### ID: 1219
**Congress:** The First International & 4th National Congress on health Education & Promotion, 2011

**Title:** The relationship between perceived body dissatisfaction and perfectionism with uncontrolled eating behaviors

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**Abstract:**

**Introduction:** Uncontrolled eating behaviors present a pervasive problem. The problem is becoming larger as its prevalence is increasing. The uncontrolled eating behaviors involve inability to maintain control over eating when hungry or when food is present. Numerous risk factors for uncontrolled eating behaviors have been proposed, encompassing both environmental factors, such as family environment, as well as personal characteristics, including body dissatisfaction and perfectionism.

**Objects:** This research was conducted to study the relationship between Perceived body dissatisfaction and perfectionism with uncontrolled eating behaviors.

**Method:**
Study was performed on Tabriz university students. The sample consisted of 340 female students, which were randomly selected. The instruments employed in the study were The Almost Perfect Scale-Revised (APS-R), The Body Shape Questionnaire, The Uncontrolled Eating Subscale of The Three-Factor Eating Questionnaire-R21.

**Result:** Hierarchical regression analyses showed that body dissatisfaction, orderliness, and perception of a discrepancy between those standards and actual performance were important predictive factors of uncontrolled eating behaviors. Also it was found that 13% of the variance of uncontrolled eating behaviors was accounted by linear combination of body dissatisfaction, orderliness, and perception of a discrepancy.

**Conclusion:** This study has important implications for clinical work. Clinically, these findings reveal the importance of attendance of other factors, such as perfectionism and body dissatisfaction, when working with a population displaying uncontrolled eating behaviors. By working to improve an individual’s positive feelings toward her body and to decrease perfectionism, uncontrolled eating behaviors might also be reduced. Future research should further examine the relationships among these variables in a clinical sample to see if the results would be similar.

**Keywords:** uncontrolled eating behaviors, perceived body dissatisfaction, perfectionism, orderliness, and perception of a discrepancy

**Presentation:** Poster