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NOTE

Apart from some technical interventions, the texts have not been altered. In a few exceptions only, some corrections have been made, which have not affected the meaning of the text.

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Personality and eating disordered behaviors in adolescent boys

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There is increasing evidence showing that gender specific attitudes and behaviors predict the onset of eating behaviors. Excessive exercise to gain weight and muscularity typically reveal body dissatisfaction and predict eating disorders in males.

The present study explored how personality characteristics predict body dissatisfaction and muscle dysmorphia, in a sample of adolescent boys (N = 178) who provided self-reports along personality and body image concerns questionnaires.

Results from regression analyses showed that Dynamism and low Constraint concurrently accounted for a significant variance proportion in Muscle Dysmorphia. Perfectionism, Obsessiveness, and Ineffectiveness predicted higher scores on Body Dissatisfaction. Results were controlled for age and BMI. A second data wave will be collected soon in order to explore personality antecedents of changes in body dissatisfaction and muscle dysmorphia. The results will help understand how personality self-views represent risk factors for dysfunctional body images and related eating disordered attitudes, in young males.

Keywords: body dissatisfaction, muscle dysmorphia, personality, adolescence, eating disorders

Individual differences in everyday choices

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Why individuals differ in their everyday choices? In an attempt to address this issue, researchers investigated the extent to which some factors related to personality or cognitive processes could affect aspects of decision-making. This study sought to better understand the nature of the relationships between personality traits defined through the Big Five model, cognitive styles of Knowing, Creating, Planning, and decision-making tendencies. 460 university students completed a questionnaire comprising the Ten Item Personality Inventory, the Cognitive Style Indicator, and the Decision Making Tendency Inventory. Causal analyses were performed to examine whether personality traits and cognitive styles predicted variance in the tendency to maximize, to satisfice, or to minimize. Path analyses showed the mediating role of the cognitive styles of knowing and planning in the relationships between personality traits and the tendency to maximize. The research findings offered an interesting contribution to the research on individual differences in decision-making processes.