Abstract

The present study examined the psychometric properties of the Interoceptive Awareness (IA) subscale of the Eating Disorder Inventory (EDI). Participants, 484 female nurses aged between 19 and 55, were recruited from hospitals and nursing schools in Hong Kong. They completed the Chinese version of the EDI and other measures assessing disordered eating attitudes and behaviors. Results of item total correlation and factor analysis suggested the existence of two sub-factors within the IA subscale. They were EAT (uncertainty in visceral sensations related to hunger and satiety) and EMO (confusion in recognizing emotions). Correlational analyses showed that EAT had higher association with Bulimia and Drive for Thinness. EMO, on the other hand, had higher association with Ineffectiveness, Perfectionism, and Interpersonal Distrust. EAT was able to differentiate subjects with previous eating disorders from those without. EMO, on the other hand, lacks this discriminant validity. In hierarchical multiple regression, EAT and EMO accounted for 8.2% and 1.4% of unique variance respectively in predicting disordered eating attitudes and behaviors. Implications of these findings were discussed with regard to the two-component model of eating disorders.