Abstract

The objective of this study was to develop and validate a new scale, the Fear of Negative Evaluation towards Appearance and Body Shape (FNE-AB) Scale, as an assessment tool specifically for eating disorders. It was revised from a measure of general apprehension over unfavourable evaluation. A sample of 1,095 adolescent girls participated in the study. Factor analyses indicated that the scale emerged as a unidimensional construct of fear of negative evaluation towards physical appearance. The FNE-AB scale showed excellent internal consistency. It also had adequate convergent validity with measures of putative risk factors for eating disorders. Predictive utility of the FNE-AB scale was reflected from its incremental validity in predicting drive for thinness and eating symptoms beyond the prediction contributed by body dissatisfaction. Results provided preliminary support for the reliability and validity of the FNE-AB scale and demonstrated that it is a useful clinical and research tool for eating disorders.