

Abstract

Objective: The present study examined the psychometric properties of the Eating Symptoms Checklist (ESC) among Chinese adolescent girls in Hong Kong. We also provided the normative data for the ESC among 12- 20 years old Chinese girls.

Method: The sample is composed of 9704 girls between 12 and 20 years old.

They completed the questionnaires package consisted of ESC, subscales of Eating Disorder Inventory, Depression Subscale of the Symptom Checklist-90 (SCL-90), and

Rosenberg Self esteem scale. **Result:** Finding of the factorial analysis of the ESC

revealed a 3-factor solution including binge eating behavior; attitudes towards weight and shape; and weight loss behaviors and weight fluctuation. Internal consistency, test retest reliability, convergent and discriminant validity of the ESC were also examined,

and all results suggested that ESC is reliable and valid measure of disordered eating symptoms. ESC percentile scores were also presented for the 12-13 years old, 14-18

years old and 19-20 years old girls in the present study for future use. **Discussion:**

Results of this study provides evidence that ESC is a quick, simple and inexpensive way of assessing disordered eating symptoms among Chinese adolescent girls in

Hong Kong.