

Abstract

The present study compared the attitudes toward weight, body shape and eating among 863 Canadian and 995 Chinese girls with age ranging from 12 to 17. Subjects completed measures assessing weight, body dissatisfaction and eating behaviors. Results indicate that there is a larger discrepancy between the current and ideal weight among Canadian girls and the discrepancy increased with age drastically. Such pattern corresponds to the higher frequency of maladaptive eating behaviors in Canadian subjects. The Chinese subjects demonstrated a certain influence of Western value such as the emphasis of thinness. They have a tendency of reduce weight even though they have a BMI that their Canadian counterparts desire. The Chinese subjects also have considerable frequent of maladaptive eating behaviors such as dieting and strenuous exercising to lose weight. In the same time, the response bias of the Chinese subjects in not admitting positive attitudes toward their body is also discussed in the Chinese traditional culture context.