

Abstract

The present study examined the two major pathways of mothers' influences on their adolescent daughters' (9-14 years-old) eating attitudes and behaviors in Hong Kong. Subjects were assessed on measures of their weight and appearance concerns, body area dissatisfaction, pathological eating attitudes and behaviors as well as other weight-related variables. Active maternal influences were measured in terms of criticism, commentary, verbal encouragement and control on eating. It is found that more disordered mothers were more likely to exert active influences on daughters. Significant correlations were found between mothers' and daughters' weight and appearance concern, body dissatisfaction, and pathological eating attitudes and behaviors. Active maternal influences were correlated with all daughters' variables. These variables were put together into regression models. Results suggested that modeling and active maternal influences differed on their predictive abilities, depending on which daughters' variable was under consideration.