

## Abstract

This study aimed at investigating the dieting behaviour and its psychological and health implication of Chinese female adolescent in Hong Kong. One thousand six hundred and forty-six schoolgirls aged 11-19 completed a questionnaire examining dieting behaviour and other weight reduction practices, depressive symptoms, anxiety towards negative evaluations, self-esteem, and physical symptoms relating to dieting. Findings revealed that 45% of girls had dieted before usually co-existed with physical activities. The dieters had more depressive symptoms, higher fear of negative towards negative evaluations as well as physical symptoms when compared with non-dieters. No difference was found between dieters and non-dieters in self-esteem. Moreover, frequent weight-reducers had the most negative profile than occasional weight-reducers and they in turn had more negative profile than non-weight -reducers. The results suggest dieting behaviour is common among Chinese adolescent girls and negative consequences are brought about by dieting. It is suggested that education should be provided to the schoolgirls to prevent unhealthy behaviour and that their perception towards dieting should be further explored as self-esteem may not be an accurate predictor.