

*Eat Behav.* 2000 Dec;1(2):153-60.

## Discrepancy between actual and ideal body images; Impact on eating and exercise behaviors.

*Anton SD*<sup>1</sup>, *Perri MG*, *Riley JR 3rd*.

### Author information

### Abstract

This study examined how discrepancies between actual and ideal body images are related to eating and exercise patterns. A total of 115 college-age women completed the Body Discrepancy Scale (BDS, a measure of the discrepancy between one's "actual" vs. "ideal" weight and size), a leisure-time physical activity survey, and questionnaires assessing the intake of fat and fiber (i.e., fruits and vegetables), as well as measures of maladaptive eating attitudes and behaviors. Partial correlations (controlling for Body Mass Index, BMI) showed that scores on the BDS were significantly ( $P < .05$ ) associated with low levels of physical activity ( $r = -.28$ ), with low levels of fruit and vegetable consumption ( $r = -.19$ ), and with high levels of body image dissatisfaction ( $r = .32$ ) and binge eating ( $r = .32$ ). Collectively, these findings suggest that discrepancies between actual and ideal body images are associated with maladaptive eating and exercise patterns.

PMID: 15001058

