Introduction

• Disordered eating and poor body image is a problem in our society for many women
• Most eating disorder patients are young females, and female athletes may be particularly at risk
• Disordered eating is often associated with perfectionism, poor mental health, and other unhealthy behaviors
• This research explored associations between eating behavior, body image, perfectionism, depression, binge drinking, and alcohol consequences in a sample of female athletes and non-athletes
• Analyses were conducted to determine differences in these variables between athletes and non-athletes, and between sports in the subsample of athletes

Method

Participants:
• 72 female UAF students
• 37 athletes
• 35 non-athletes
• Of the athletes, these sports were represented:
  - Basketball (27%; n = 10)
  - Cross Country Running/Skiing (16.2%; n = 6)
  - Swimming (21.6%; n = 8)
  - Volleyball (35.1%; n = 13)
  - 77.8% of the total sample was Caucasian
  - Ages ranged from 18-31 (M = 20.83; SD = 2.71)

Procedures:
• All measures and methods were approved by the UAF IRB
• Inclusion criteria were being a female UAF student
• Recruitment included announcements at team meetings for athletes and flyers posted on campus for non-athletes
• Participants gave informed consent and then completed paper-and-pencil self-report questionnaires
• All participants were compensated $20 for their time

Results

Overall, variables were correlated in the expected directions. There were some interesting differences in correlations between athletes and non-athletes.

• Poorer body image was associated with more disordered eating in athletes but not in non-athletes
• There was a larger correlation between disordered eating and perfectionism among non-athletes than among athletes
• Greater disordered eating was associated with greater alcohol-related consequences among athletes but not among non-athletes
• Higher scores were greater perfectionism

Results Continued

Table of Means and Standard Deviations

<table>
<thead>
<tr>
<th>Variable</th>
<th>M(SD)</th>
<th>N</th>
<th>M(SD)</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>Perfectionism</td>
<td>88.00(2.60)</td>
<td>36</td>
<td>81.61(2.85)</td>
<td>32</td>
</tr>
<tr>
<td>Body Image</td>
<td>10.84(1.74)</td>
<td>36</td>
<td>10.55(1.90)</td>
<td>32</td>
</tr>
<tr>
<td>Depression</td>
<td>9.87(1.76)</td>
<td>37</td>
<td>12.49(1.86)</td>
<td>35</td>
</tr>
<tr>
<td>Binge Drinking</td>
<td>11.99(1.63)</td>
<td>37</td>
<td>11.79(1.72)</td>
<td>35</td>
</tr>
<tr>
<td>Alcohol Consequences</td>
<td>7.03(1.53)</td>
<td>35</td>
<td>7.38(1.56)</td>
<td>34</td>
</tr>
</tbody>
</table>

Note. *p < .05; **p < .01

Discussion

• Being an athlete was neither protective nor a risk factor for disordered eating, poor body image, depression, perfectionism, binge drinking, or alcohol consequences
• Most eating disorder patients are young females, and female athletes may be particularly at risk for poor body image, disordered eating, binge drinking, or alcohol consequences

Implications

• Poorer body image puts women at risk for disordered eating, depression, and binge drinking.

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Body Image and Disordered Eating Among UAF Female Athletes and Non-Athletes

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