
Purpose of Measure: To measure body dissatisfaction among Japanese women.


Description of measure: Body Dissatisfaction sub-scale of the Eating Disorders Inventory (EDI) (Garner, Olmsted, & Polivy, 1983) consists of 9 items. Each item reflects beliefs that specific parts of the body that are associated with fat increases during puberty are too large (e.g., “I think that my thighs are too large”; “I like the shape of my buttocks”). Subjects rate how often they agree with each statement according to a 6-point Likert-type scale ranging from “always” to “never”. Higher scores indicate greater dissatisfaction with one’s body.

Language: English and Japanese.

Translation comments: Not reported.

Description of population: Two samples of female undergraduate students participated in the research: 171 Japanese women (mean age 20.2, SD = 1.9) attending university in Japan and 144 American women (mean age 20.3, SD = 1.6) attending university in the United States. Ninety percent of the American participants were European American, 4% were African American, 4% were Asian or Asian American, and 2% were other ethnic groups. Results are reported for the Japanese and European American samples.

Norms:
- The European American women scored 11.7 (SD = 8.5) on the Body Dissatisfaction sub-scale. The Japanese women scored 14.3 (SD=7.5).

Reliability: Cronbach alphas of the Body Dissatisfaction sub-scale were .89 and .93 for the Japanese and American students, respectively.

Validity: not assessed


How to obtain copy of instrument: To whom correspondence requests for reprints should be addressed to Takayo Mukai at Department of Educational and Clinical Psychology, Faculty of Education, Fukushima University, 2 Sugumichi, Asakawa, Matsukawa, Fukushima, 960-12, Japan