

Abstract

This study examined the prevalence of different types of binge eaters among Chinese female adolescents in Hong Kong. Besides, the psychosocial characteristics among different types of adolescent bingers were examined. Subjects were categorized into three groups: Emotional Binger (EB), Non-Emotional Binger (NEB), and Non Binger (Control). Based on a Binge Eating scale and the Emotional Eating Scale of Dutch Eating Behaviour Questionnaire, 17% of the subjects were classified as Emotional Bingers and only 5.83% of the subjects were classified as the Non-Emotional Bingers. Subjects also completed measures of psychosocial characteristics include: Depression, Neuroticism, Self-esteem, Attitudes towards weights and appearance, Body dissatisfaction, and Loneliness. Results indicated that Emotional Bingers engaged more in binge eating behaviour than Non-Emotional Bingers. Bingers were more dissatisfied with their body, more concerned about their appearance and supposed to be more neurotic than Non-Emotional Bingers. Based on the findings, an increasing trend of binge eating behaviours which were due to emotional difficulties could be expected among high school girls in Hong Kong.