

Abstract

The present study examined the impact of Westernization on eating behaviours and body shape among adolescent girls in Hong Kong. Subjects were 1744 secondary schoolgirls, aged 12 to 19, who completed Degree of Westernization scale, EAT-26, Eating Symptoms Checklist and Eating Disordered Inventory. Results indicated that highly Westernized adolescent girls reported more disordered eating behaviours than less Westernized girls did. They reported stronger drive for thinness, higher body dissatisfaction, and more negative attitudes toward shape and appearance. Bingeing, excessive exercise and fasting were reported more frequently by highly Westernized groups. The findings of the present study support the idea that the unattainable standard of thinness influence the female's eating behaviour and body shape conscious through the process of Westernization.