

Validity of Cognitive Predictors of Adolescent Sugar Snack Consumption

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Objective: To estimate the applicability of an extended version of the theory of planned behavior (TPB) in predicting self-perceived sugar intake among adolescents in Uganda. **Method:** Two questionnaires were completed involving 1146 and 372 secondary school adolescents. Confirmatory factor and path analyses were performed using Amos software. **Results:** TPB exhibited good fit with the data ($\chi^2=1.29$, $df=2$, $P=0.53$) and ex-

plained 58% and 5% of the variance in intention and self-perceived behavior. Adding past behavior increased the explained variance of behavior with 4%. **Conclusion:** When applied to consumption of sugared snacks among Ugandan adolescents, the TPB shows satisfactory validity.

Key words: theory of planned behavior, sugar consumption, construct validity, predictive validity

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