

- ⊗ **Name of the study:** Reliability and validity of the "Mosh-Eat" Questionnaire for detecting Eating Problems among People with Intellectual Disabilities
- ⊗ **Year:** 2021
- ⊗ **Type of research:** Thesis
- ⊗ **Catalog Number:** 890-112-2018.1
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Abstract

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Eating is a vital and adaptive behavior, which is considered as an activity of daily living, that affects the quality of life of a person with an Intellectual Disability (ID) (AOTA, 2016; APA, 2013). Extensive eating problems among this population have been described in the literature, some due to anatomical and physiological factors and some due to environmental and behavioral factors (Gravestock, 2000; Matson & Kuhn, 2006, Rezaei et al., 2011). Eating problems among people with ID can lead to severe challenges in participating in the everyday life, and in extreme cases even set the person with ID in life-threat (Gal et al., 2011; Robertson et al., 2018).

There is a lack of thorough assessments that can provide information about eating problems in general, and among people with ID in particular. "Screening Tool of Feeding Problems" (STEP) (Matson & Kuhn 2001), identifies eating problems in children with ID, but is a screening tool and it is not valid for the Hebrew language. The "Aut- Eat" Questionnaire (Gal et al., 2012), which is in Hebrew is intended for children with Autism Spectrum Disorders.

Since eating disorders in people with ID may have implications for quality of life and health, it is important to develop preventative intervention programs to cope the eating difficulties among this population. The first stage of an effective therapeutic intervention is a clinically oriented, detailed and evidence-based assessment.

"Aut –Eat" (gal et al., 2012), a questionnaire designed to detect widespread eating problems in children with ASD, was the basis for the development and adaptation of anew tool called "Mosh-Eat" which aims to identify and detect eating problems in people with ID.

The aim of this study, was to establish its internal reliability and concurrent validity.

Research hypotheses were:

- 1) A high level of internal reliability will be found in all of the "Mosh-Eat" questionnaire's subtests and in the total questionnaire's score.
- 2) There will be significant correlation between the "Mosh-Eat" questionnaire's subtests and the "STEP" questionnaire's subtests.

Method: This research included 53 adults, males and females over the age twenty, with a moderate- severe ID that suffer from eating problems. The subjects were found in a convenience sample. The "Mosh- Eat" and the "STEP" questionnaire were completed for all the participants by the caregivers engaged in the eating and feeding activity.

For the purpose of establishing its internal reliability a Cronbach test was used, and for the purpose of establishing its concurrent validity, correlations between the subtests of "Mosh-Eat" and "STEP" was examined.

Main results: Results of this research indicate that there is high internal reliability in the overall score and in all questionnaire subtest. Also, significant correlations were found between the subtests of the "Mosh-Eat" questionnaire and those of the "STEP" questionnaire, thus establishing the "Mosh-Eat's" concurrent validity.

Summary and recommendations: In this study, the internal reliability and the concurrent validity of the "Mosh-Eat" questionnaire were established. The study, therefore, was the first step in establishing the questionnaire as a reliable and valid tool that can be used to assess eating problems among children and adults with different levels of ID.

Keywords

Intellectual developmental disorder (IDD), Eating problems, Assessment

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