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The Role of Perfectionism in the Relationship Between Thin-Ideal Internalization and Body Dissatisfaction

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Introduction

- Eating disorder (ED) symptomology is strongly associated with thin-ideal internalization, body dissatisfaction, and perfectionism
- Perfectionism has been shown to be an antecedent to thin-ideal internalization and research suggests there is an association between thin-ideal internalization and body dissatisfaction (Boone, 2011)
- Perfectionism subtypes
 - Research suggests Maladaptive Evaluative Concerns (MEC) is related to eating disorder symptoms both directly and indirectly (Rivière, 2017)
 - Personal Standards (PS) perfectionism is often said to not be associated with ED symptoms, and even potentially adaptive (Bardone-Cone, 2007)
 - MEC and PPS are correlated with thin-ideal internalization and body dissatisfaction (Boone, 2010)
- Current study examined 1) whether MEC moderates the relationship between thin-ideal internalization and body dissatisfaction and 2) whether PPS moderates the relationship between thin-ideal internalization and body dissatisfaction

Methodology

Participants

- $N = 331$ high school females participating in the Body Project
- $M_{age} = 15$ (range 14 – 17)
- Majority were white ($n = 259$; 78.2%)

Measures

- Thin-Ideal Questionnaire (TIQ) (Stice, 1994)
 - The revised TIQ, also known as the Ideal Body Stereotype Scale, has 8 items to measure individuals' thin-ideal.

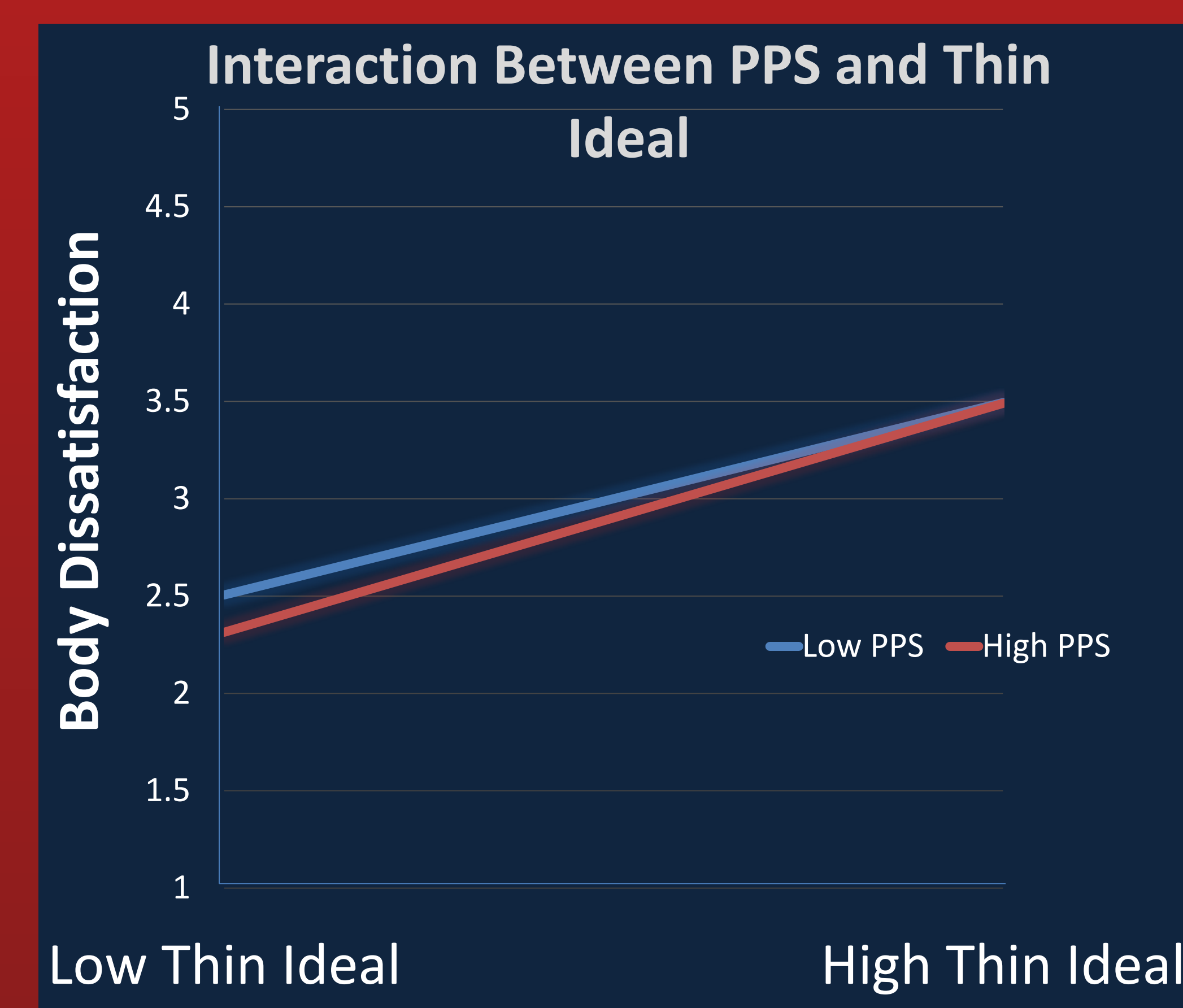
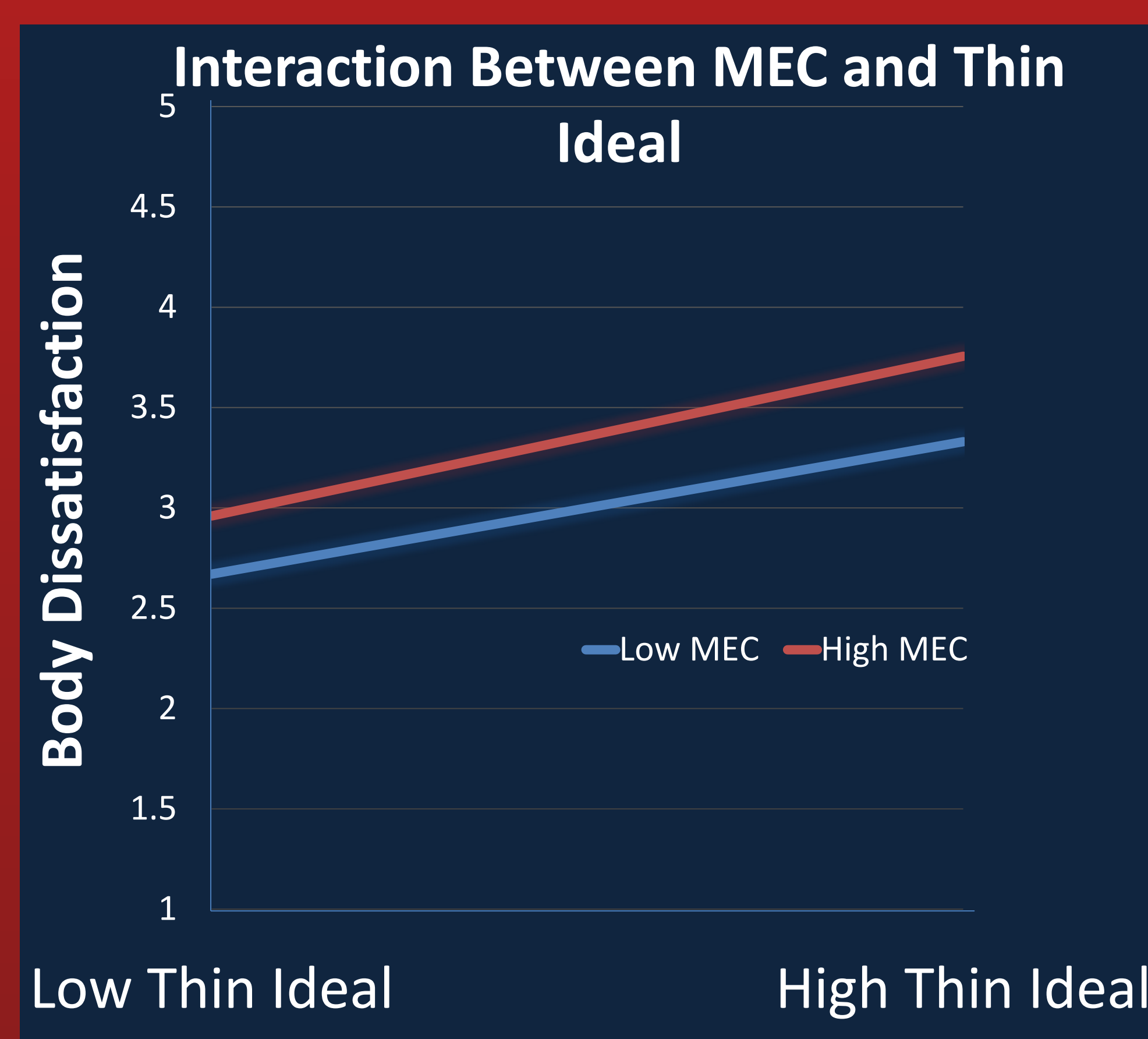
Methodology

Measures continued

- Eating Disorder Inventory (EDI) (Garner, 1983)
 - The EDI is a 64-item measure to assess psychological and behavioral traits common in anorexia nervosa and bulimia
 - Subscales: drive for thinness, bulimia, **body dissatisfaction**, ineffectiveness, perfectionism, interpersonal distrust, interoceptive awareness and maturity fears
- Frost Multidimensional Perfectionism Scale (FMPS) (Frost, 1990)
 - The FMPS is a 35-item measure of perfectionism
 - Subscales: concern over mistakes, doubts about actions, parental criticisms, parental expectations, organization, personal Standards, **maladaptive evaluative concerns**, and **pure personal standards**

Analyses

- Moderation analyses conducted to examine whether MEC or PPS moderated the relationship between thin ideal and body dissatisfaction



Results

- Thin ideal and MEC were significantly associated with body dissatisfaction ($t(288) = 6.080, p < .001$; $t(292) = 6.414, p < .001$, respectively)
- MEC did not moderate the relationship between thin ideal and body dissatisfaction ($p = .142$)
- PPS was not associated with body dissatisfaction ($p = .089$)
- PPS did not moderate the relationship between thin ideal and body dissatisfaction ($p = .082$)

Conclusion

- Thin ideal internalization and MEC were strongly associated with body dissatisfaction
- Neither MEC or PPS moderated the relationship between thin ideal internalization and body dissatisfaction
- The sample population was limited because it only included females and the majority of participants were white
 - Future research should examine these relationships in more diverse populations
- The association between PPS and body dissatisfaction trended toward significance suggesting further research should be conducted to examine this relationship in other populations
- The associations between perfectionism subtypes and eating disorder symptoms is still unknown and should continue to be examined