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**Title:** Testing of the Iranian version of the Behavioural Regulation in Exercise Questionnaire-2 (BREQ-2) in University Students: A Confirmatory Factor Analysis

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**Abstract:**
Introduction: The Behavioral Regulation in Exercise Questionnaire (BREQ) and the BREQ-2 are the most commonly used measures of behavioural regulation in exercise psychology. The purpose of this study was to assess the validity and reliability of the Iranian version of the BREQ-2 in a sample of university students using confirmatory factor analysis.

Methods. The BREQ-2 was translated into Persian by relevant experts. After translation, the content and construct validity of the instrument were assessed using the following methods. Content validity was established using a panel of 12 Iranian experts in the areas of health education, psychology and exercise. Construct validity was assessed via confirmatory factor analysis (CFA) using LISREL 8.80 in a sample of university students (N = 418). The reliability of the BREQ-2 was assessed using 2-week test-retest reliability and Cronbach’s Alpha for internal consistency.

Results. The Iranian version of the BREQ-2 was slightly modified to improve content validity. Primary results of confirmatory factor analysis did not fully support the 5-factor uncorrelated model. After that, the model was modified; the fit indices indicated that the 5-factor correlated model was the best to the data best. The scale was found to have acceptable internal consistency (α > 0.7) and test-retest reliability (intra-class correlation coefficients > 0.80).

Conclusion. The Iranian BREQ-2 has acceptable validity and reliability in the study sample and may be used in relevant studies to assess behavioural regulation in similar samples.

**Validity, reliability, BREQ, Self-Determination Theory, Students, Exercise**

**Presentation:** Poster