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Poster Presentation Research

Predicting Body Image Anxiety Based on Positive and Negative Perfectionism and Body Mass Index

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Abstract

Body image is an internal representation of the external appearance which includes physical and perceptual aspects and attitudes toward them. Body image anxiety can cause weight problems. In addition, perfectionism, the trend or effort to be perfect and flawless can cause extreme thinking and self-criticism. Perfectionism can provoke anxiety and concerns for body image and weight, especially in women. This study was aimed to investigate the relationship between body image anxiety, perfectionism and body mass index (BMI). Participants were 200 women took part in fitness programs in two regions of Shiraz (districts one and three). They filled Body Image concern inventory (Littleton), and positive and negative perfectionism scale (Terry-Short). The body mass index was assessed using self-reported data. Descriptive statistics and multiple regression (ENTER method) were used for analyzing data. Results showed that there are significant relationships between dimensions of body image anxiety and negative perfectionism and BMI. Regression analysis also revealed that negative perfectionism and BMI positively predict body image anxiety. Based on the results presented, body image which includes internal attributions about individual's body and impressions from others can be affected by negative aspects of perfectionism and the body mass index. In other words, women's body image is affected by the negative dimension of perfectionism which is a representation of anxiety.

Keywords: Body Image Anxiety, Perfectionism, Body Mass Index.

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