



Body image dissatisfaction and eating attitudes among men of various ethnicities in Singapore



Done by: **Kokila D/O Morgandass** B6071556 (D.M.Kokila2@newcastle.ac.uk)
 Supervisor: Dr Lourdes Santos Merx (Lourdes.Santos-Merx@Newcastle.ac.uk)

Introduction

- Men are increasingly concerned about their weight and shape (Strother et al., 2012).
- Body dissatisfaction and weight misperception may be factors leading to eating disorders. Ethnicity is recognised as a factor for eating disorders as well (Nasser, 1988).
- Singapore is a society comprised of 3 main ethnicities such as Chinese, Malay and Indian; which implies varied body shapes.

Aim

- To find out if ethnicity is linked to disordered eating behaviour and body dissatisfaction in adult males living in Singapore.

Materials & Methods

- Questionnaire (EAT-26 and body image scale)
- Recruitment: random and snowball sampling
- Statistical analysis using SPSS: Correlation, ANOVA, Chi-square, $p < 0.05$

Results

Table 1. Age, BMI, weight and shape discrepancies for each ethnicity (Mean and SD)

Ethnicity	Chinese (n=84)	Malay (n=87)	Indian (n=92)
Age	23.27 ± 2.06	27.91 ± 10.58	36.88 ± 14.21
BMI (kg/m ²)	22.33 ± 3.48	24.88 ± 4.79	24.96 ± 4.05
Weight discr.	1.38 ± 7.06	5.54 ± 11.94	4.61 ± 11.34
Shape discr.	-12.14 ± 16.36	-7.24 ± 13.83	-4.13 ± 17.47

Table 2. Scores for EAT-26 and subscales for each ethnicity (Mean and SD)

Ethnicity	Chinese (n=84)	Malay (n=87)	Indian (n=92)
EAT-26 Total score	7.50 ± 6.42	10.44 ± 9.93	10.66 ± 9.23
Dieting	4.26 ± 4.29	7.046 ± 6.92	7.16 ± 6.88
Bulimia	1.24 ± 2.03	1.14 ± 2.43	1.14 ± 1.81
Oral control	2.00 ± 2.60	2.25 ± 2.79	2.36 ± 2.85

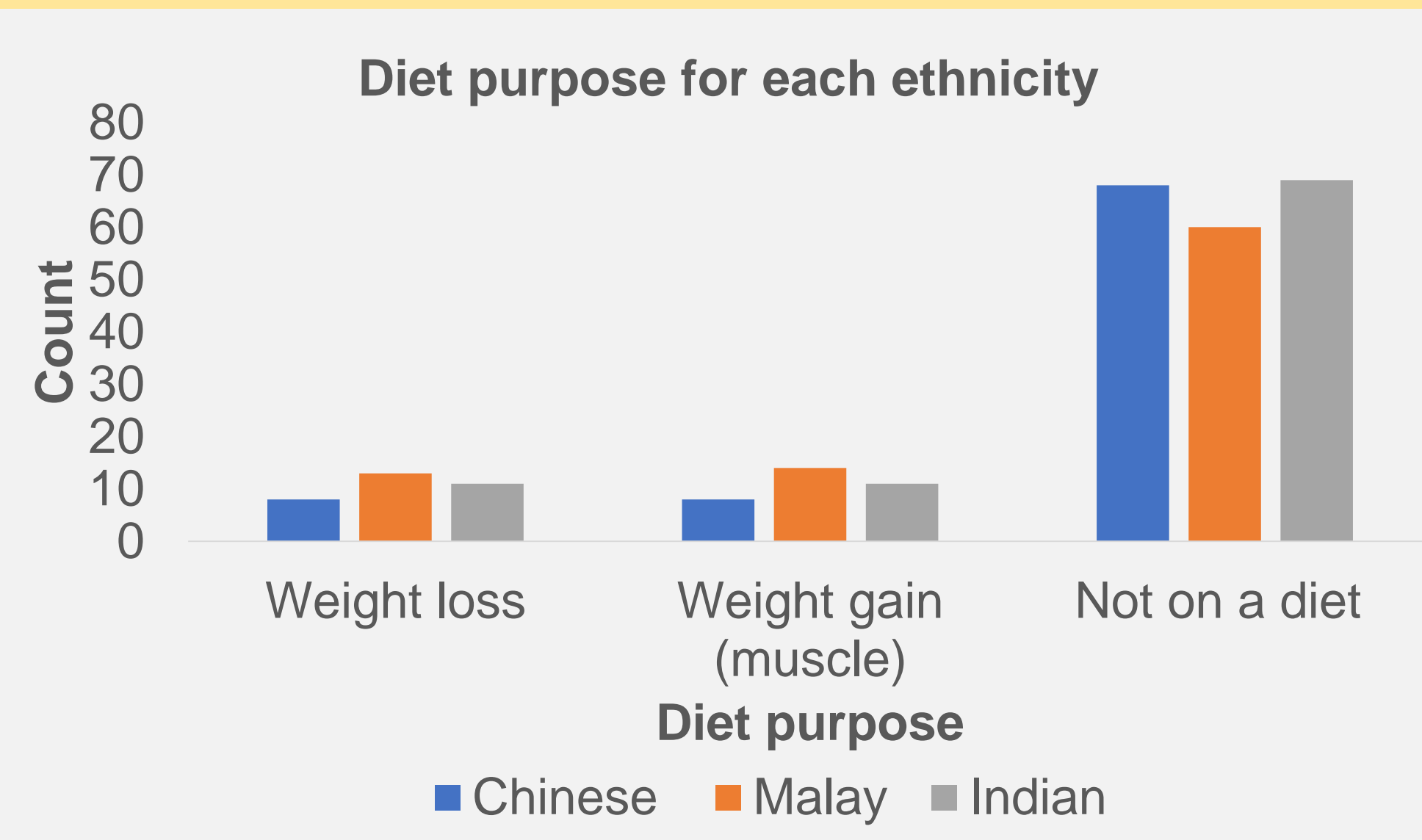


Figure 1. Comparing the diet purpose between the three ethnicities

Results

- Indian men were older and heavier than the Chinese and Malay (Table 1, $p < 0.0001$).
- Malay men were the most dissatisfied with their weight (Table 1, $p = 0.024$).
- Chinese men were the most dissatisfied with their body image and wanted to be more muscular (Table 1, $p = 0.004$).
- On average, EAT-26 scores were below the clinical cut-off score (20). However, Indians and Malays scored higher than the Chinese men (Table 2, $p < 0.05$).
- Majority of men from all ethnicities were not on a diet (Figure 1, $p > 0.05$).

Conclusion

- Indians and Malays were more concerned about weight, whilst Chinese men wanted to be more muscular.
- This multi-ethnic male sample was at low-risk of developing eating disorders, especially muscle dysmorphia.