

Abstract

Nutrition is a fundamental requirement for life and eating attitudes towards food can have an impact on overall health. Early detection of individuals with eating disorders will contribute to improved diagnosis and full rehabilitation (Muazzam, A., & Khalid, R. 2011). Therefore the aim of this study is to explore the relationship between impulsivity, disordered eating and mental health in non-clinical population. For this purpose, cross-sectional research design was used and convenient sampling was used. A sample of 600 university students including 300 males and 300 females from different public and private universities of Lahore were selected for this purpose, whose age range falls within the range of 18 to 25 years ($M=21.50$, $S.D=2.190$). The results showed that there is significant positive relation between impulsivity and disordered eating. The current study also focuses on the connection between disordered eating and mental health and results indicated that disordered eating had significant negative correlation with mental health. Impulsivity and mental health also had significant negative correlations. The results of multiple linear regression showed that impulsivity found to be predictor of psychological wellbeing. Results also showed that impulsivity and disordered eating were found to be important predictors of psychological distress and mental health. In addition, gender variations have been found in terms of disordered eating in non-clinical population. The results of independent sample T-test showed that there are significant gender differences in terms of disordered eating in non-clinical population.