

Abstract

The present study aimed to determine the relationship among parental attachment and eating problems (attitude and behaviors) among adolescents. Initially, the eating attitude and behaviors were explored from 60 adolescents 30 boys and 30 girls that resulted into 48 items converted into a self report measure (Eating Problem Scale for Adolescents (EPS)). 400 adolescents (52 %boys, 47%girls) were given a demographic Performa , Eating Problem Scale for Adolescents (EPS), Attachment Scale For Children , Child Rearing Practice Questionnaire .Factor analysis revealed four subscales of the Eating Problem Scale i.e. is Fear Of Putting On Weight, Preoccupation Of Being Thin, Tendency To Overweight And Emotional Disturbance And Eating. The scale was found to have high psychometric properties. The result further revealed that adolescents who have Anxious Avoidant Attachment Style are more likely to develop eating problems in their further life followed by Ambivalent Avoidant Attachment Style as compared to Secure Attachment. Results are discussed in terms of strength based model and future implications were given with reference to cultural context. Further result are also discussed in relation to demographic variables and it relation to counseling services.