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Predictive factors of disordered eating and body image satisfaction in Cyprus

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Title:	Predictive factors of disordered eating and body image satisfaction in Cyprus
Year:	05/05/07/14422015
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Abstract:	<p>Objective: This study aimed to assess possible relationships and predictor variables between disordered eating attitudes and behaviors, the internalization of the thin ideal construct, body image satisfaction, body image investment, weight-related anxiety, and body mass index (BMI) among Greek-Cypriot female university students in Cyprus.</p> <p>Method: A total of 243 female university students responded to self-report measures assessing disordered eating, internalization of the thin ideal, body satisfaction, body image investment, and weight-related anxiety.</p> <p>Results: Disordered eating was positively correlated to the internalization of the thin ideal, body image investment, weight-related anxiety, and BMI and negatively correlated with body image satisfaction. The internalization of the thin ideal was also positively correlated to weight-related anxiety and body image investment and negatively correlated to body image satisfaction. Furthermore, weight-related anxiety and internalization of the thin ideal have been found to be significant predictors of disordered eating attitudes.</p> <p>Discussion: Possible explanations and vulnerability factors are addressed, as well as implication for prevention strategies and future research.</p>