

Body image dissatisfaction and its relationships with psychiatric symptomatology, eating beliefs and self-esteem in Egyptian female adolescents

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The purpose of this study was to determine the prevalence of Body image dissatisfaction in non clinical population of high school students at high-risk for an eating disorder and examine the relationships with psychiatric symptoms, eating disorders beliefs and self esteem, A cross-sectional study based on self-report was used to screen 416 Egyptian female adolescents aged from 15 -18 years. The assessment tools included: a social-demographic questionnaire, the Body Image Distortion Questionnaire (BIDQ), the Eating Disorders Belief questionnaire (EDBQ), the Symptom Check List 90-R (SCL-90-R), and the Self-Esteem Scale (SES). Results were partially consistent with those reported in Western nations. Our sample reported greater body dissatisfaction. It was found that 28.8% had low body image satisfaction, 31.7% had average satisfaction and 39.4% had high satisfaction. Female adolescents with low body image satisfaction showed higher levels of somatization (30% vs. 12.2%, $p=0.000$), obsessive compulsive (23.3% vs. 8.1%, $p=0.000$), depression (20% vs. 13.5%, $p=0.09$), and anxiety (30% vs. 16.2%, $p=0.002$). Body image dissatisfaction was also correlated to negative eating disorder beliefs ($r=-0.11$, $p=0.025$). Besides, there was moderate correlation with low self esteem ($r=-0.53$, $p=0.000$). It was concluded that the prevalence of body dissatisfaction among adolescents of urban Egypt was striking, and psychiatric researches should be more concerned about issues of body image and concurrent psychiatric morbidity.