

ORAL PRESENTATION

Open Access

Romantic attachment, social support, sexual approach style and sociocultural influences on eating disorder symptoms

Cassandra Dean^{1*}, Janice Sabura Allen¹, Elizabeth Hughes²

From 2013 ANZAED Conference: Inspiring Change: Person and Context
Melbourne, Australia. 23-24 August 2013

The purpose of this study was to examine the prediction of eating disorder symptoms within an integrated theoretically-driven model of romantic attachment, social support, sexual approach styles and the internalization of the media's portrayal of ideal body standards. A community sample of 671 women aged 19 to 88 years completed a series of self-report questionnaires. The findings supported a mediation model of romantic attachment being associated with eating disorder symptoms through interpersonal factors (perceived social support, game-playing and possessive sexual approach styles), and an environmental factor (the internalization of the media's depiction of ideal body standards). Romantic attachment anxiety predicted eating disorder symptoms directly; however, romantic attachment avoidance did not. Instead it predicted other factors. The findings enhance the understanding of the pathways influencing eating disorder symptoms and indicate that the attachment theory is a valuable framework to integrate the literature regarding sociocultural theory, sexual approach style, social support and eating disorders.

This abstract was presented in the **Disordered Eating Characteristics & Treatment** stream of the 2013 ANZAED Conference.

Authors' details

¹School of Psychiatry and Psychology, Monash University, Australia. ²Centre for Adolescent Health, The Royal Children's Hospital, Australia.

Published: 14 November 2013

* Correspondence: Cassandra.Dean@monash.edu

¹School of Psychiatry and Psychology, Monash University, Australia
Full list of author information is available at the end of the article

doi:10.1186/2050-2974-1-S1-O27

Cite this article as: Dean et al.: Romantic attachment, social support, sexual approach style and sociocultural influences on eating disorder symptoms. *Journal of Eating Disorders* 2013 **1**(Suppl 1):O27.

Submit your next manuscript to BioMed Central
and take full advantage of:

- Convenient online submission
- Thorough peer review
- No space constraints or color figure charges
- Immediate publication on acceptance
- Inclusion in PubMed, CAS, Scopus and Google Scholar
- Research which is freely available for redistribution

Submit your manuscript at
www.biomedcentral.com/submit

