

**Eating Attitudes, Emotional Regulation, and Psychological Distress Among
Pakistani Young Adult Women**



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**Eating Attitudes, Emotional Regulation, and Psychological Distress Among
Pakistani Young Adult Women**

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Research Completion Certificate

It is certified that the research work in this title “Eating Attitudes Emotional Regulation and Psychological Distress among young adult women ” has been completed and carried out by Ms. Mubashra Mukhtar, Registration No: FA19-BPY-026: student of BS Psychology, session 2019-2023. The study is an independent research work carried out under instructions and deliberation.

Dated

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Dedication

With the name of Allah, the most Beneficial and the most Merciful. My sincere gratefulness goes to my beloved parents, for their prayers and praise and support. I will always appreciate all your struggles and hard work for me. I will further dedicate this to my supervisor Dr. Shameem fatima, who helped me, supported me, and encouraged me to complete my thesis. Last but not least my friends, siblings who were always supporting and encouraged me in this journey.

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Abstract

This study was designed to explore the link between eating attitudes emotional regulation and psychological distress among young women. In this study, the sample consisted of 300 young adult women selected through a convenient sampling technique from different universities in Lahore. The mean age of the sample ($n=300$) was 21.90 years, and the standard deviation was 2.67. The study's total sample comprised 300 young adults. Self-report measures including the demographic questionnaire, eating attitude test, emotional regulation, and psychological distress scale were used to assess the study variables. The results of the current study revealed that eating attitude has a significant correlation with depression, anxiety, and stress. There was a positive and significant correlation between preferred junk food and stress. The overall results showed that eating attitude was a significant predictor of depression, anxiety, and stress.

Keywords: eating attitude, emotional regulation, psychological distress, preferred junk food, preferredfrizzy food, preferred healthy food, number of meals.