

Publication**Validation of self-reported figural drawing scales against anthropometric measurements in adults****JournalArticle (Originalarbeit in einer wissenschaftlichen Zeitschrift)****ID** 3609528**Author(s)** Dratva, Julia; Bertelsen, Randi; Janson, Christer; Johannessen, Ane; Benediktsdóttir, Bryndis; Bråbäck, Lennart; Dharmage, Shyamali C.; Forsberg, Bertil; Gislason, Thorarinn; Jarvis, Debbie; Jogi, Rain; Lindberg, Eva; Norback, Dan; Omenaas, Ernst; Skorge, Trude D.; Sigsgaard, Torben; Toren, Kjell; Waatevik, Marie; Wieslander, Gundula; Schlünssen, Vivi; Svanes, Cecilie; Real, Francisco Gomez**Author(s) at UniBasel** [Dratva, Julia](#) ;**Year** 2016**Title** Validation of self-reported figural drawing scales against anthropometric measurements in adults**Journal** Public Health Nutrition**Volume** 19**Number** 11**Pages / Article-Number** 1944-51

The aim of the present study was to validate figural drawing scales depicting extremely lean to extremely obese subjects to obtain proxies for BMI and waist circumference in postal surveys.; Reported figural scales and anthropometric data from a large population-based postal survey were validated with measured anthropometric data from the same individuals by means of receiver-operating characteristic curves and a BMI prediction model.; Adult participants in a Scandinavian cohort study first recruited in 1990 and followed up twice since.; Individuals aged 38-66 years with complete data for BMI (n 1580) and waist circumference (n 1017).; Median BMI and waist circumference increased exponentially with increasing figural scales. Receiver-operating characteristic curve analyses showed a high predictive ability to identify individuals with BMI >25.0 kg/m² in both sexes. The optimal figural scales for identifying overweight or obese individuals with a correct detection rate were 4 and 5 in women, and 5 and 6 in men, respectively. The prediction model explained 74 % of the variance among women and 62 % among men. Predicted BMI differed only marginally from objectively measured BMI.; Figural drawing scales explained a large part of the anthropometric variance in this population and showed a high predictive ability for identifying overweight/obese subjects. These figural scales can be used with confidence as proxies of BMI and waist circumference in settings where objective measures are not feasible.

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