

**Title:** Preliminary Validation of the French Version of the Four Facet Mindful Eating Scale (FFaMES-F)

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**Background:** Mindful eating has gained popularity as a tool for managing obesity. Given its increasing therapeutic use and application in experimental research studies, Carrière et al. (2021) developed the FFaMES as a measure to assess it. The FFaMES addresses the limitations of former scales and provides a psychometrically robust and comprehensive assessment of mindful eating. Although it provides a strong contribution to the literature, appropriate translations of the scale are warranted to increase its accessibility to non-English speaking populations.

**Objective:** The purpose of the study was to validate the French translation of the FFaMES (FFaMES-F) among an adult French-speaking population.

**Methods:** Forward and back translations were conducted, and a committee approach was used throughout the translation process. The FFaMES-F, the FFMQ (dispositional mindfulness), and the DEBQ (obesity-related eating behaviors) were administered to validate the translation and assess its convergent and discriminant validity.

**Results:** A CFA was conducted to test the factorial validity of the FFaMES-F. Results of the CFA suggest adequate model fit for the four-factor solution ( $\chi^2(371) = 1051.90, p < .001$ , RMSEA = 0.07, 90 % CI [.068, .078], CFI = 0.90, TLI = 0.89, SRMR = 0.08). Similar patterns of association were found between the original scale, the FFaMES-F and included measures.

**Conclusion:** The aim of the present study was to translate and validate the FFaMES into French. The present data supports the original four-factor model and demonstrates good construct validity. The FFaMES-F shows promise as a tool for clinical practice and empirical research to assess mindful eating and its relationship with obesity-related eating behaviors.