

**Publication****Self-Esteem and Symptoms of Eating-Disordered Behavior Among Female Adolescents****Journal Article (Originalarbeit in einer wissenschaftlichen Zeitschrift)****ID** 4611901**Author(s)** Zamani Sani, Seyed Hojjat; Fathirezaie, Zahra; Gerber, Markus; Pühse, Uwe; Sadeghi Bahmani, Dena; Bashiri, Mahdi; Pourali, Mohammad; Brand, Serge**Author(s) at UniBasel** [Brand, Serge](#) ; [Gerber, Markus](#) ; [Pühse, Uwe](#) ;**Year** 2021**Title** Self-Esteem and Symptoms of Eating-Disordered Behavior Among Female Adolescents**Journal** Psychological reports**Volume** 124**Number** 4**Pages / Article-Number** 1515-1538**Keywords** BMI; adolescents; eating-disordered behavior; physical activity; self-esteem**Mesh terms** Adolescent; Adolescent Behavior; Body Image, psychology; Feeding Behavior; Feeding and Eating Disorders, psychology; Female; Humans; Self Concept; Surveys and Questionnaires

Compared to males, female adolescents show greater concerns about their appearance, concerns related to their self-esteem. We explored the associations between self-esteem, body image and BMI as proxies for appearance, and eating-disordered behavior among adolescent females.; A total of 263 females (mean age:15.78 years) took part in this study. They completed questionnaires covering anthropometric characteristics, self-esteem, eating-disordered behavior, subjective physical activity levels, and body image.; Higher scores for self-esteem were associated with higher scores for eating-disordered behavior, indices of physical activity, and slimmer body image. Body image was not associated with eating-disordered behavior. Multiple regression analyses showed that self-esteem, but not physical activity, or body image predicted eating-disordered behavior.; Among a non-clinical sample of female adolescents, self-esteem and eating-disordered behavior were positively associated. Body image was associated in a complex and contradictory fashion. It is possible that cognitive-emotional mastering of the vital impulse to eat may enhance self-esteem.

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