PII-55: The Use of Cognitive Interviews in Strengthening the Content Validity of the Eating Assessment Tool (EAT)

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**Abstract:**  
**Introduction:** Feeding problems are prevalent in young children with about one third of children under five years old experiencing feeding difficulty. A valid and reliable instrument that measures child feeding behavior is needed to assess the efficacy of feeding interventions developed for this population. The Eating Assessment Tool (EAT), an 87-item parent report questionnaire, was developed to measure problematic feeding behaviors in young children between one and seven years of age. Content validity by child feeding experts has been completed. The purpose of this study is to assess parents’ understanding of questionnaire items using cognitive interviewing methodology to improve instrument design.  

**Method(s):** A convenience sample of ten parents of young children with feeding difficulty will participate in one-on-one cognitive interviews (CI). Each parent will be given the tool and asked
to note items that are confusing, offensive, non-applicable, or poorly worded. Following the completion of the tool, parents will be interviewed probing for item meaning and wording, adequacy and appropriateness of instructions and response choices, and the overall length and thoroughness of the tool. Interviewers will take notes during the CI, and audio record the process. Field notes and the audio recorded parent feedback will be analyzed using content analysis. The EAT will be modified in response to the CI data.

**Results:** The results of content analysis of the cognitive interviews and modifications made to the EAT in response to the data collected during the cognitive interviewing process will be presented.

**Discussion & Conclusions:** Parent feedback through cognitive interviewing will provide valuable information on the content validity of the EAT and will lead to further refinement of the tool.

**Abstract History:**
This abstract has not been presented or accepted for presentation in whole or in part at the SNRS or other scientific meeting.

**Financial Disclosure:**
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