

In the prison of beauty industry: Beauticians' eating and body attitudes

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Abstract

Some professional groups (models, actresses, ballet dancers, jockeys and athletes) are considered as risk populations for eating disorders and body image disorders. Beauticians may be a possible risk group, as their work is closely related to beauty and fashion. *Measures:* Eating disorders were assessed using the Eating Attitudes Test and the Eating Behaviour Severity Scale, body image measures included the Human Figure Drawings Test, the Body dissatisfaction subscale of the Eating Disorders Inventory, the Body Attitudes Test, and the Body Investment Scale.

Results: Questionnaire data of 543 subjects were analysed. The study sample comprised 128 beauticians from Transylvania (5 males, 123 females), 167 beauticians from Hungary (10 males, 157 females). These groups were compared with control groups in Transylvania and Hungary, consisting of 148 (25 males, 123 females) subjects in Transylvania and 101 subjects (5 males, 95 females) in Hungary. Such weight loss methods as dieting, exercise, the use of appetite suppressants and diuretics were significantly more prevalent in the beautician group. The mean total score and the scores of the Dieting and Bulimia subscales were higher in the beautician group in comparison with the control group. The prevalence of clinical and subclinical eating disorders was higher in the beautician group. Beauticians invest more money and time for body care.

On the basis of the above results, working in beauty industry may be an increased risk for eating disorders.

Keywords

eating disorders, anorexia nervosa, bulimia nervosa, beauticians