

## Parenting style and the risk for eating disorders among teenage girls

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### Abstract

The aim of this study was to explore the role of parenting styles and the risk to develop an eating disordered behavior among teenage girls. This study was designed to test the hypotheses that parenting style are correlated with the risk to have an eating disordered behavior among female teenages. It was predicted that the teenage girls at risk for developing an eating disorder would report experiencing their parents style as high in control and low in warmth or low in control and high in warmth. Specifically, the permissive and the authoritarian parenting style will be positively correlated with the risk to develop an eating disordered behavior. The sample of this research was composed by 100 teenage girls 15-18 years old. The selection of the participant was totally random and they were selected on the schools they frequented. There were found significant correlations between daughters approach to eating and mothers parenting style. These results support the impact of mothers parenting style on the risk to have an eating disorder, but more research needs to be conducted in examining the relationship between parenting style and eating disordered behavior.

**Keywords:** Adolescence, eating disorders, parenting style, authoritarianism, permissive.

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