

Personality traits and their correlation with disordered eating

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Over 7 million girls and women in addition to 1 million men in the United States are expected to suffer from eating disorder during some period of their life. These disorders result in impaired functioning and desolation with mortality rates that rank among the highest of all mental disorders. Disordered eating has been widely studied with a multitude of variables. In this study of 100 college students at a large University in the northern region of Alabama, the researcher examined the relationship between personality traits and disordered eating. After administering the Big Five Personality Test and the Disordered Eating Attitudes Scale, no statistical significance was found between personality traits and disordered eating. The results suggest that differences exist in the prevalence, age of onset and type of eating disorder amongst different ethnic groups.

Biography

Ajasha M Long is a graduate student at Alabama A&M University, currently pursuing her Masters degree in Clinical Psychology. She has completed research studies centered on disordered eating, obesity and addictive behaviors amongst and diverse populations.

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