

عنوان مقاله:

The Relationship of Neurotic Perfectionism and Obsessive Thoughts with Body Image Dissatisfaction among Female Diet Applicants

محل انتشار:

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نویسندگان:

Farshid Khosropour - Assistant Professor, Department of Psychology, Zarand Branch, Islamic Azad University, Zarand, Iran

Zahra Sharifpour - M.Sc. Department of Psychology, Zarand Branch, Islamic Azad University, Zarand, Iran

Gholamreza Ebrahiminejad - Assistant Professor Neuroscience Research Center, Kerman University of Medical Sciences, Kerman, Iran

خلاصه مقاله:

Background & Aims: Body image represents the attitude of the individual toward himself/herself, along with the feelings and thoughts that can change individuals' behavior in various conditions and in the positive or negative direction. In neurotic perfectionism, extreme tendency to perfectionism, obsessive thoughts, impulses, or unwanted images can be observed that can damage women's perception toward visual beauty and body image, and physical attraction. Dieting is a method by which body image can be improved. **Methods:** This correlational study was conducted on ۱۰۹ patients referred to a specialized nutrition and diet therapy clinic. The participants were selected using systematic sampling. In order to collect data, the Multidimensional Body-Self Relations Questionnaire (MBSRQ), Frost Multidimensional Perfectionism Scale (FMPS), and Obsessive Beliefs Questionnaire-۴۴ (OBQ-۴۴) were used. Data were analyzed using the SPSS ۱۸ software. **Results:** A significant relationship was observed between body image, neurotic perfectionism, and obsessive thoughts. About ۲۶% of the variances in the criterion variable (body image dissatisfaction) could be explained by the predictor variables of neurotic perfectionism and obsessive thoughts. Further evaluation of the two predictor variables showed that only neurotic perfectionism had a significant relationship with body image dissatisfaction. **Conclusion:** Due to the importance of nutrition in women's health, a careful evaluation of and consultation for the patients seem necessary before providing them with a diet plan. The evaluation of perfectionism and obsessive thoughts in patients can predict the success of the diet programs.

کلمات کلیدی:

Obsessive thoughts, Neurotic perfectionism, Body image dissatisfaction

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