Body Image Assessment Software: A new program for assessing body-image disturbance using adjustable partial image distortion

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Abstract

The BIAS (Body-Image Assessment Software) is an innovative interactive computer program developed to assess body-image disturbances. The BIAS is a simple, fast and economical method for assessing body-size distortion and body dissatisfaction which works by modifying a scale image of the subject’s figure. The software can be run on any computer that has Windows and Microsoft Access or Microsoft Access Runtimes, and the data can be exported to applications such as SPSS and Excel. Thus, the strong points of the software are its accessibility and its ability to generate a female figure to scale that represents the real silhouettes of the patient.

This study assessed the psychometric properties of the BIAS. The program was administered to 252 psychology students at the University of Barcelona and 25 patients with eating disorder (ED). The participants filled in The Eating Attitudes Test (EAT-26), the Body Shape Questionnaire (BSQ), the Body Dissatisfaction Scale of the Eating Disorder Inventory (EDI-2-BSQ) and a test of silhouettes (the Body Image Assessment-Revised, BIA-R).

The results showed good validity and very high reliability. Furthermore, the BIAS is able to discriminate between people who are at risk of an ED and those who are not, and between subjects who have a history of ED and those who do not. Those at risk of having an ED and those with a current ED showed a good image distortion and body image dissatisfaction.

To assess psychometric properties of the Body Image Assessment Software (BIAS); to determine whether BIAS is a good measure of both perceived and ideal body image. Al...