# ABNORMAL EATING ATTITUDES, BODY IMAGE DISSATISFACTION AND SOCIAL PHYSIQUE ANXIETYAMONG UNIVERSITY STUDENTS



# SUPERVISED BY DR NOSHI IRAM ZAMAN

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BAHRIA UNIVERSITY
ISLAMABAD, PAKISTAN
2017

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# IS ACCEPTED BY THE BAHRIA UNIVERSITY ISLAMABAD IN PARTIAL FULFILLMENT OF THE REQUIREMENT FOR THE DEGREE OF MASTERS OF SCIENCE IN CLINICAL PSYCHOLOGY 2017

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ALL THE PROCEDURES FOLLOWED AND MATERIAL USED WERE REVIEWED AND APPROVED BY THE HIGHER EDUCATION RESEARCH (HERC), BAHRIA UNIVERSITY, ISLAMABAD

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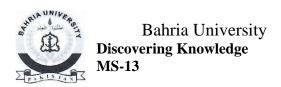
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# **DEDICATION**

# Dedicated to my Loving Parents

For their moral support, strong motivation and sympathetic attitude

and

To all my friends

For their support, understanding and patience

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#### **ABSTRACT**

The study was aimed to explore the relationship between body image dissatisfaction, abnormal eating attitudes and social physique anxiety among university students. For this purpose Body Shape Questionnaire-34 (Cooper, 1986) to assess body image dissatisfaction, Disordered Eating Attitude Scale (Alvarenga, Pereira, Philippi, Estima & Croll 2010) to assess abnormal eating attitudes and Social Physique Anxiety Scale (Hart, Leary & Rejeski, 1989) to assess the social physique anxiety were used. Data was collected from Public, Semi-Government and private universities of Rawalpindi and Islamabad. Sample comprised 249 university students including girls (n=136) and boys (n=113) with age range 18-35 years (M=22.79, STD=2.65). Psychometric properties of scales indicted moderate to good reliability for the study sample. Results showed significant positive relationship between body image dissatisfaction and abnormal eating attitudes (r=.60, p < .01). Results also showed significant relationship between body image dissatisfaction and body mass index (r=.17, p < .01). Moreover, significant relationship between social physique anxiety and body image dissatisfaction was also revealed (r=.11, p < .01). The results manifested that body image dissatisfaction predict abnormal eating attitudes among university students ( $R^2$ =.37, p=<.001). It means that body shape concerns accounts to 33% of the variance in abnormal eating attitudes. Limitations and future recommendations are also discussed.

*Keywords:* Abnormal eating attitudes, body image dissatisfaction, social physique anxiety, university students.