

[Available Issues](#) | [Japanese](#)Author:  [ADVANCED](#)

Volume Page

Keyword:   [TOP](#) > [Available Issues](#) > [Table of Contents](#) > [Abstract](#)

ONLINE ISSN : 1349-6174

PRINT ISSN : 1348-8406

**The Japanese Journal of Personality**

Vol. 13 (2004) , No. 1 (2004) pp.91-101

[\[PDF \(290K\)\]](#) [\[References\]](#)**Development of the Japanese Version of the Thought-Shape Fusion Scale**[Tomohiro Suzuki](#)<sup>1)</sup> and [Takeshi Shirota](#)<sup>2)</sup>

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(Received: 2003/12/01)

(Accepted 2004/04/01)

A Japanese version of Thought-Shape Fusion Scale (TSFS) that assesses cognitive distortions associated with eating pathology was developed. This distortion is said to occur when merely thinking about eating a forbidden food increases the person's estimate of their shape and weight, elicits a perception of moral wrongdoing and makes the person feel fat (Shafran et al., 1999). Japanese participants ( $n=342$ ) completed the Japanese version of the TSFS, along with Japanese version of Thought-Action Fusion Scale, which already had reliability and validity data, several subscales of Eating Attitude Test, Eating Disorder Inventory, and Self-rating Depression Scale. Results confirmed that Japanese version of the TSFS had good reliability and construct validity. It was concluded that the scale was a useful tool for investigating eating related cognitions in Japanese people.

**Keywords:** [Thought-Shape Fusion](#), [Thought-Action Fusion](#), [Japanese version](#), [eating disorders](#)

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doi:10.2132/personality.13.91

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