Abstract

This study validated the Body-Related Self-Esteem Deflation Proneness Scale (BRSDPS), which is a measure for identifying girls at risk for eating disorders. Participants included 1,618 Hong Kong adolescent girls aged between 12 and 20, who were recruited from four local secondary schools. Participants completed self-report questionnaires assessing self-concepts, depression, body dissatisfaction, drive for thinness, and eating disturbances. Results showed that the BRSDPS had good factorial validity, excellent internal consistency, and good convergent validity when measured against global self-esteem, depression, self-deflation proneness, body dissatisfaction and drive for thinness. Moreover, it significantly predicted pathological eating behaviors beyond other self-concept deficits measures and after Body Mass Index, perceived weight status and depression were controlled.   The BRSDPS also discriminated between disordered eating, dieting and normal girls. The results provided preliminary empirical support to the validity of the body-related self-esteem deflation proneness scale. Findings also suggest that body-related self-esteem deflation proneness may be a useful vulnerability marker for eating pathology among adolescent girls.