

Abstract

In recent decades emotional functioning has attracted a great deal of attention in understanding pathological eating behaviors. The present study was designed to examine three parameters of emotional functioning, namely negative affectivity, positive affectivity, and emotion control, and their relationships with disordered eating attitudes and behaviors among Chinese adolescent girls in Hong Kong. Participants included 924 adolescent girls recruited from three local secondary schools. Results indicated that negative affectivity was associated with bulimic behavior, and it was a more dominant contributor than positive emotion and emotion control. Subjects scored high on negative affectivity tend to report more disordered eating attitudes and behaviors. Emotion arousal plays an important role in predicting bingeing and weight loss behaviors. More detailed relationships between emotion qualities and eating attitudes and behaviors were discussed.