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### THE HEALTH LOCUS OF CONTROL IN ANOREXIA WOMEN

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The Multidimensional Health Locus of Control Scale (MHLC) designed by Wallston, Wallston, and DeVellis (1978) belongs to the most popular tests, assessing the health locus of control in respondents on three levels: internal, external, and accidental. The MHLC is used in health promotion programs, in prophylaxis effect. According to authors, the background of this conception is the conviction that internal locus of health control favours pro-health behaviour like taking physical activity, reduce smoking and alcohol drinking, weights control, HIV protection etc. In this preliminary study we would like to exam the health locus of control in anorexia women.

The MHLC was carry out in 15 anorectic women (diagnosed by EAT-26) and 39 non-anorectic women, aged  $21,7 \pm 1,0$  years. The results were analysed with the use the Chi-square test.

We found the statistically significance differences between anorectic and non-anorectic women in the health locus of control ( $p < 0,001$ ;  $\chi^2=13,24$ ). However, the most of subjects (non-anorectic vs. anorectic, respectively 69% vs. 60%) located the health control inside, more anorectic felt that control on their health depend on the accidence than non-anorectic (respectively, 20% vs. 5%).

The results of this preliminary study could suggest that the health locus of control may play the important role in initiate the anorexia behaviour in women.