



# Proposing a Structural Model of Body Image based on Gender Schemas, Personality Type, Attitude to Eating with the Mediation of Perfectionism in Individuals with Cultural Pathology and Body Dysmorphic Disorder

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## Abstract

The purpose of the present study was to propose a structural model of body image based on gender schemas, personality type, attitude to eating with the mediation of perfectionism in individuals with cultural pathology and body dysmorphic disorder referred to the beauty clinics of Mazandaran province. The statistical population of the research embraced individuals who referred to the beauty clinics of Mazandaran province (Amol, Babol, Sari and Qaimshahr cities). The sample included 330 participants whom were selected through purposive procedure. The method of the current research was correlational of structural equation modeling (SEM) one. Data was collected by implementing Tan Sooto and Garcia's (2002) Body Image Satisfaction Questionnaire, Cyranowski (1994) Sexual Schema Questionnaire, Costa and McCrae's (1996) Personality Type Questionnaire, Mintz et al.'s (2000) Eating Attitude Questionnaire, Terry-Shorte et al. and Perfectionism Questionnaire (1995). To analyze the data structural equation modeling was applied via utilizing SPSS22 and Amose23 software. The results of the research showed that there was a significant relationship between gender schemas and body image in individuals with body dysmorphic disorder with the mediation of perfectionism. The results also indicated that personality type was significantly correlated to body image in participants with body dysmorphic disorder through the mediation of perfectionism. There was also a significant correlation between eating attitude and body image in subjects with body dysmorphic disorder, with the mediation of perfectionism. Finally, the findings revealed that body image was significantly related to all the investigated variables, and in fact, it could be concluded that since the appearance of a person is a part of a person's personality and identity and it appears in cultural and social situations dissatisfaction with it provides a risk factor for many disorders.



## Extended abstract

**Introduction:** Desire for beauty has existed in human nature since long ago. The tendency towards beauty is a completely natural feeling shared by all humans. One of the important aspects that shape people's identity and self-esteem is physical appearance and body image. Body image does not only affect emotions, but actively affects behavior, self-esteem and psychopathology. This study also examined the role of cognitive factors such as eating attitude in body image and seems to cover a comprehensive approach to body image in the form of a structural model along with variables such as gender schemas in predicting body image. Considering the mental and physical injuries mentioned in individuals with body dysmorphic disorder that had a direct impact on the quality of life, such individuals reported higher levels of impairments to the quality of life, which in addition to affecting the quality of life, education/occupation performance, social life/enjoyable activities and responsibilities of family/home life were also affected. The purpose of the present study was to propose a structural model of body image based on gender schemas, personality type, attitude to eating with the mediation of perfectionism in individuals with cultural pathology and body dysmorphic disorder referred to the beauty clinics of Mazandaran province.

**Method:** The statistical population of the research embraced individuals who referred to the beauty clinics of Mazandaran province (Amol, Babol, Sari and Qaimshahr cities). The sample included 330 participants whom were selected through purposive procedure. The method of the current research was correlational of structural equation modeling (SEM) one. Data was collected by implementing Tan Sooto and Garcia's (2002) Body Image Satisfaction Questionnaire, Cyranowski (1994) Sexual Schema Questionnaire, Costa and McCrae's (1996) Personality Type Questionnaire, Mintz et al.'s (2000) Eating Attitude Questionnaire, Terry-Shorte et al. and Perfectionism Questionnaire (1995) To analyze the data structural equation modeling was applied via utilizing SPSS22 and Amose23 software.

**Results:** The results of the research showed that there was a significant relationship between gender schemas and body image in individuals with body dysmorphic disorder with the mediation of perfectionism. The results also indicated that personality type was significantly correlated to body image in participants with body dysmorphic disorder through the mediation of perfectionism. There was also a significant correlation between eating attitude and body image in subjects with body dysmorphic disorder, with the mediation of perfectionism. Finally, the findings revealed that body image was significantly related to all the investigated variables.

**Conduction:** Research showed that negative body image was significantly related to poor self-esteem, poor gender identity, depression, eating disorders and body dysmorphic disorder. Poor body image is often a thought associated with low confidence in interpersonal relationships, especially sexual relationships. Body image could be the central aspect of women's lives. A person's confidence in her ability to establish and maintain satisfactory intimate relationships is influenced by her beliefs about the harmony between her own personal characteristics and the desirability of those characteristics from the point of view of a sexual partner. Research results showed that women's positive or negative meta-



perception of attractiveness was significantly related to the evaluation of close ones while this issue is less common in the case of strangers. In fact, it could be concluded that since the appearance of a person is a part of a person's personality and identity and it appears in cultural and social situations dissatisfaction with it provides a risk factor for many disorders.

**Authors Contribution:** Roghayeh Eslamnia: Responsible for collecting data and providing the necessary explanations regarding the implementation of the intervention to the participants. Dr. Javad Khalatbari: Responsible for editing the article, making corrections and corresponding author. Dr. Shohreh Ghorban Shiroudi: responsible for data analysis in the research. The rest of the research stages have been carried out in a collaborative manner

**Contribution of the authors:** Roghayeh Eslamnia: Editing the content, collecting information. Javad Khalatbari: General framework design, ideation and Corresponding Author. Shohreh Ghorban Shiroudi: Correction of the article. All authors reviewed and approved the final manuscript.

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