

Psychometric validation of the Exercise Dependence Scale-Revised (EDS-R) for a sample of Brazilian military personnel

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INTRODUCTION

Exercise dependence can be understood as a behavioral addiction, marked by excess and repetition, despite injuries, with an impact on social and personal life. The aim was analyze the adequacy of the theoretical structure of the Exercise Dependence Scale-Revised (EDS-R) for a highly active military Brazilian reference sample.

METHODS

This is a methodological study. Data from a non-probabilistic sample of 268 EsEFEx's students, all male, were used. Confirmatory factor analysis, using unweighted least square estimation and listwise deletion, was used to determine the scales' factorial structures. RMSEA (ideal: <0,08), CFI, NFI, GFI, AGFI index (all: ideal > 0,90) were used to assess model adherence. Evidence of construct validity and internal consistency were generated. LISREL software was used.

RESULTS

A satisfactory adherence of the data to the proposed structural model, RMSEA = 0.066; CFI = 1; NFI = 0.97; GFI = 0.98; AGFI = 0, 98; $\chi^2 / DF = 2.15$ (Figure 1), with no additional adjustment necessary. As for internal reliability, adequate values of Cronbach's alpha ($\alpha = 0.73 - 0.89$) and construct reliability (CC = 0.72 - 0.89) were observed. As for convergent validity, all factors, with the exception of "reduction in other activities", had adequate Average Variance Extracted value. As for the discriminant validity, evidence was generated for all factors, with the exception of "reduction in other activities" and "time".

DISCUSSION AND CONCLUSION

Evidence of sufficient internal reliability and construct validity was generated to corroborate the appropriateness of the use of EDS-R for the sample in question, with the proviso for the risk analysis for dependence on the exercise.

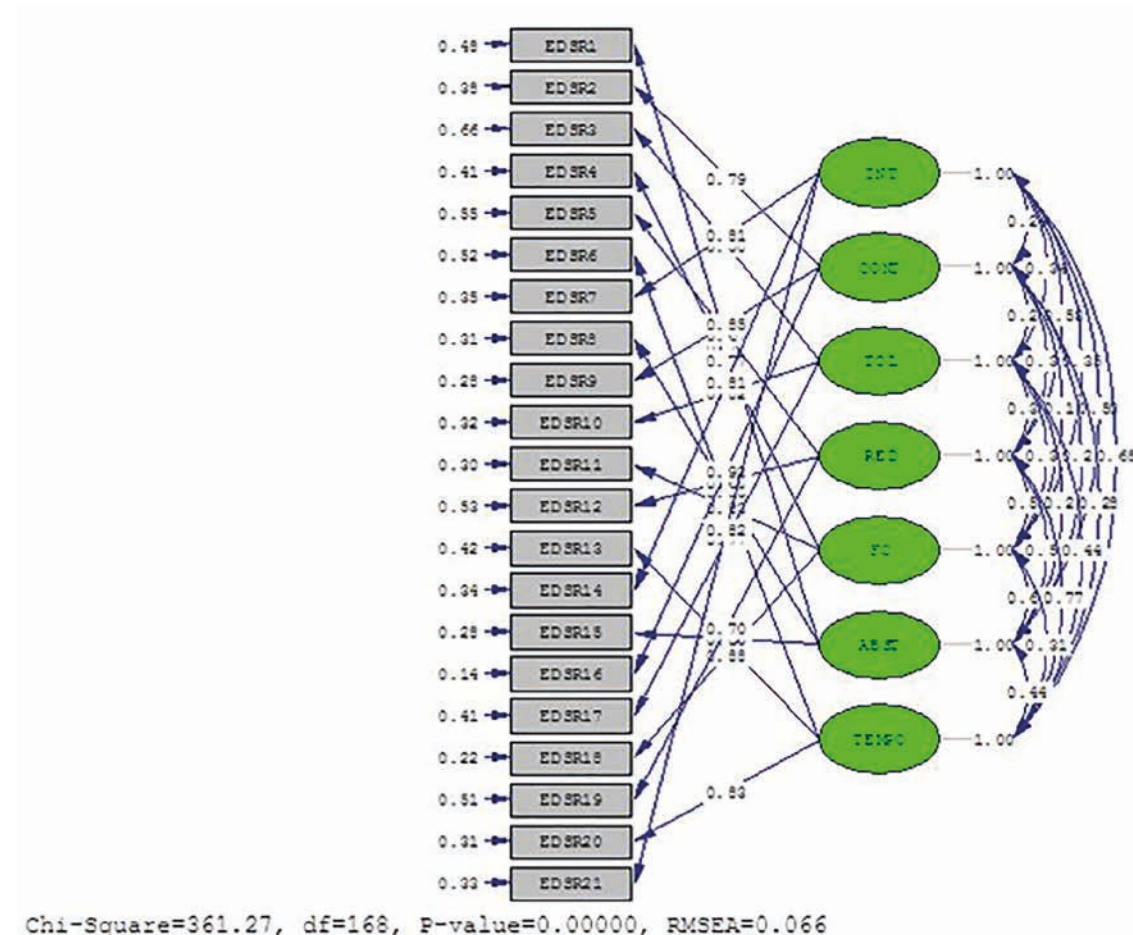
PRACTICAL IMPLICATIONS

The scale could be validated in other countries associated with CISM, allowing the monitoring of the exercise addiction in military personnel, preserving their health.

REFERENCES

none

FIGURES AND TABLES



CONFLICT OF INTEREST

The author declares no conflicts of interest I would like to ask for an oral presentation