

Abstract

The present study examined the roles of affective style and self-deflation proneness in the development of eating pathology. In Part I of this study, a self-reported scale, the Affective Style Scale, was developed to assess affective reactivity and regulation. In Part II, the effects of self-perceived weight status, affective style and self-deflation proneness on eating pathology were investigated. Results of Part I indicated that the newly developed Affective Style Scale showed good factor structure and loading, internal consistency, and convergent and discriminant validities. Results of Part II showed that negative affect reactivity interacted with self-perceived weight status in predicting high eating pathology. Negative affect reactivity also predicted both pathological eating attitudes and behaviors. Moreover, self-deflation proneness predicted pathological eating attitude, which in turn, predicted pathological eating behaviors. Findings of the present study suggest that negative affect reactivity represents psychological vulnerability that exacerbates eating pathology when individuals perceived themselves as fat. Our findings add to a growing body of evidence that substantiates the roles of affective style and self-deflation proneness in the development of pathological eating attitudes and behaviors.