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## Reliability and validity of a Persian version of a short version of the food cravings questionnaire-trait (fcq-t-r)

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**Background:** Obesity is considered one of the important health concerns in each society. It seems that overeating due to food craving plays the main role in this issue. Along with progression in clinical studies on understanding the role of food craving, the need for new instruments for evaluating food craving is felt. FCQ-T-r is one of the instruments for assessment of food craving in clinical studies. In this study, we evaluate the reliability and validity of a Persian version of FCQ-T-r.

**Methods:** 153 students were selected as a random sample and questionnaires were given to them and checked again after 4 weeks by 30 students. Also BDI-II, BAI, OCQ and WHOQOL-BREF were assessed to evaluate the validity.

**Results:** The FCQ-T-r showed excellent test-retest reliability ( $P < 0.01$ ). The correlation between the FCQ-T-r and OCQ was significant.

**Conclusion:** The results demonstrate the reliability and validity of the Persian version of FCQ-T-r.

### Biography

Alaleh Vaziri is a graduate of the Master of General Psychology from the University of Science and Research in Tehran in 2013 and a BS in General Psychology from the University of Guilan. She is The research worker at the Tehran University and the Center of the University of Tehran Technical University, as well as the collaboration with the Shafa Psychiatric Hospital in Rasht, Iran.

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