

Abstract

Despite the fact that evidence suggested an association between pregnancy complications and eating disorder, no local study has yet examined disordered eating patterns in the pregnant population. In order to explore the prevalence and psychosocial correlates of binge eating and bulimic behaviors among Chinese women in pregnancy, three hundred fifty-seven women between the age of 16 and 42 (mean age = 29) were surveyed using self-report questionnaires. Among the sample, 25% were classified as subclinical binge eaters and one participant met the full criteria for Binge Eating Disorder (BED) as measured by the Questionnaire on Eating and Weight Patterns – Revised (QEWP-R). Correlation analyses revealed that a younger age, body image dissatisfaction and drive for thinness are significant correlates of bulimic behaviors measured by the Eating Disorder Inventory-2 (EDI-2). The implications for the treatment and future research directions of disordered eating among pregnant women are discussed.