

Table 3

Multiple Regression Analyses Predicting Body Dissatisfaction Taking the EDI-BD Total Scores as Dependent Variable

DV: EDI-BD Score	F	Beta	t	R ²
Total sample	79.2 [‡]			0.50
Disordered Eating (EAT-26)		2.42	7.41 [‡]	
Self-esteem (SES)		-0.25	-8.63 [‡]	
BMI		0.27	10.1 [‡]	
Internalization (I)		0.12	3.46 [‡]	
Gender		0.14	4.16 [‡]	
Awareness (C)		0.11	3.36 [‡]	
Dieting topic		0.22	5.31 [‡]	
Fitness topic		0.11	3.47 [‡]	
Beauty topic		-0.12	-2.87 [†]	
Males				
DV: EDI-BD score	37.8 [‡]			0.35
Self-esteem (SES)		-0.33	-7.20 [‡]	
BMI		0.30	6.76 [‡]	
Disordered Eating (EAT-26)		0.22	4.71 [‡]	
		0.15	3.44 [‡]	
Awareness (C) fitness topic		-0.11	-2.40*	
Females				
DV: EDI-BD score	111.6 [‡]			0.54
Disordered Eating (EAT-26)		0.29	6.77 [‡]	
Internalization (I)		0.28	6.44 [‡]	
BMI		0.28	8.01 [‡]	
Self-esteem (SES)		-0.23	-5.94 [‡]	

Abbreviations: BD, body dissatisfaction from EDI-BD; Beauty, content about TV and magazine beauty topics; BMI, body mass index; C, awareness from SATAQ-R; Dieting, content about TV and magazine dieting topics; DV, dependent variable; Fitness, content about TV and magazine fitness topics; I, internalization from SATAQ-R.

* $p < .05$.

† $p < .01$.

‡ $p < .001$.