

Abstract of thesis entitled:

Mindfulness reduces habitual negative body image thinking and improves body image satisfaction -

A mediation analysis. Submitted by IP, Chi Kwan, Yanni

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Body image dissatisfaction was the best-known contributor to the development of anorexia nervosa and bulimia nervosa. When negative body image thinking occurred frequently and automatically as a mental habit, it might pose a significant vulnerable factor to body image satisfaction. It was also known that mindfulness had a positive impact on body image satisfaction. The aim of the present study was to explore whether mindfulness could reduce the effect of habitual negative body image thinking which in turn acted as a mediating variable between mindfulness and body image satisfaction. Findings from this study supported the existing literature and our hypothesis, showing a direct, positive significant correlation between one's overall dispositional mindfulness and body image satisfaction. More importantly, habitual negative body image thinking also mediated this relation, posting an indirect path between mindfulness and body image satisfaction. Among the five facets of mindfulness, habitual negative body image thinking mediated the relationship between "acting with awareness" and "non-judging" at one end and body image satisfaction at the other end. Furthermore, this study found no significant gender difference in participants' habitual negative body image thinking and body image satisfaction. Although there were some gender differences in one's mindfulness level, there was no gender difference in the relationship among our study variables. Clinical implications of this study on eating disorders were discussed.