



Introduction

- Eating disorders (EDs) are a psychological condition (Anorexia nervosa(AN) , Bulimia nervosa (BN) and binge eating disorders (BED)), affects negatively on the physical and emotional changes (Petre, 2019).
- Body image dissatisfaction has been identified to be a critical psychological factor and this mental disturbance will cause development of eating disorders (ED) (Quittkat et al., 2019).
- There is a positive correlation between body image satisfaction leads to higher self esteem and it was predicted if students with low self esteem may experience psychological and psychosocial disturbance which eventually leads to EDs

Objective

- to determine the association between eating disorders and body image dissatisfaction among UCSI University students

Methodology

- UCSI University, Cheras
- 185 participants (18-25years old)
- Cross-sectional study self-administered questionnaire
- Anthropometric assessment
- Eating Attitude Test-26 (EAT-26)
- Body Shape Questionnaire (BSQ-34)
- Social Sciences (SPSS) version 23

Differences between Gender with Eating Attitude (EAT-26) (N = 185)

Gender	N	Mean ± SD	p-value	t-value
Male	67	107.72 ± 20.977	0.207	1.956
Female	118	104.17 ± 16.619		

There are no significant difference in gender and EAT-26 among Malaysian UCSI University students

Differences between Gender with Body Shape (BSQ-34) (N = 185)

Gender	N	Mean ± SD	p-value	t-value
Male	67	82.12 ± 42.631	0.581	2.282
Female	118	110.17 ± 37.759		

There are no significant difference in gender and BSQ-34 among Malaysian UCSI University students

Association of Eating Disorders with Body Image Dissatisfaction of participants (N = 185)

Eating Disorder	r-value	p-value
Body Image Dissatisfaction	-0.878	0.851

Conclusion

- UCSI University students tend to have body image dissatisfaction but not associate with eating disorders.
- The sociodemographic factors maybe a moderator but it is not significantly shown in this study.
- Further research is required to establish the significant relationship between eating disorders and body image dissatisfaction among university students.

References

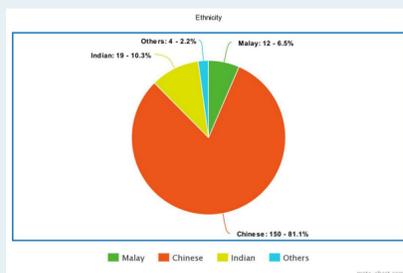
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Result

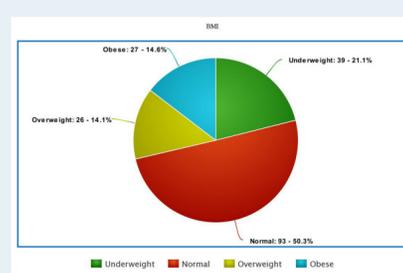
n= 67 (36.2%) n= 118 (63.8%)

	Mean ± SD
EAT-26 Score	15.45 ± 9.95
BSQ-34 Score	105.45±18.34

- 72.4% showed lower or no risk of eating disorders
- 64.9% showed mild to high concern with body image dissatisfaction



Majority of participants are Chinese (81.1%), followed by Indian, Malay and others



BMI = 21.4±3.8

50.3% of participants are at normal BMI

Discussion

- The prevalence of body image dissatisfaction are high among female students (Mean score of BSQ-34 is 105.45) which is align with study showing that women have higher concerns on lower part of their body [1] **>80** indicating high prevalence of body image dissatisfaction
- The prevalence of eating disorders are low among Malaysia UCSI University students (Mean score of EAT-26 is 15.45) which is not in line with previous study done as in Asia country of Singapore and IIUM Kuantan campus respectively [2]
- There is no gender differences in the study which is in-line with previous study [3] that both gender have equal possibilities of developing eating disorders.
- The results shown is not consistent with recent studies as there was no significant and correlation between eating disorder and body image dissatisfaction. This may be due to small sample size, biased in data collection, low reliability and does not generalized to Malaysian students with different ethnicities.