

**ABNORMAL EATING ATTITUDES, BODY IMAGE DISSATISFACTION AND
SOCIAL PHYSIQUE ANXIETY AMONG UNIVERSITY STUDENTS**



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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**

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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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TABLE OF CONTENTS

Topic	Page No.
CHAPTER – I	
Introduction	1-14
Abnormal Eating Attitudes	1-6
Body Image	6-8
Positive and Negative body image	8-10
Body Image dissatisfaction	10-12
Social Physique Anxiety	12-14
CHAPTER – II	
Literature Review	14-30
Theoretical Framework of Abnormal eating attitudes	15-20
Theoretical Framework of Social physique anxiety	21-27
Theoretical Framework of Abnormal eating attitudes	27-30
Rationale of the study	31-32
Conceptual Framework	33
CHAPTER – III	
Method	34-39
Objectives of the study	34
Hypotheses	34
Sample	35
Inclusion/Exclusion Criteria	35

Instruments	
Demographic Information Sheet	35
Body Shape Questionnaire (BSQ-34)	36
Disordered Eating Attitude Scale (DEAS)	36
Social Physique Anxiety Scale (SPAS)	37
Operational Definitions	37
Research Design	38
Procedure	38
Statistic Analysis	39
CHAPTER – IV	
Results	40-48
CHAPTER – V	
Discussion	49-53
Additional Findings	53-55
Conclusion	55
Limitations and Suggestions	55
Future Implications	56
References	57-80

LIST OF TABLES

Table 1: Frequency and Percentage of Demographics Variables (N=249)	41
Table 2: Psychometric properties of Body Shape Questionnaire Total, Disordered Eating Attitude Scale Total and Social Physique Anxiety Total	42
Table 3: Pearson Bivariate Correlation between study variables ((N=249)	43
Table 4: Mean & S.D across gender of participants on Body image dissatisfaction (N=249)	44
Table 5: Mean & S.D across marital status of participants on Body image dissatisfaction (N=249)	45
Table 6: Multiple Linear Regression Analysis on Prediction of Abnormal Eating Attitude by Body Image Dissatisfaction	46
Table 7: Chi-square on the level of body shape across BMI (N=249)	47

LIST OF ANNEXURES

- Annexure A Informed Consent Form
- Annexure B Demographic Information Sheet
- Annexure C Body Shape Questionnaire (BSQ-34)
- Annexure D Disordered Eating Attitude Scale (DEAS)
- Annexure E Social Physique Anxiety Scale (SPAS)
- Annexure F User Agreement for BSQ-34
- Annexure G User Agreement for DEAS
- Annexure H User Agreement for SPAS
- Annexure I Permission Letters for Data Collection
- Annexure J Plagiarism Report

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 indicated 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.