

A13 Association between body image dissatisfaction and eating disorder among UCSI University students

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The prevalence of eating disorders has become widespread and continues to rise throughout the last two decades which results in severe comorbidities that have substantial impact on the quality of an individual's life. The aim of this study was to identify the association of eating disorder, body image dissatisfaction and weight status among UCSI University students. A cross-sectional study was conducted through online platforms such as Facebook, WhatsApp and UCSI Course Networking platform. The questionnaires used in this study were Eating Attitude Test (EAT-26) and Body Shape Questionnaire (BSQ-34). Anthropometry measurements taken were weight and height. There were a total of 185 students and majority of the participants were female Chinese (63.8%) with age range of 18-25 years old. Most students had normal BMI (21.4 ± 3.8) with a total of 93 students (50.3%) with normal BMI, 39 students (21.1%) were underweight, 26 students (14.1%) were overweight and 27 of them (14.6%) were obese. The mean score for BSQ-34 was 105.45 ± 18.34 with 34 respondents (18.4%) of them marked high concern with their shape, 46 respondents (24.9%) showed moderate concern with shape, 40 respondents (21.6%) have mild concern with shape and lastly only 65 respondents (35.1%) with no concern with shape. More than half of the respondents had body concern which leads to body image dissatisfaction. The mean score of EAT-26 obtained was 15.45 ± 9.95 and there was no significant gender difference associated with body image dissatisfaction and eating disorder were found in this study. The results showed no correlation between body image dissatisfaction and eating disorder ($r = -0.878$, $p = 0.851$). In conclusion, majority of the participants had lower risk or no risk of eating disorders but they have mild body image satisfaction levels. Further research can be done including other variables that influence body image dissatisfaction among University students.