

# Validity of the Body Mass Index Silhouette Matching Test

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**Objective:** To determine the construct validity and utility of the Body Mass Index Silhouette Matching Test (BMI-SMT). **Methods:** One-hundred-seventy undergraduate students at a mid-Atlantic university completed the BMI-SMT, the Gardner 2-figure Silhouette Matching Test and were measured for height and weight. **Results:** Validity coefficients using Pearson *r* correlations ranged from 0.69 to 0.84 for comparisons between BMI values for the BMI-

SMT, and the GSMT and actual BMI measures. Coefficients for weight values produced *r*-values ranging from 0.59 to 0.84. Analysis of the BMI-SMT ability to accurately assess weight classification indicated a tendency toward overestimation. **Conclusion:** The BMI-SMT is a valid measure of body image perceptions and estimates of weight and BMI.

**Key words:** body image, Body Mass index, Silhouette test, perceptions, assessment

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