

Abstract

The present study developed and validated a new measure, the Body-Related Self-Esteem Deflation Proneness Scale (BRSDPS), which is an assessment tool for eating disorders. Participants included 1,611 Hong Kong adolescent girls aged between 12 and 20. Participants completed measures assessing self-concept, depression, body dissatisfaction, drive for thinness, and eating disturbances. Results showed that the BRSDPS had good factorial validity and excellent internal consistency, and demonstrated good convergent validity when measured against global self-esteem, depression, self-deflation proneness, body dissatisfaction and drive for thinness. Besides, it significantly predicted pathological eating behaviours beyond other self-concept deficits measures and after Body Mass Index and depression were controlled. The BRSDPS also discriminated between disordered eating, dieting and normal individuals. The results provided preliminary support for the construct validity of body-related self-esteem deflation proneness as a vulnerability marker for eating pathology among adolescent girls.