Abstract

Introduction: Evidence shows that the prevalence of risk behaviors for eating disorders (RBED) among young people has increased in recent years. Body dissatisfaction, excessive exercise, body composition, economic status, and ethnicity may be risk factors for RBED. Objective: To evaluate the association of body dissatisfaction, psychological commitment to exercise, body fat, nutritional status, economic class, and ethnicity with RBED in adolescents. Method: This study included 562 boys and girls aged 10 to 15 years. We used the Eating Attitudes Test (EAT-26) to assess RBED. The Body Shape Questionnaire (BSQ) and the Commitment to Exercise Scale (CES) were used to measure body dissatisfaction and commitment to exercise, respectively. Skinfold thickness was measured to classify body fat according to sex. Weight and height were measured to calculate the body mass index (BMI) and classify participants according to nutritional status. The economic class was recorded according to the Brazilian Economic Classification Criterion. A questionnaire was used to record ethnicity, age and sex. Binary logistic regression was used to determine associations between variables. Results: The results showed an association of RBED with body dissatisfaction, CES scores, and economic class among girls (p < 0.05). Among boys, body dissatisfaction, body fat, and nutritional status were associated with RBED (p < 0.05). Conclusion: Even though body dissatisfaction had the highest odds ratio, other variables were also associated with RBED.

Keywords
Eating behavior, adolescents, body image