

# VALIDATION OF THE INTUITIVE EXERCISE SCALE IN CLIENTS WITH EATING DISORDERS

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## What

- Akin to intuitive eating, intuitive exercise is characterized by a healthy exercise relationship driven by body cues versus rigid rules and routines (Reel, Lee, & Bellows, 2016).

## Why

- Researchers and clinicians are without tools to evaluate positive, adaptive exercise approaches.

## Who

- 165 patients receiving ED TX
- 147 females, 15 males, 2 other
- $M_{age} = 26.48$  years,  $SD = 9.46$

## How

- Convenience sampling
- Survey battery - Paper pencil or online (IEXS, EDS, IES-2, BAS-2, EMI-2, PA)

## Findings

1. 4-factor solution (Reel et al., 2016) CFA - poor fit
2. 3-factor solution EFA - 71.67% of total variance
3. Divergent validity - all factors and social desirability
4. Convergent validity - body intuition, exercise variety and variables of interest
5. Body intuition ( $\beta = -0.48$ ) and exercise variety ( $\beta = -0.20$ ) negatively predicted exercise dependence,  $F(12, 145) = 32.33, p < .001, R^2\Delta = 0.17$  and increased odds of being SX or ASX versus fully exercise-dependent,  $\chi^2(44) = 203.25, p < .001$

## Application

Researcher-Practitioner partnerships (Voelker & Reel, 2018) must be used to:

- Explore emotional exercise construct in clinical versus non-clinical populations
- Examine measure stability over time
- Evaluate intuitive exercise programming (baseline to discharge)
- Integrate intuitive exercise and eating approaches to leverage health at every size and de-emphasize weight, applicable in clinical and sport settings

Relying on physical cues  
*"I trust my body to tell me how much exercise to do."*  
6 items;  $\alpha = .86$



Factor 1

**Body  
Intuition**

Engaging in diverse forms  
*"I enjoy different types of physical activities when I exercise."*  
3 items;  $\alpha = .90$



Factor 2

**Exercise  
Variety**

Managing unpleasantness  
*"I find myself exercising when I am lonely, even when I do not feel like exercising."*  
5 items;  $\alpha = .91$



Factor 3

**Emotional  
Exercise**

Reel, J. J., Galli, N., Miyairi, M., Voelker, D. K. & Greenleaf, C. (2016). Development and validation of the Intuitive Exercise Scale. *Eating Behaviors*, 22, 129-132. <http://dx.doi.org/10.1016/j.eatbeh.2016.06.013>

Additional References Available Upon Request

Full Scale Available From [reelj@uncw.edu](mailto:reelj@uncw.edu)