

**Perceived parenting, emotion regulation and disordered eating behavior
among college students**



Participant's Name: Farah Iqbal

Participant ID: 15007146019

Supervisors' Name: Dr Sadia Saleem

Institute of Clinical Psychology

University of Management and Technology Lahore 2017

Declaration

I, Ms. Farah Iqbal ID: 15007146019 student of MS Clinical Psychology session 2015-2017, hereby declared that the matter printed in this thesis titled “Perceived Parenting, Emotion Regulation and Disordered Eating Behavior among College Students” is my own work and has not printed, published and submitted as research work thesis and publication in any form in any university in Pakistan or abroad.

Dated:

Signature of Deponent

Certificate of Approval

Accepted by the faculty of the institute of Clinical Psychology, University of Management and Technology, Lahore in partial fulfillment of the requirements for the degree of MS in Clinical Psychology.

Dr. Sadia Saleem

Supervisor

External Examiner

Dr. Zahid Mehmood

Director ICP

Deponent

Dated:

Dedication

I wish to dedicate my work to my parents whom continuous support make me able to complete it, especially my father who went everywhere with me for data collection, without both of them I will be not able to manage my work timely.

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Abstract

Disordered eating behavior are extensive range of inappropriate food intake patterns which are taken in an effort to reduce weight or attain thin look. Disordered eating patterns are serious medical and mental health problem affecting young girls and women. This research specifically focus on disordered eating behvaiour and its relationship with perceived parenting and emotion regulation. Total sample of 300 was taken for this study, in which 166 were girls and 134 were boys. Correlational research design was used in this research. Three measures was used in this study which were EMBU-A, Eating Disorder Examination Questionnaire and Emotion Regulation Scale. Inter factor correlation, regression analysis and t-test were conducted to determine significant relationship among disordered eating behavior, perceived parenting and emotion regulation. The inter factor correlation revealed that mother rejection and mother overprotection was positively correlated with eating concerns. Emotion dysregulation is significantly positively correlated with eating concern. Regression analysis revealed that class, emotion dysregulation and mother over protection were found to be significant predictors of disordered eating behavior in college students. T test results showed that young children have more disordered eating behavior as compared to older and girls have more concerns regarding eating as compared to boys. It is important to spread awareness among mental health professional and general population regarding the consequences of disordered eating behavior.

Introduction

Disordered eating is an intricate and multidimensional phenomena that used to take numerous forms. Eating disordered behavior are the behaviors by means of bodily awareness, habits of food intake, weight and assessment of self (Waaddegaad, 2013). Disordered eating patterns are serious medical and mental health problem affecting young girls and women. Disordered eating can be described as “an extensive range of inappropriate food intake patterns which are taken in an effort to reduce weight or attain thin look” (Muazzam, 2011). Disordered eating patterns are more fluid as compared to static (Libby, 2016). Eating disorder is progressive in nature, which is fluctuating in severity over the period of time. If an eating disorder is progressive over the period of time, then it’s likely to encourage the developing habits that may turn from disordered eating into an eating disorder (Neal, 2016). Eating disorders are known to be as one of the most problematic psychopathologies for treatment because of high levels of complication, chronicity, and heterogeneity. Comorbidity of eating disorder with other disorders is very high such as substance abuse, mood disorders, anxiety, and personality disorders (Brown, 2016). Disordered eating is expected to be comprised of different factors which signify a complicated interaction between a person and his environment which predispose, precipitate and maintain eating pathology (Deas, Power , & Collin, 2011).