

Dietary restraint and subjective well-being in university students in Chile

Restricción alimentaria y bienestar subjetivo en estudiantes universitarios en Chile

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© 2014 Grupo Aula Medica S.A. All rights reserved. Objective: To characterize university students typologies according to chronic food restriction, satisfaction with life and food consumption.

Materials and method: A questionnaire was applied on a non-probability sample of 369 male and female students from five Chilean universities. The questionnaire included: Revised Restraint Scale (RRS), Satisfaction with Life Scale (SWLS), Satisfaction with Food-related Life (SWFL) and the Health-related Quality of Life Index. The survey included food and drink consumption habits, weight and approximate height and sociodemographic variables. Results: Two factors in the RRS were detected by exploratory factor analysis: Preoccupation with Diet (PD) and Weight fluctuations (WF). A confirmatory factor analysis validated the bifactor structure of the RRS with an acceptable adjustment kindness. The cluster analysis allowed a distinction of four typologies with a significant variation in PD, WF, SWLS and