

The Role of Negative Emotions and Alexithymia in Anticipation of Disturbed Eating Behaviors Among Students

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The aim of this study is the role of negative emotions and alexithymia in anticipation of disturbed eating behaviors among students. The study population consisted of 5100 students of Islamic Azad University Branch of the academic year 1394-95. Cluster sampling bottles which 150 were ed as sample. To collect data a scale of; 1) alexithymia of Toronto, 2) feedback eating and 3) depression, anxiety and stress were used. Multiple regression analysis showed that the variables in increments of one negative emotions (depression, anxiety and stress) and alexithymia 0/24 and 0/19 respectively to the size of disturbed eating behavior is added. The variables can say negative emotions (depression, anxiety and stress) and alexithymia significantly predicted disordered eating behaviors addressing.

Keywords : negative emotions, alexithymia and disordered eating behaviors

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