Revize Edilmiş Görünüş Şemaları Ölçeği: Türkçe Versiyonun Psikometrik Özellikleri

Çiğdem Keven-Akliman
MEB

Abstract

Purpose: The aim of this study is to adapt the Appearance Schemes Inventory - Revised (ASI-R) developed by Cash, Melnyk and Hrabosky (2004) to Turkish and investigate the psychometric properties of the Turkish sample.

Method: A total of 313 university students (average age=20.86; 134 women; 167 men; 12 Gender-Free) were given the Appearance Schemes Inventory - Revised (ASI-R) and Body Image Quality of Life Inventory (BIQLI).

Findings: The main analysis results have shown that; the inventory, which was originally 20 items, was excluded from the scale due to the fact that 7 items could not pass the validity and reliability tests (low factor load, negative effect on model fit indices, low item total correlation). Turkish ASI-R items are significantly related to the original two factors of the inventory. The internal consistency factors for ASI-R and the subscales were 0.84, 0.81 and 0.76, respectively. The test-retest reliability factor was found 0.86. In the correlation analysis for the concurrent validity (similar scale) of the ASI-R scale with the BIQLI scale, a negative and significant relationship was determined. The results showed that Appearance Schemes Inventory - Revised (ASI-R) total and sub-dimension scores did not differ significantly by gender.

Implications for Research and Practice: As a result, the findings indicate that ASI-R has sufficient psychometric properties and individuals can use appearance charts. The research findings have been discussed in the light of the relevant literature and in terms of future research.

Keywords: Body Image, Appearance Schemes, Self-Evaluative Salience (Of External Appearance), Motivational Salience (Of External Appearance).

Öz

Amaç: Bu çalışmanın amacı, Cash, Melnyk ve Hrabosky (2004) tarafından geliştirilen Revize Edilmiş Görünüş Şemaları Ölçeğinin (R-GŞÖ) Türkçeye uyarlanması yapmak ve Türk örnekleminde psikometrik özelliklerini araştırmaktadır.

Yöntem: Çalışmada toplam 313 üniversite öğrencisine (Yaş ortalaması=20,86; 134 Kadın; 167 Erkek; 12 Cinsiyet Belirtmeyen), Revize Edilmiş Görünüş Şemaları Ölçeği (R-GŞÖ) ile Beden İmgesinin Yaşam Niteliğine Etkisi Ölçeği (BİYNEÖ) uygulanmıştır.

Bulgular: Başlıca analiz sonuçları göstermiştir ki; Orijinalinde 20 madde olan ölçek, 7 maddenin geçerlik ve güvenirlik testlerinden geçememesi (düşük faktör yükü, model uyum indekslerine olumsuz etki, düşük madde toplam korelasyonu) nedeniyle ölçekten çıkarılmıştır. Türkçe R-GŞÖ maddeleri anlamlı bir şekilde ölçeğin orijinal iki faktörü ile ilişkilidir. R-GŞÖ için iç tutarlılık katsayısı 0,84; Alt ölçeklerin iç tutarlılığı 0,81 ve 0,76 olarak tespit edilmiştir. Test-tekrar test güvenilirlik katsayısı 0,86 olarak bulunmuştur. R-GİÖ ölçeğinin BİYNEÖ ile arasındaki eş zaman (benzer ölçek) geçerliği için yapılan korelasyon analizinde negatif yönlü ve anlamlı ilişki tespit edilmiştir. Revize Edilmiş Görünüş Şemaları Ölçeği (R-GŞÖ) toplam ve alt boyut puanlarının cinsiyete göre anlamlı farklılık göstermediği tespit edilmiştir.

İleriye Dönük Araştırma ve Uygulama için Öneriler: Sonuç olarak bulgular, Revize Edilmiş Görünüş Şemaları Ölçeği'nin yeterli psikometrik özelliklere sahip olduğuna ve bireylerin görünüş şemalarını kullanabileceğine işaret etmektedir. Araştırma bulguları ilgili literatür ışığında ve gelecekteki araştırmalar açısından tartışılmıştır.

Anahtar Kelimeler: Beden İmajı, Görünüş Şemaları, Öz Değerlendirme Belirginliği (Dış Görünüşün), Motivasyonel Belirginlik (Dış Görünüşün).

Introduction

Body image is the subjective representation of one's own body and incorporates perceptual, cognitive, affective and behavioral components (Cash & Labarge, 1996; Cash, Melnyk & Hrabosky, 2004; Cash, Morrow,

Hrabosky & Perry, 2004; Thompson, 2004). Body image is a multidimensional structure that includes attitudinal experiences and subjective perceptions about its external appearance (Cash & Purzinky, 1990, 2002). Cash (1994, 2002a, 2002b) states that body image attitudes consist of two dimensions: self-assessment (self-ideal mismatch, body satisfaction-dissatisfaction) and investment in the body (cognitive-behavioral prominence or importance of external appearance). While the body image literature generally focuses on the size of assessment, the size of investment in the body has been ignored (Cash & Deagle, 1997; Cash & Pruzinky, 2002). The most fundamental characteristic of investing in body image is that it is a self-schema related to external appearance. Markus (1977) emphasized that the concept of self-schemas to describe the cognitive structures used in the process of processing information about an individual's own. Self schemes are expressed as cognitive generalizations that guide and organize individuals' self-related information processing processes (Markus, 1977). Although the self-schemes are multidimensional (Markus, 1977; Markus, Crane, Berstein & Siladi, 1982; Stein, 1996), it also includes the individual's personal and social experiences (Cash & Labarge, 1996; Labarge, Cash & Brown, 1998). According to Cash's cognitive behavioral perspective, situational events (personal and social experiences) activate the process of schema-based self-evaluation about an individuals' external appearance (Cash 1996, 2002a). Negative body image thoughts and feelings associated with one another that can lead body corrective activities. Therefore, self-schemes related to appearance are at a central point in understanding body image experiences in daily life.

Cash and Labarge (1996) developed the Appearance Schemas Inventory to determine the basic assumptions and beliefs about the effects, meaning and importance of individuals' external appearance on their lives. In later years, clinical and non-clinical studies have shown that notwhitstnading the validity and reliability scores were supported, the scale has some deficiencies (Cash, 2000; Cash, Ancis, & Strachan, 1997; Cash & Labarge, 1996; Cash & Lavallee, 1997; Grant & Cash, 1995; Labarge, Cash & Brown, 1998; Lavin & Cash, 2001; Strachan & Cash, 2002; Szymanski & Cash, 1995). A more extensive revision study was conducted through ASI by Cash, Melnyk and Hrabosky, (2004). At the end of the study, the scale took its final form with 20 items and two sub-dimensions (ASI-R). Appearance Schemes Inventory-Revised (ASI-R) assesses apparently non-functional schematic investment (Rusticus and Hubley, 2005). ASI-R consists of two sub-scales: Self-Evaluative Salience (SES) and Motivational Salience (MS).

Self-Evaluative Salience (SES) shows how much one believes that one's self-worth is determined by their physical appearance (Ledoux, Winterowd, Richardson & Clark, 2010). For example, individuals with high SES will evaluate their personal and social values on their appearance (Cash et al., 2004). “If I like how I look on a given day, it’s easy to feel happy about other things.” can be given as examples of items that reflect this sub-dimension.

Motivational Salience (MS); shows how interested a person is in their external appearance (personal care, makeup, clothing, sports, aesthetics, etc.). The Motivational Salience subscale measures the degree of engagement and control behaviors of the individual with their external appearance.(Ledoux et al., 2010). These behaviors may be personal care behaviors or attempts to look more beautiful, but they may be done for different reasons. “I try to be as physically attractive as I can be” can be given as an example to this sub-dimension.

Answers are scored from 1 to 5 (1; strongly disagree, 5; strongly agree) on the likert type rating scale. ASI-R has good psychometric properties. According to Cash, Melny and Hrabosky (2004), the internal consistency of ASI-R is satisfying. For combined measurements, the Alpha values were .88 for women and .90 for men. Motivational Salience were .90 for women and .91 for men (Cash et al, 2004).

Studies using this scale showed significant differences between the Self-Evaluation Salience and Motivational Salience (Cash, 2005; Cash, Jakatdar & Williams, 2004; Cash, Melnyk & Hrabosky, 2004; Cash, Phillips, Santos & Hrabosky, 2004; Ip & Jarry, 2008; Melnyk, Cash & Janda 2004; Rudiger, Cash, Roehrig & Thompson, 2007). For example; SES is mostly related to impaired body image cognition, which appears to be associated with body image insufficiency (Cash, Phillips, Santos, & Hrabosky, 2004), low self-esteem (Cash, Melnyk & Hrabosky, 2004), depressive affect, external appearance-based rejection sensitivity (Partridge & Robertson, 2011) and some important psychological functions (Cash et al., 2004; Ledoux et al., 2010; Partridge & Robertson, 2011). Individuals with high SES scores were found to show Insecure and anxious attachment styles in their relationships with important people in their lives (Ledoux et al. 2010). Motivational Salience (MS) is associated with more non-functional psychological structures, as increasing and maintaining bodily attractiveness is not based on the belief that self-value is determined by external appearance (Cash, 2005; Ip & Jarry, 2008). In the related studies, there was no significant relationship between MS and quality of life,

body satisfaction that varies from day to day (Melnky, Cash, & Janda, 2004). However, MS has been associated with the internalization of the ideal body image presented by the media as well as unhealthy eating attitudes in women (Cash, Melnyk & Janda, 2004). In individuals with both Self-Evaluation Dimension (SED) and Motivational Salience (MS) scores, the use of clothing to increase self-confidence has been observed to be excessive (Lamarche & Gammage, 2012). Prichard and Tiggemann (2011) reported that MS predicts eating behaviors, as well as other appearance-based behaviors such as suntanning or having a manicure. When behaviors are excessive and overlap with other important areas of life, MS may become dysfunctional (Lamarche & Gammage, 2012).

However, ASI-R is associated with measurement tools that evaluate other dimensions of body image. Cash, Melnyk and Hrabosky (2004) found a significant relationship between the ASI-R results and The Sociocultural Attitudes Towards Appearance Questionnaire – Internalization subscale and Body-Image Ideals Questionnaire.

Appearance Schemes Inventory-Revised (ASI-R) is associated with perfectionism (r = .63; Cash, Melnyk and Hrabosky (2004), self-esteem (r= -.20; Cash, Melnyk & Hrabosky, 2004) and eating disorders (r = .31; Cash, Melnyk and Hrabosky, 2004). Validity and reliability studies of the scale are not limited to university sample. Besides, studies comprise broader gender (Cash, Melnyk & Hrabovsky, 2004), ethnicity (Ambo, Suga & Nedate, 2012) and race samples (Cash, Melnyk & Hrabovsky, 2004) covers a broader sample (Cash & Hrabovsky, 2003; Rusticus & Hubley, 2005) as well. In addition, the ASI-R Self-Evaluative Salience sub-dimension was found to be associated with the Body Mass Index in women (Cash, Melnyk & Hrabosky, 2004).

This study aimed to test the adaptability of ASI-R for Turkish individuals as well. Since ASI-R allows predicting potential eating disorders, external appearance, and body image problems, it is important to determine how well the scale measures psychological investment in external appearance. This study aimed to determine whether the use of ASI-R on the Turkish sample was effective. When the Turkish literature is examined, there are limitations in the measurement tools that used to measure different dimensions of body image. As a result of this study, it is thought that Turkish literature will contribute with a measurement tool to measure the importance given to body and beliefs about body image. As a result of the research, it is thought that it could be used by psychiatrists, clinicians, psychological counselors and nutritionists to investigate body image problems in young adults and adults.

This study aimed to examine the psychometric characteristics of the ASI-R in a Turkish sample. For this purpose, first, the factor structure of the scale was examined, which was followed by the reliability studies that included internal consistency and test-retest reliability analyses. As for the concurrent validity, the correlations of ASI-R and its subscales with the factors of BIQLI were examined. The following hypotheses have been tested in the research;

H1: Items of Turkish ASI-R will show loaded on two factors (.40) in the original state of the scale.

H2: Internal consistency of Turkish ASI-R total and subscale scores will be .75.

H3: Turkish ASI-R test retest reliability will be .75.

H4: Turkish ASI-R has a negative correlation with Body Image Quality of Life Inventory (BIQLI), so the structure validity will be verified.

Method

Research Sample

Participants were 313 undergraduate students, of whom 134 were female and 167 were male (twelve of them did not report their sex), from Kocaeli and Ankara universities in Turkey. The ages of the participants ranged from 18 to 40 with a mean age of 20.86. The departments in which the participants study are shown in Table 1.

Table 1. Study / Study Sections Of The Individuals Participating In The Research

Department	Frequency
Banking and Insurance	98
Fashion Design	5
Emergency and Disaster Management	2
Jewelry and Jewelry Design	19
Tourism and Hotel Management	7
Foreign Trade	10
Automotive	87
Marketing and Advertising	4
Machine	36
Electrical	9
Guidance and Psychological Counseling	17
Academic	1
Section Not Specified	16
Total	313

Research Instrument and Procedure

Appearance Schemes Inventory - Revised (ASI-R)

The original form of Appearance Schemes Inventory was developed by Cash and Labarge (1996) and Cash et al. (2004), revised by increasing the number of items. The scale has been developed to evaluate faith and body image investment, which determines the importance, meaning and impact of appearance in individuals ' lives. The scale is a 5-point Likert type scale (1 = Strongly Disagree, 2 = Mostly Disagree, 3 = Neither Agree nor Disagree, 4 = Mostly Agree, 5 = Strongly Agree) and it consists of 20 items. There are 6 reverse items in the scale. The scale consists of two sub-dimensions: Self-Evaluative Salience and Motivational Salience. There are 12 items in the Self-Evaluative Salience dimension and 8 items in the Motivational Salience dimension. Therefore, the scores can be taken from the Self-Evaluative Salience dimension ranges from 12-60, and the items that can be taken from the Motivational Evaluation Salience ranges from 8-40. The scores that can be obtained from the total of the scale vary between 20 and 100.

Body Image Quality of Life Inventory (BIQLI)

Body Image Quality of Life Inventory (BIQLI) was developed by Cash and Fleming (2002) to measure the effect of body image on the aspects of one's life. BIQLI evaluates how a person's body image affects self-confidence, interpersonal relationships, daily life, mood, eating behavior, and overall life satisfaction. The scale was first applied to 116 female university students with an average age of 21.3 ± 5.1 by Cash and Fleming (2002), and internal consistency was 0.95, and test-retest reliability was found 0.79 in the application after three weeks. Corrected item scale correlations were between 0.45-0.86. In another study by Cash et al. (2004), over a total of 603 college students ranged 18-29, 135 of them were male and 468 female, and the internal consistency of the scale was 0.94 for both gender. BIQLI is adapted to Turkish by Demiralp, Demiralp, Sarıkoç, İyigün, Açıkel & Başbozkurt (2015). The internal consistency coefficient of BIQLI was 0.89. For test-retest reliability, BIQLI

correlation coefficient was found as 0.74. BIQLI is a two-point bipolar scale with 7 points represented by 19 items which are scored from + 3 to -3. The highest score that can be obtained from BIQLI is +57 and the lowest score is -57. Positive scores indicate that body image affects the quality of life at a positive level, while negative scores indicate that body image affects the quality of life at a negative level. A score of '0' from the scale indicates that body image has no effect on living areas. BIQLI has a structure of four-factor. Sub-factors of BIQLI are 'effect on self-value (1-2-3-5-6-7 and 8th item)', 'effect on daily life (9-10-17-18 and 19th item)', ' the effect on interaction with the opposite sex (4-12-11 and 16th item) 'and' effect on behavior / attitude(13-14 and 15th item. Each of the sub-factors is scored and evaluated in proportion to the number of items as described above.

Personal Information Form (PIF)

The researcher created the PIF to gather demographic information about participants' age, gender, and departments.

Appearance Schemas Inventory Translation studies

Permission from authors was obtained before starting the data collection, and all ethical research practices were followed. The translation of the scale from the original language of English to Turkish was made by two language experts with knowledge of English and proficiency. Expert opinion regarding the scale items prepared, was received from two research assistants working in Hacettepe University and Çukurova University Psychological Counseling and Guidance Department. After understanding that the expert opinions are consistent and the scale is suitable for application, in order to determine the understandability of the items, a trial application was carried to 60 teachers working in Beypazarı district in Ankara. The scale was translated back from Turkish to English by the language experts. After the necessary arrangements were made according to the opinions of the experts, the scale was applied on 40 students studying at Boğaziçi and TED University two weeks later. Following the higher correlation between the scales, the data collection phase was started.

Data Analysis

In this study, exploratory factor analysis, confirmatory factor analysis and concurrent validity test for criterion-related validity within the scope of the validity studies of the scales; Item analysis (item total correlation and Cronbach Alpha), test-retest reliability were used within the scope of the reliability study. Explanatory factor analysis can be defined as a multivariate statistics that aims to discover less conceptually meaningful new variables by combining a large number of interrelated variables (Çokluk, Şekercioğlu & Büyüköztürk, 2010). In explanatory factor analysis, a process for finding factors is performed based on the relationships between the variables. The difference between the load values in the factor to which the substances belong, the load values in other factors and the loads in more than one factor were examined. In factor analysis, in the extraction of items that do not measure the same structure factor load values are high (0.45 or higher is a good measure but this ratio can be lowered to 0.30) and the items have high load value in one factor and low load value in other factors (Factor load difference is at least 0.10 with factors other than the factor where each item has the highest factor load) (Büyüköztürk, 2011).

Confirmatory factor analysis is an advanced technique based on testing theories about latent variables and used in advanced research. It is an analysis in which a previously defined and restricted structure is tested as to whether it is validated as a model. Confirmatory factor analysis is one of the structural equation models. In the structural equation models, it is widely used "ratio of chi-square statistics to degree of freedom" (X2 / sd), "statistical significance of individual parameter estimates" (t value), "residue-based fit indices" (SRMR, GFI) "fit indices classified as "independent model based fit indices" (NFI, NNFI, CFI) and "approximate square root of errors (RMSEA)" are used (Çokluk, Şekercioğlu & Büyüköztürk, 2010). The expected coefficients for the model fit indexes are given in Table 2.

Table 2. Model Fit Indices

Fit Indices	Acceptable	Reference
X^2/sd	< 5	Tabachnick and Fidell, 2001
RMSEA	≤0,10	Kelloway, 1989; Tabachnick and Fidell, 2001
SRMR	≤0,08	Hu and Bentler, 1999; Brown, 2006
GFI	≥0,90	Kelloway, 1989; Schumacker and Lomax, 1996; Sümer, 2000; Hooper, Coughlan and Mullen, 2008
NFI	≥0,90	Kelloway, 1989; Schumacker and Lomax, 1996; Sümer, 2000; Tabachnick and Fidell, 2001 Thompson, 2004
NNFI	≥0,90	
CFI	≥0,90	Hu and Bentler, 1999; Sümer, 2000; Thompson, 2004
Standard error (min-max)	0,05 – 0,45	Bollen, 1989
Correlation between factors	0,30 – 0,85	Tabachnick ve Fidell, 2001

Criterion-dependent validity technique examines the relationship of test scores to one or more external criteria, and the concurrent (similar scales) validity technique used for this technique is evaluated by correlating the scores received by participants from another test that measures the same behavior (Büyüköztürk, 2011). In this study, Body Image Quality of Life Inventory (BIQLI) was used to test concurrent validity.

Cronbach Alpha technique, which is one of the item analysis methods, is used to examine the consistency between test scores. Another method of item analysis, item total correlation is used to explain the relationship between the scores obtained from the test items and the total score of the test, and and both tests show that the items exemplify similar behaviors and the internal consistency of the test is high. Both tests, indicates the discrimination of test items. The fact that the item-total correlation was positive and high indicates that the items exemplify similar behaviors and that the internal consistency of the test is high. In general, items with a item-total correlation of 0.30 and higher can be said to distinguish individuals well and items between 0.20 and 0.30 can be tested if necessary. Cronbach Alpha shows internal consistency and is generally expected to be above 0.70 (Büyüköztürk, 2011).

Test-retest reliability is explained by the correlation between the scores obtained by applying a test to the same group twice at periodically. The calculated correlation coefficient is used to interpret the degree to which the test gives stable measurements depending on the time (Büyüköztürk, 2011).

AMOS 22.0 software was used for confirmatory factor analysis; SPSS 21.0 programs were used for exploratory factor analysis, concurrent validity test; item total correlation, Cronbach Alpha, test-retest reliability, comparison and relationship tests. Skewness coefficient was used in the normality test of the scores. The scores obtained from a continuous variable remain within the ± 1 limits of the skewness coefficient (Skewness) used in the normal distribution feature. The scores obtained from a continuous variable can be interpreted that the Skewness coefficient used in the normal distribution feature within the limits of ± 1 does not show a significant deviation from the normal distribution. While parametric tests can be used, non-parametric tests can also be used by providing normal distributions of points that do not show normal distribution by using square root, logarithmic or inverse rotation methods (Büyüköztürk, 2011: 40). Two independent sample t tests were used to compare scale and sub-scale scores by gender. In the analysis, the level of significance was set at 0.05 ($p < 0.05$).

Appearance Schemas Inventory - Revised Exploratory Factor Analysis Results

In the Appearance Schemas Inventory-Revised explanatory factor analysis, KMO was measured as 0.84 and Bartlett's globality test significance level was measured as p<0.01. It was observed that it was appropriate to perform an explanatory factor analysis with 313 samples. When the slope deposit chart is examined, it is seen that the slope turns to horizontal after the second factor and the scale consists of two-dimensional structure (Figure 1).

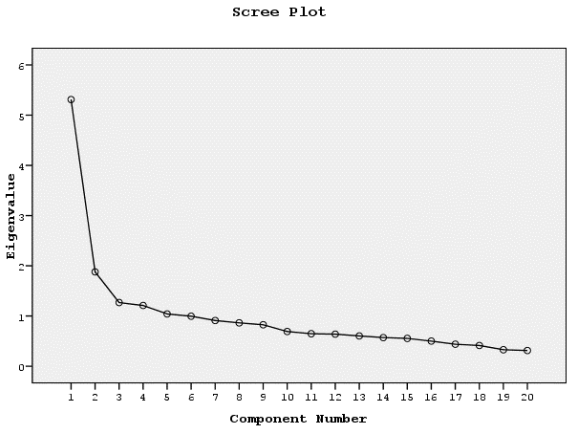

Figure 1. Appearance Schemas Inventory - Revised Slope Deposit Chart

According to the exploratory factor analysis, it was found that the factor load of 7 items (items 3, 5, 6, 9, 10, 11, 18) was low. The items with the loadings of below .40 were considered under these factors. Considering that the scale has already been improved, it was found appropriate to review the items after confirmatory factor analysis. The variances explained by the factors of the scale were 23.25% and 12,70%, respectively, and the total variance described was 35.95% (Table 3).

Table 3. Appearance Schemas Inventory - Revised Exploratory Factor Analysis Results

Item	F1	F2
m2	**0,702**	0,031
m5	**0,751**	0,127
m7	**0,710**	-0,005
m8	**0,643**	0,138
m9	**0,643**	0,324
m11	**0,696**	-0,111
m13	**0,669**	0,167
m14	**0,702**	0,382
m15	-0,257	-0,126
m16	0,059	-0,011
m19	0,042	0,032
m20	0,217	0,068
m1	0,262	0,111

m3	-0,079	**0,710**
m4	-0,061	**0,731**
m6	0,102	**0,614**
m10	0,369	**0,671**
m12	0,024	**0,776**
m17	0,018	**0,676**
m18	0,413	**0,710**
Self value	5,312	1,879
Explained variance (%)	23,247	12,705
Total variance (%)	35,953	

Confirmatory Factor Analysis (DFA) Results Of The Appearance Schemas Inventory – Revised

Results of the confirmatory factor analysis are shown in Table 3. According to the results of the first confirmatory factor analysis, since the factor loads were found to be below 0.40, the standard errors were very high and the model fit indices were not sufficient. The results in Table 3 were obtained by removing the problematic items from the scale and establishing covariance connections according to the modification recommendations.

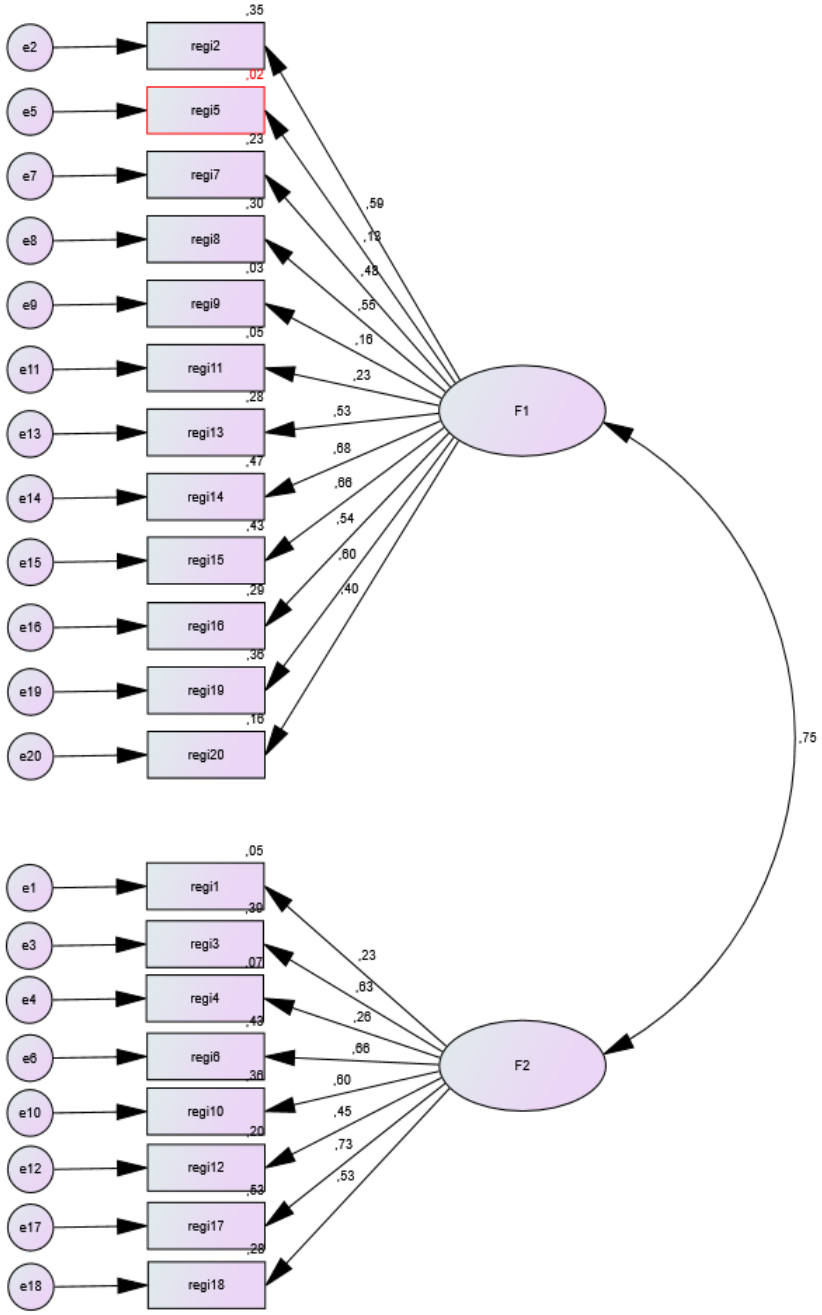

Figure 2. First Confirmatory Factor Analysis (DFA) Diagram of Appearance Schemas Inventory – Revised

Table 3. Appearance Schemas Inventory - Revised Model Fit Indices

Model Fit Indices	First DFA 20 items	Last DFA 13 items
X^2/sd	2,772	1,700
RMSEA	0,075	0,047
SRMR	0,071	0,046
GFI	0,866	0,951

NFI	0,715	0,905
NNFI	0,768	0,947
CFI	0,794	0,958
Factor load (min / max)	0,12 / 0,73	0,40 / 0,94
Standard error (min/max)	0,10 / 0,72	0,11 / 0,35
Correlation between factors	0,75	0,51 / 0,68 / 0,30

* With covariance connections

According to the item analysis results in Table 5, the Cronbach Alpha coefficient of the scale and subdimensions are 0.84, 0.81 and 0.76, sequentially. Item-total correlation was found to be higher than 0.20 (in the range of 0.28 to 0.59) for all items in the scale (Table 5).

Table 6. Test-Retest Validity Results

Measuring Time	**N**	$\bar{X}$	**SD**	**r**
FirstTest	20	39,95	8,23	**0,858****
Last Test	20	41,05	8,00	

As a result of the confirmatory factor analysis, the correlation coefficient between the 13-item structure and the sample of 20 people and two questionnaires performed at 4-week intervals was found to be very high and significant ($r = 0.86$; $p < 0.05$). According to the test-retest results, 13 items and 2-dimensional structure of the scale were found to be valid (Table 6).

Table 7. Descriptive statistics of scales and simultaneous validity results

Sub Dimensions	**Item Number**	**N**	$\bar{X}$	**SD**	**Skw**	**2**	**3**	**4**	**5**	**6**	**7**	**8**
1- Self-Evaluation	8	313	15,66	6,30	0,02	0,54**	0,92**	-0,12*	-0,18**	-0,32**	-0,05	-0,20**
2- Motivational Salience	5	313	9,05	4,29	0,08	1	0,82**	-0,18**	-0,25**	-0,43**	-0,12*	-0,30**
3- ASI-R	13	313	23,71	9,35	0,05		1	-0,16**	-0,24**	-0,42**	-0,09	-0,27**
4- Self Value	7	288	14,54	4,79	-0,36*			**1**	0,58**	0,42**	0,28**	0,82**
5- Daily life	4	288	7,38	3,73	--0,28*				**1**	0,47**	0,40**	0,82**
6- Interaction with the opposite sex	3	288	4,80	2,90	-0,80					**1**	0,36**	0,71**

7- Behavior attitude	/ 2	288	2,57	2,84	-0,94	**1**	0,61**
8- BIQLI	16	288	29,30	10,83	-0,76		1

Skw: Skewness skew coefficient * After square root conversion

The total score obtained from the Appearance Schemas Inventory - Revised (ASI-R) scale is 23.71±9.35 and the scale score is “very low” when the lowest (13) and highest (65) scores are taken into account (Table 7). The total score obtained from the BIQLI scale was determined as 29.30±10.83 and the scale score is “high” when the lowest (-48) and highest (48) scores are taken into account (Table 7).

The correlation analysis results are shown in Table 7. The correlation between self-evaluation and self-value (r=-0,12; p<0,05), daily life (r=-0,18; p<0,05), interaction with the opposite sex (r=-0,32; p<0,05), and Body Image Quality of Life Inventory (BIQLI) were found to be significant and negative. It was determined that there was no significant relationship between self- evaluation and behavior / attitude sub-dimension (p> 0.05).

In Table 7, correlation coefficient between motivation and self-value (r=-0,18; p<0,05), daily life (r=-0,25; p<0,05), interaction with the opposite sex (r=-0,43; p<0,05), behavior / attitude (r=-0,12; p<0,05) and Body Image Quality of Life Inventory (BIQLI) were found to be negative and significant (r=-0,30; p<0,05).

Association between Appearance Schemes Inventory - Revised (ASI-R) and self value (r=-0,16; p<0,05), daily life (r=-0,24; p<0,05), interaction with the opposite sex (r=-0,42; p<0,05) and Body Image Quality of Life Inventory (BIQLI) were found to be negative and significant (r=-0,27; p<0,05). It was determined that there was no significant relationship between Appearance Schemes Inventory - Revised (ASI-R) and behavior / attitude sub-dimension (p>0,05).

When the validity and reliability analysis results were evaluated together, it was found that Appearance Schemas Inventory - Revised was a reliable and valid scale with 13 items and 2-dimensional structure.

Table 8. T-Test Results for Comparison of Scale and Sub-Dimension Scores by Gender

Sub Dimensions	Gender	N	$\bar{X}$	SD	t	p
Self-Evaluation B.	Female	134	25,58	6,86	0,49	0,625
	Male	167	25,22	5,92		
Motivational Salience	Female	134	16,96	4,44	-0,08	0,936
	Male	167	17,00	4,15		
ASI-R	Female	134	42,55	9,89	0,30	0,768
	Male	167	42,23	8,91		

It is found that scale and subscale scores did not differ significantly by gender (Table 8).

Discussion, Conclusion and Recommendations

Appearance Schemas Inventory - Revised (ASI-R), which measures the meaning and importance of external appearance in an individual's life, has been translated and adapted to the Turkish language. In this study, the psychometric properties of the scale in young adults and adults were investigated. The findings support the validity and reliability of the Turkish version of ASI-R. The original scale was originally 20 items. However, seven items were removed from the scale due to the failure of passing validity and reliability tests (low factor load, negative impact on model fit indices, low substance total correlation). In addition, the two-factor structure found in the original form of the scale appeared in current analyses (Cash et al., 2004), The first factor is the Self –Evaluation Salience (SES) sub-dimension overlaps with The second factor the Motivational

Salience (MS) sub-dimension, which measures the attention and attention that the individual pays to their external appearance.

The internal consistency coefficient (0,84) of the current scale adapted to Turkish is similar to the internal consistency rate reported in its original form (Cash, Melnyk & Hrabosky, 2004). In addition to the total internal consistency of the scale, the internal consistency coefficient is high in the Self –Evaluation Salience and Motivational Salience subscales. Test-retest reliability coefficient was found as 0.86. It was found to have similar high test-retest reliability in adaptation studies in different languages (Kkeli & Arqyrides, 2013).

According to the research findings, Appearance Schemas Inventory - Revised (ASI-R) and Body Image Quality of Life Inventory (BIQLI) were negatively correlated. Although this finding appears to be consistent with previous research results, the difference in sub-scales were observed. Although there was no relationship between Motivational Salience subscale and Body Image Quality of Life Inventory in previous studies, a negative relation was found in our current research. This indicates that focusing on the body reduces the quality of life. The negative relationship between Self –Evaluation Salience and Body Image Quality of Life Inventory was similar to previous research findings (Cash, Melnyk & Hrabosky, 2004).

In the study, Appearance Schemes Inventory - Revised (ASI-R) was evaluated in terms of gender factor and there was no significant difference between the scale scores between men and women. This finding does not match previous research results. It was emphasized that women's sub-scores of both scales were significantly higher than men (Cash et al., 2004). Women reported greater self-evaluation and motivational investment in their physical appearance than men.

The importance given by today's Western culture to unrealistic ideal body images (finesse for women and muscular for men) has increased body dissatisfaction rates especially in young adult and adult age groups. Therefore, the current scale is important for the investigation of the meaning and importance given to the body, especially among women and increasingly men. The use of Appearance Schemes Inventory - Revised (ASI-R) by psychological counselors, psychologists, clinicians, researchers, dieticians and healthcare professionals in our country can assist in identifying possible appearance and body image problems and can provide specialists with the opportunity to respond as soon as possible. In the light of results, it is understood that Turkish version of the ASI-R scale can be used in Turkish sample.

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