

Abstract

This study examined the predictors of weight concern among Hong Kong Chinese adolescents. Results from the regression analysis suggested that while attitudes toward dieting in weight concern were more important in predicting males students' intentions, normative pressure was more important for female students. The perceived weight was the second most important predictor for both males and females. There were two more predictors, CBMI and importance of physical attractiveness, could significantly predict male's concern about weight. However, when predicting the coping strategies of weight concern, only the importance of physical attractiveness could predict such behavior of males, while normative pressure and CBMI were the significant predictors for females. Other findings were basically consistent with weight research conducted in western societies. Females were more concerned with their weight and had great dissatisfaction and distortion of weight than males. And there was no significant difference within the groups of CBMI and within the groups of perception of weight in psychological well-being. Given the gender difference in predicting concern about weight and dieting between males and females, an applied implication of the results for intervention to prevent serious weight concern and eating disorders were discussed.