Perfectionism, Body Dissatisfaction and Disordered Eating among Youth

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the award of the degree of Master of Science (Clinical Psychology)

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APPROVAL OF RESEARCH PAPER

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Dear Student,

I am pleased to inform you that your research proposal "Perfectionism, Body Dissatisfaction and Disordered Eating among Youth" has been approved. You may, therefore, continue your research on this theme and produce a quality thesis, as per the HEC requirements.

I take this opportunity to remind you that you must complete your thesis, and defend it successfully, by Summer 2024, this is the date that marks the end of the duration of your program.

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Date: September 23, 2023

Supervisor: Dr Khawar (Senior Associate Professor)

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DEDICATED TO

My Father

Whose constant support, love and faith helped me reach where I am today.

Thank you

My Mother

Whose love and prayers have always been a guiding light for me.

My Siblings

Who believed in me

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ABSTRACT

The aim of the current study is to examine the relationship between Perfectionism, Body Dissatisfaction (Appearance evaluation, Appearance orientation, Overweight preoccupation, Self-classified weight, Body areas satisfaction) and Disordered Eating and to explore whether perfectionism and body dissatisfaction make youth vulnerable to disordered eating. The purpose is to see whether body dissatisfaction is playing the role of mediator between perfectionism and disordered eating. To fulfill the aim, it was hypothesized that, i-Perfectionism and Body dissatisfaction (Appearance evaluation, Appearance orientation, Overweight preoccupation, Self-classified weight, Body areas satisfaction) would have significant relationship with disordered eating among youth. ii-Body dissatisfaction (Appearance evaluation, Appearance orientation, Overweight preoccupation, Self-classified weight, Body areas satisfaction) would significantly mediate the relationship between perfectionism and disordered eating. iii- There would be significant gender difference in perfectionism, body dissatisfaction (Appearance evaluation, Appearance orientation, Overweight preoccupation, Self-classified weight, Body areas satisfaction) and disordered eating among youth. The scales used to measure Perfectionism, Body Dissatisfaction, and Disordered Eating was Frost Multidimensional Perfectionism Scale (FMPS) (Stoeber,1988), Multidimensional Body Self-Relations Questionnaire-Appearance Scale (MBSSRQ-AS) (Cash,1990), and Eating Attitudes Test (EAT-26) (Garner, et al., 1979) respectively. Pearson product was used for correlation between variables, Macro Process analysis was used for mediation Analysis, T-test was carried out for gender analysis. The result indicates that Perfectionism, Appearance orientation, Overweight preoccupation, and Self-classified weight have significantly positive relationship with Disordered Eating and Body areas satisfaction have significantly negative relationship with Disordered Eating. Furthermore, it

showed that Appearance orientation, Overweight preoccupation, and Self-classified weight partially mediated the relationship between Perfectionism and Disordered Eating. After identifying perfectionism and body dissatisfaction as contributing factor to develop disordered eating among youth, this can be used to develop improved strategies to reduce perfectionism and body dissatisfaction. It will help the mental health professionals in designing the effective and preventive strategies to help individuals with disordered eating. This result may increase awareness among youth about one of the potential risks associated with disordered eating.

TABLE OF CONTENTS

Approval of Research Proposal ……ii

Declaration ……...iii

Plagiarism Undertaking ……iv

Dedication ……. v

Acknowledgements ……...vi

Abstract ……viii

List of Tables ……....xii

List of Figures ……...xv

List of Abbreviations ……xvi

List of Appendices ……..xvii

CHAPTER 1: INTRODUCTION...……16

1.1 Background ……..16

1.1.1 Perfectionism ……17

1.1.2 Body Dissatisfaction ……18

1.1.3 Disordered Eating ……20

1.2 Rationale of the Study ……24

1.3 Problem Statement ……25

1.4 Research questions ……26

1.5 Objectives of the Study …….26

1.6 Significance of the Study ……...27

CHAPTER 2: LITERATURE REVIEW…….……28

2.1. Summary of Literature Review…….…….……..…33

2.2. Theoretical Framework…….…….34

2.4. Proposed Model…….....…….36

2.4. Hypotheses…….....…….36

CHAPTER 3: RESEARH METHODOLOGY ………37

3.1. Research Design……37

3.2. Population and sampling…….....37

3.3 Data collection……37

3.3.1 Assessment measures …….38

3.3.1.1 Informed Consent Form…….…….38

3.3.1.2 Demographic Sheet……38

3.3.2 Frost Multidimensional Perfectionism scale…….……38

3.3.3 Multidimensional Body Self-Relations questionnaire……...….38

3.3.4 Eating Attitude Test…….39

3.4 Operational definitions……....39

3.4.1. Perfectionism ……..…….39

3.4.2. Body Dissatisfaction……39

3.4.3. Disordered Eating…….40

3.5. Procedure…….41

3.6. Ethical Considerations…….41

3.7. Statistical Analysis……42

CHAPTER 4: RESULTS ……..…….43

4.1. Descriptives Statistics……43

4.2. Inferential Statistics……50

CHAPTER 5 DISSCUSSION……68

References……...……..……79

Appendix……...……89

LIST OF TABLES

Table No.	Title	Page No.
Table 4.1	Demographic Characteristics of Participants	43
Table 4.2	Psychometric Properties of Major Study Variables	49
Table 4.4	Independent Sample T-test showing gender differences in Perfectionism, Body Dissatisfaction (Appearance Evaluation, Appearance Orientation, Body Areas Satisfaction, Overweight Preoccupation and Self Classified Weight), and Disordered Eating.	51
Table 4.5	Pearson Product Moment Correlation Coefficient among Perfectionism, Body Dissatisfaction (Appearance Evaluation, Appearance Orientation, Body Areas Satisfaction, Overweight Preoccupation and Self Classified Weight), and Disordered Eating.	53
Table 4.6.1	Indirect effect of Perfectionism on Disordered Eating through Body Dissatisfaction (Appearance Evaluation)	58
Table 4.6.2	Indirect effect of Perfectionism on Disordered Eating through Body Dissatisfaction (Appearance Orientation)	60
Table 4.6.3	Indirect effect of Perfectionism on Disordered Eating through Body Dissatisfaction (Body Areas Satisfaction)	62
Table 4.6.4	Indirect effect of Perfectionism on Disordered Eating through Body Dissatisfaction (Overweight Preoccupation)	64
Table 4.6.5	Indirect effect of Perfectionism on Disordered Eating through Body Dissatisfaction (Self Classified Weight)	68

LIST OF FIGURES

Figure No.	Title	Page No.
Figure 1	Proposed Model	35
Figure 2	Framing Results of Mediation Analysis 1	59
Figure 3	Framing Results of Mediation Analysis 2	61
Figure 4	Framing Results of Mediation Analysis 3	63
Figure 5	Framing Results of Mediation Analysis 4	65
Figure 6	Framing Results of Mediation Analysis 5	67

LIST OF ABBREVATIONS

Abbreviations	Full Forms
FMPS	Frost Multidimensional Perfectionism scale
APPEVAL	Appearance Evaluation
APPOR	Appearance Orientation
BASS	Body Areas Satisfaction
OWPREOC	Overweight Preoccupation
EAT	Eating Attitudes Test

LIST OF APPENDICES

Appendix No.	Title
Appendix A	Data Collection Permission Letter
Appendix B	Permission for Scales
Appendix C	Informed Consent
Appendix D	Demographic form
Appendix E	Scales
Appendix F	Plagiarism Report