

## Weight stigmatization and disordered eating in obese women: The mediating effects of self-esteem and fear of negative appearance evaluation(Article)

[Stigmatisation à l'égard du poids et problèmes d'alimentation chez les femmes obèses : effets médiateurs de l'estime de soi et de la peur de l'évaluation négative de l'apparence]

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Abstract [View references \(65\)](#)

**Objective** The aim of this study is to examine whether self-esteem and fear of negative appearance evaluation are significant mediators in the association between weight-related self-devaluation and disordered eating. **Method** A sample of obese Canadian women (N = 111, M age = 40.9, SD = 10.2) completed the Weight Self-Stigma Questionnaire (WSSQ), the Rosenberg Self-Esteem Scale (RSES), the Fear of Negative Appearance Evaluation Scale (FNAES), and the Eating Disorder Examination Questionnaire (EDE-Q). **Results** Self-esteem mediated the relationship between weight-related self-devaluation and restraint and weight concerns, whereas fear of negative appearance evaluation mediated the relationship with weight, shape and eating concerns. **Conclusion** Since, for obese women, self-esteem and fear of negative appearance evaluation are likely to maintain disordered eating, they should be more frequently taken into

consideration by researchers, health professionals and public policy stakeholders.  
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### Author keywords

- Disordered eating
- Fear of negative appearance evaluation
- Obesity
- Self-esteem
- Self-stigmatization

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