

[Available Issues](#) | [Japanese](#)Author:  [ADVANCED](#)Volume  Page Keyword:    [TOP](#) > [Available Issues](#) > [Table of Contents](#) > [Abstract](#)

ONLINE ISSN : 1349-6174

PRINT ISSN : 1348-8406

**The Japanese Journal of Personality**  
Vol. 13 (2004) , No. 1 (2004) pp.79-90[\[PDF \(374K\)\]](#) [\[References\]](#)

## A Comprehensive Study of Personal and Sociocultural Factors in Eating Disorders

[Cizuru Saito](#)<sup>1)</sup>

1) Shirayuri College

(Received: 2003/08/18)

(Accepted 2004/06/15)

The purpose of this study was to make a comprehensive investigation of the personality and sociocultural factors that affect eating disorders. A total of 321 adolescent and young adult females completed a questionnaire which included questions about thinness-oriented culture and sense of gender roles in order to examine sociocultural factors. Also, for analysis of personality factors, the questionnaire asked about self-esteem and interdependent self-concept. Results of the questionnaire supported the following hypotheses: Interdependent self-construal with excessive emphasis on adjusting oneself to the sociocultural standards lowered self-esteem and tended to cause eating disorder symptoms. These results also supported the notion that sociocultural factors such as thinness-oriented culture and gender roles affected eating disorder symptoms, and that personality factors that would make the person vulnerable to the effects of sociocultural factors could also be examined empirically.

**Keywords:** [eating disorders](#), [sociocultural influence](#), [over-adaptation](#)[\[PDF \(374K\)\]](#) [\[References\]](#)Download Meta of Article [\[Help\]](#)[RIS](#)

To cite this article:

Cizuru Saito, *The Japanese Journal of Personality*, Vol. **13**, p.79 (2004) .

---

doi:10.2132/personality.13.79

JOI JST.JSTAGE/personality/13.79

Copyright (c) 2004 by Japan Society of Personality Psychology

---



---

[Japan Science and Technology Information Aggregator, Electronic](#)

