



Title of the study: *A Cross Sectional Study of body image concerns and eating patterns in undergraduate students*



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ABSTRACT

Aim: To study body image satisfaction and eating patterns among undergraduate students

Objectives:

In under graduate students;

1. To determine body image concerns and sociocultural attitudes, and their association with eating patterns

2. To study the influence of educational stream on body image satisfaction and eating patterns

METHODOLOGY

A cross-sectional, comparative study among 150 undergraduate students from Medical (MBBS), Paramedical (nursing), Others (B.Sc.) educational stream from colleges of Hyderabad, Telangana, India

RESULTS

BMI is negatively correlated with body shape ($p\ 0.03^*$) and weight ($p\ 0.01^*$) concerns resulting in disordered restraint eating pattern. Undergraduates having body shape, weight dissatisfaction and socio-cultural pressures showed a positive correlation with disordered eating behaviour, with a p-value of 0.0001^* , which is statistically significant

CONCLUSION

Among undergraduate students, body image dissatisfaction was highly prevalent, and is associated with disordered eating patterns, and poor well-being. It is also influenced by societal pressures. There is a need for interventions that promote healthy weight management skills.