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Master Thesis Defense**

Entitled

*RELATIONSHIP BETWEEN BODY IMAGE DISSATISFACTION AND DISORDERED EATING: MEDIATING  
EFFECT OF SELF-ESTEEM AND DEPRESSION AMONG FEMALE UNIVERSITY STUDENTS*

by

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Abstract

This study is concerned with the relationship between body dissatisfaction and disordered eating attitudes, and the mediating effect of self-esteem and depression, among female university students. Aims: The objectives of this study were to examine the relationship between body dissatisfaction and disordered eating and to examine whether depression and self-esteem mediate the relationship. Method: The sample consisted of 186 undergraduate and post graduate female university students. Data collection tools were the Body-Image Ideals Questionnaire (BIQ), the Eating Attitude Test (EAT-26), the Rosenberg Self-Esteem Scale (SES) and the Beck Depression Inventory (BDI). The Linear Structural Relations (LISREL) software and Structural Equation Modeling (SEM) were used for the analysis of data. Results: The findings of this study showed a significant positive correlation between body dissatisfaction and disordered eating. In addition, body dissatisfaction had an indirect effect through depression on disordered eating. On the contrary, self-esteem did not have a mediating effect. Conclusion: This study highlights the potential role of depression in the prediction of disordered eating. Thus, it informs counselors and therapist in clinics to assess for depressive symptoms after assessing for body dissatisfaction. In so doing, this will help to identify and prevent at risk female students from engaging in disordered eating attitudes. It is recommended that female students in the UAE, should be educated on the dangers involved in trying to model the Western ideology of thinness portrayed as beauty and attractiveness.

**Keywords:** Body dissatisfaction, disordered eating, depression, self-esteem.