
DIFFERENCES IN PERCEPTION OF BODY IMAGE BETWEEN BOYS AND GIRLS DURING PUBERTY

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INTRODUCTION: Disturbed body image perception is a common feature in eating disorders. To further investigate the etiology of these disorders, we have to study in depth body image perception during puberty in non clinical samples

OBJECTIVES: To analyze the changes and evolution of body image perception in boys and girls from age 10 to 14.

METHODS: Emotional, cognitive and behavioral aspects of the body image were evaluated in order to determine the changes that take place during these years and if there were differences between genders. The sample consisted in one hundred school 10-years old boys and girls of the general population of Extremadura Community, who were followed-up for 4 years. Assessment tools were: BPSS, BSQ, DST, BIAQ and EDI. For the statistic analysis, repeated measures ANOVA was used.

RESULTS: Between 10 and 13 years body image perception improves in boys and worsens in girls. From age 11 and after these differences start to be statistically significant between boys and girls, the satisfaction with body image increasing in boys and remaining low in girls.

CONCLUSIONS: Girls show more problems with body image perception than boys during these years. Further investigations during these period of life would be necessary.