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Eating Disorder Pathology and its Relation to Depression and Self-Esteem in College Students

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EATING DISORDER PATHOLOGY AND ITS RELATION TO DEPRESSION AND SELF-ESTEEM IN COLLEGE STUDENTS

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Research on eating disorders has mainly focused on clinical populations and adolescents. In this study, a nonclinical sample comprised of female college students was studied. The relationship between eating disorder symptomatology and the variables of depression and self-esteem were examined using the following measures: (1) The Eating Disorders Inventory-2; (2) The Beck Depression Inventory; and (3) The Multidimensional Self-Esteem Inventory. A total of 56 subjects were used in this study. It was hypothesized that those subjects who scored higher overall on the EDI-2 would exhibit higher levels of depression and lower levels of self-esteem. It was also hypothesized that those subjects who scored high on specific subscales of the EDI-2 would exhibit higher levels of depression and lower levels of self-esteem. Primary analyses were performed on these hypotheses and secondary analyses explored other differences that were found to be significant. The results of this study will help determine if psychological attributes of clinically diagnosed patients also apply to nonclinical subjects who exhibit subclinical characteristics of eating disorders.