Introduction

- Two dimensions of perfectionism related to EDs are:
  1) Doubts about actions
     - Indecisiveness regarding actions
  2) Concern over mistakes
     - Excessive worry over errors (Bulik et al., 2003)
     - People with high perfectionism tend to experience shame, guilt, and lack of pride
     - Shame, guilt, and pride are also high in EDs (Stoeber et al., 2007)
- Do these differ by gender?
- We investigated if gender moderated the relationships between (a) perfectionism, shame, guilt, and pride and (b) ED symptoms

Participants

- Two hundred sixteen undergraduates
  - Men (n = 54) and women (n = 163)
  - European American (n = 122; 56.5%)
  - Mean age of 18.81 (SD = 1.10)

Measures

**Eating Disorder Examination – Questionnaire** (Fairburn & Beglin, 1994)
- Global score of all items as measure of ED symptoms
- Example item: Have you experienced a sense of loss of control over eating?
- Example item: Have you had a definite fear that you might gain weight or become fat?
- Good internal consistency and convergent validity

**The Frost Multidimensional Perfectionism Scale** (Frost et al., 1990)
- Thirty five item measure which assesses six dimensions of perfectionism
- Used concern over mistakes and doubts about actions subscales
- Concern over mistakes
  - If I fail partly, it is as bad as being a complete failure
- Doubts about actions
  - It takes me a long time to do something “right”
- Good test-retest reliability and validity

**The State Shame and Guilt Scale** (Marschall, Santer, & Tangney, 1994)
- Measure of momentary shame, guilt, and pride
  - Shame
  - Guilt
  - Pride
  - I feel worthwhile, valuable
  - Good internal consistency and concurrent validity

Data Analyses

- Independent samples t-tests were conducted
  - Test if males and females significantly differed on perfectionism, shame, guilt, pride, and ED symptoms
  - Moderation analyses conducted for impact of gender on ED symptoms and:
    1) concern over mistakes
    2) doubts about actions
    3) guilt
    4) pride
    5) shame

Results

Table 1. Independent Samples t-tests; significant differences are bolded and p-values are starred

<table>
<thead>
<tr>
<th></th>
<th>Men Mean</th>
<th>Women Mean</th>
<th>t-value</th>
<th>p-value</th>
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<tbody>
<tr>
<td>Doubts about Actions</td>
<td>9.87</td>
<td>11.03</td>
<td>-2.03</td>
<td>.044*</td>
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<tr>
<td>Concern over Mistakes</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shame</td>
<td>8.51</td>
<td>8.15</td>
<td>0.58</td>
<td>.019*</td>
</tr>
<tr>
<td>Guilt</td>
<td>9.31</td>
<td>9.41</td>
<td>-0.13</td>
<td>.898</td>
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<tr>
<td>Pride</td>
<td>18.43</td>
<td>16.77</td>
<td>2.37</td>
<td>.562</td>
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<tr>
<td>ED Symptoms</td>
<td>1.01</td>
<td>1.80</td>
<td>-4.63</td>
<td>.010*</td>
</tr>
</tbody>
</table>

Discussion

- In women more so than in men, higher ED symptoms associated with:
  - Higher doubts about actions
  - Higher shame
  - Lower pride
- Concern over mistakes and guilt did not impact ED symptoms differently based on gender
- Women with higher doubts about actions, higher shame, and lower pride may be at specific risk for eating disorders
  - May need to be targeted in women
- Concern over mistakes and guilt carry risk for higher ED symptoms regardless of gender
  - Should be assessed and targeted in both genders
- Models for women not necessarily generalizable to men
  - Continued need for testing models by gender to develop targeted interventions