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(Physical Attractiveness)

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(Eating Disorders not Otherwise Specified) (APA, p.3)

(Malnutrition)

2003) (Homeostasis) (2004 217) (McCarthy, p. 205-215) (54)

(Kaplan & Sadock, p.25-32)(8-5) (Incentives)

: (90-82 2007) (Eating Disorders) (Shuriquie & Abdullhamid, p.45-54)

(DSM, IV, 1994)

(Obesity)

(Bulimia (Anorexia Nervosa) (Binge Eating Disorder, BED) Nervosa) (Thin)

(15-1 2006)

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(30-10)

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(Restrictive Anorexia)
(Bulimic Anorexia)

.(Delinsky, p.108-116)(Laxatives)

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.(56-52 2003)

(Siblings) (10-6)

.(Garner, p.8-11)

(Amenorrhoea)
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(Lutenizing Hormone)

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(Anorexia
.(90-89 2007) Nervosa)

(Regression)

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(2) (Periactin) (Neuro-Endocrine) (Shoebridge, P. & Gowers, 2000)

(Bulimia) (Bous) (DSM, IV, 1994)

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(Binge Eating)

(Tetany)

(Ryerson, p.21-22)

(McCabe & Vincent, p. 105)

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(Vagus Nerve)

(Receptive Relaxation)

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(Costing, p.11-13)

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Garner, p.1-)

(Psychotherapy & Behavioral Therapy)

(Wadden, p. 510-252) (5

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2004

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(Imipramine)

(Cooley & Torary, p. 229-236)

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(Laxatives)

Katzman & Pinhas,)(Binge Eating Disorder, BED)
(p.181-196)

(Botta, p.22-41) (Bandura, p.1175-1184)
(Anxiety)
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(Goley & Torary, p. 238-240)

(Costing, p.19-21)

(Social Physical Anxiety, SPA)

Neumark, Story, Beuhring)

(& Resnick, p. 49-58

(Tiggemann, p.133-143)()

(Prevalence &

Incentives)

(
 Delinsky & Wilson,)
 .(p.118-120
 Conpolat, Orsel &)
 (Bandura) .(Ozbay, p. 150-155
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 .(80 2003) (90
 .(Cusatis, & Shanon, p.27-34)
 .(81 2003) French, Story,)
 Hanna, Breitlow, Jeffery, Baxter, & Snyder, p.471-
) .(475
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 Manley, Rickson, &)
 .(Standeven, p.228-232
 .(9 2006)
 Striegel-Moore, & Cacheli,)
 .(p.635-661
 Shuriquie)
 .(& Abdullhamid, p.16-20
)

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 (201)
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 Han,) (12.4) :
 .(p.65-70
 (351)
 (Eating
 (11.4) Attitude Test, EAT)
 (1.2) (843)
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 (Delinsky &
 (Mirror (45) Wilson)
 Exposure)
 .(1 2006)
 Jaeger, Buggiero, Edlund et)
 .(al. P.54-61
 (Han)
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 . (18-15)
 .(Sigler, p.55-87) (66.8)
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 .(1 2005)

(234) (690) McCabey, &)
 .(Vincent, p.105
 . (25-15) (Jaeger, et al.)
 .(26-21 2001)
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 (Cooley & Toray)
 .(162-156 2001)
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 .(11-9 2004)
 Weltzin, Bulik, McCenaha, &) (Sigler)
 .(Keye, p.141-146
 (Irwin & Guyton)
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 .(Cooley, & Torary, p.237-238)
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 Irwin & Guytonk, p.141-)
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Levine, Ringhem, Kalachain, et)

.(al, p.138-140

(Welizin, et al.)

.(Katzman & Tpinhas, p.39-42)

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.(Story, Sztarner, & French, p.54-56)

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.(APA, p.23-26)

Harter, p.553-)

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.(p.23-26

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(Collective

.(Katzman & Tpinhas, p.39-42) Behavior)

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0.04	0.13	
0.01	0.27	
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$(0.05 \geq \alpha)$

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0.02	0.13-	

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(5) (Stepwise Multiple Regression)

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0.00	18.50	0.11	0.11	0.33	
0.00	9.91	0.05	0.16	0.40	
0.02	5.85	0.03	0.19	0.44	

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*0.20-	0.02-	*0.14-	
0.05	*0.17	0.02	
*0.25	*0.19	*0.31	
0.06	0.04-	0.08	
0.09	*0.14	0.06	
0.06	*0.13-	*0.11	
*0.31-	0.06-	*0.20-	

(0.05)

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0.01	7.03	0.04	0.04	0.21	
0.00	8.69	0.05	0.10	0.31	
0.02	5.61	0.03	0.13	0.36	

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(Han) (Canpolat, et al)

.(Delinsky & Wilson)

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0.00	20.83	0.12	0.12	0.35	
0.00	15.31	0.08	0.20	0.45	

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.(McCabe & Vincent)

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(Irwin &

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The Relationship between Eating Disorders and Self-Image, Anxiety, Perceived Self-Efficacy and Some Demographic Variables among a Sample of Female Students at Al-Ahliya Amman University

Sultan bin Mousa Al-Owaida

ABSTRACT

The present study aimed at examining the relationship between eating disorders and self-image, anxiety, perceived self-efficacy, and some demographic variables among a sample of (330) female students enrolled in the academic year (2007/2008) at Al-Ahliya Amman University.

In order to achieve the study objectives, the researcher used four scales. The first scale was used to measure the eating disorders, the second was used to measure the perceived self-image, the third scale, which was constructed by (Al-Fakhori, 2006), was used to measure anxiety, while the fourth scale was constructed by (Al-Shaik, 2005) and was used to measure perceived self-efficacy.

The study results showed the following:

- There was statistically significant negative correlation between the bulimia nervosa and binge eating disorder variables and self-image variable.
- There was a statistically significant negative correlation between thinness variable and self-image variable.
- There was a statistically significant negative correlation between the bulimia nervosa, binge eating disorder, thinness variables and perceived self-efficacy variable.
- There was a statistically significant positive correlation between the three eating disorders variables and anxiety.
- There was a statistically significant correlation between bulimia nervosa variable and weight, age, family monthly income, and number of family individual's variables.
- The researcher recommended enhancing eating behaviours among university students through urging them to visit counseling centers to promote the needed educative programs that help students in safeguarding themselves from eating disorders.

KEYWORDS: Eating disorders, self-image, anxiety, perceived self-efficacy.