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**BESLENME TUTUM ÖLÇEĞİ**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Madde No** | **Alt boyutlar** | **MADDELER** | **1** | **2** | **3** | **4** | **5** |
| **1** | Karbonhidratlar | **Şerbetli tatlıları (baklava, kadayıf vb. ) tüketmekten kaçınırım.** |  |  |  |  |  |
| 2 | Çikolata, gofret, helva vb. abur-cubur tüketmekten hoşlanmam. |  |  |  |  |  |
| **3** | **Fast food (hamburger, tost, dürüm vb.) besinleri sevmem.** |  |  |  |  |  |
| 4 | İşlenmiş gıdaları (sucuk, salam, sosis vb.) tüketmekten kaçınırım. |  |  |  |  |  |
| **5** | **Şekerli sıcak ve soğuk içecekler beni rahatsız eder.** |  |  |  |  |  |
| 6 | Tuzlu yiyecek ve içeceklerden uzak dururum. |  |  |  |  |  |
| **7** | **Karbonhidrat ağırlıklı (ekmek, makarna, pirinç, mısır vb.) besinleri tüketmekten kaçınırım.** |  |  |  |  |  |
| 8 | Vitamin ve mineraller | Vitamin ihtiyacımı meyvelerden karşılamayı severim. |  |  |  |  |  |
| **9** | **Meyve tüketmekten hoşlanırım.** |  |  |  |  |  |
| 10 | Günlük vitamin ihtiyacımı doğal besinlerden karşılamaktan hoşlanırım. |  |  |  |  |  |
| **11** | **Karbonhidrat, protein, yağ gibi besin öğelerini her öğünde farklı kaynaklardan almayı isterim.** |  |  |  |  |  |
| 12 | Yağ ve işlenmiş gıda | Raf ömrü olan gıdaları (konserve, bisküvi ve dondurulmuş gıda) yemekten hoşlanmam. |  |  |  |  |  |
| **13** | **Aç olsam da hazır gıdadan uzak dururum.** |  |  |  |  |  |
| 14 | Zeytinyağı dışındaki yağları (ay çiçek, pamuk, kanola, fındık yağları vb.) hayatıma sokmam. |  |  |  |  |  |
| **15** | **Günlük en az 2 litre su tüketmeye dikkat ederim.** |  |  |  |  |  |
| 16 | Su | Her fırsatta su içmeye özen gösteririm. |  |  |  |  |  |
| **17** | **Yağ sürülmüş ekmeği reddetmem.** |  |  |  |  |  |
| 18 | Proteinler | Kendimi vejetaryen (et yemeyen) hissediyorum. |  |  |  |  |  |
| **19** | **Kırmızı et yemeği severim.** |  |  |  |  |  |
| 20 | Duyarlık | Beslenme ile ilgili yayınlar dikkatimi çeker. |  |  |  |  |  |
| **21** | **Beslenme konulu tartışma programlarını kaçırmam.** |  |  |  |  |  |

 In the study, the KMO value of 0,798 is an indicator of the suitability of the variables for factor analysis. Factor load values ​​included in the scale; Between 0.298 and 0.802, it was accepted that it explained the factor strength sufficiently. The total variance of the scale was found to be 58,908%. The anti-image correlation values ​​between the items ranged between 515 and 918. As a result of factor analysis, 20 items with multiple ratios of 0.10 and less were used and factor analysis was applied to six dimensions and 21 items. As a result of factor analysis, six dimensions were formed. The scale included 18 positive 3 negative attitudes. Dimensions: Carbohydrate (7 substances), vitamins and minerals (4 items), fat and processed food (3 items), water (3 substances), protein (2 substances) and sensitivity (2 items) was named. The reliability coefficient of the dimensions ranged from 531 to 794, while the overall reliability coefficient was 795. The scores from the trial form were collected to test the reliability of the substances before the final scale was finalized. After the upper and lower groups were determined at 27%, independent t-test was performed. The 21 items included in the scale showed a significant difference in favor of the upper group.

**Table 1:** Nutritional Attitude Scale (NAS) Factor Analysis Results Table

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| The name of the factor | **Sections** | FACTOR WEIGHT | ANTI IMAGE CORRALETION | Explanation of factor(%) | dimensions of safety |
| Carbohhdrates | I avoid eating desserts (baklava etc.) | ,629 | ,846 | 22,806 | ,794 |
| I dislike eating wafers,chocolate etc. | ,651 | ,876 |
| I don’t like fast food (hamburger, toast, wrapped meat etc.)  | ,533 | ,890 |
| I avoid eating processed meat ( sausages etc.) | ,575 | ,887 |
| Hot or cold drinks with sugar bother me. | ,493 | ,814 |
| I avoid food and drinks with salt. | ,520 | ,907 |
| I avoid food with carbohydrates (bread,past etc.) | ,353 | ,918 |
| Vitamin and mineral | I love supplying my needs of vitamins from fruit. | ,591 | ,761 | 12,300 | ,679 |
| I like eating fruit. | ,581 | ,727 |
| I like supplying my daily vitamins from the natural nutriants. | ,543 | ,810 |
| I want to supply carbohydrate, protein and fat from different supplies in each meal. | ,551 | ,838 |
| Fat and processed food | I don’t like consuming food with shelf life (biscuits etc.) | ,671 | ,790 | 6,965 | ,623 |
| Even if I am hungry I never eat processed food. | ,601 | ,791 |
| I never add oils (except from olive oil) sunflower oil etc. | ,428 | ,825 |
| I don't reject bread with margarine. | ,298 | ,565 |
| Water | I try to drink at least 2 liters of water everyday. | ,734 | ,704 | 5,091 | ,584 |
| I try to drink water whenever I have. | ,722 | ,647 |
| Protein | I feel as if I were a vegetarian. | ,802 | ,578 | 6,135 | ,743 |
| I love eating meat. | ,773 | ,515 |
| Sensivitiy | I am atracted with the magazines about nutrition. | ,692 | ,773 | 5,613 | ,531 |
| I don’t miss the programmes about nutrition. | ,629 | ,856 |
| **TOTAL DESCRIPTION OF THE VARIANCE: 58,908****KMO Scale Validity: 0,798****Bartlett Sphericity Test Chi Square: 1711,637****Sd: 210****P <0.001****Reliability:0.795** |

The lowest 21 points and the highest 105 points can be obtained from the nutrition attitude scale. Higher scores from the scale; It will reveal that the individuals who filled the scale have a high attitude towards nutrition and those who have low scores have a low attitude towards nutrition. It can be asserted that individuals' high attitude scores towards nutrition are sensitive to weight control and health. The Nutrition Attitude Scale (NAS) was developed for high school students and adults.