual adult men, and give insights for future studies on eating disorders in sexual minorities in Latin America.

Keywords: Psychometrics; Feeding and eating disorders; Sexual and gender minorities.

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