

Research Paper

Assessing the Influence of Self-Compassion and Body Image on Binge Eating Tendencies Among Indian College Students

Anushka Raj Singh^{1*}, Dr. Shruti Dutt²

ABSTRACT

This study focused on exploring the influence of “Body Image & Self Compassion” on Binge Eating tendencies among Indian college students, with a specific focus on gender differences. A sample of 204 participants (102 males and 102 females) aged between 18–28 years participated in this cross-sectional, quantitative study. Standardized tools—the Self-Compassion Scale (SCS), Bruchon-Schweitzer Body Image Scale (BSBIS), and Binge Eating Scale (BES)—were employed. The results revealed a significant positive correlation between self-compassion and body image but no significant correlation between either binge eating and self-compassion or binge eating and body image. Gender differences in body image were statistically significant, indicating possible cultural and psychosocial influences. These results underscore the complex interplay between psychological self-attitudes and eating behaviors and point to the need for interventions focusing on body image & self-compassion to reduce the risk of disordered eating in college populations.

Keywords: *Self - compassion, Body image, Binge eating, Indian college students*

Binge eating has emerged as a growing psychological concern, especially among adolescents and young adults. It involves repeated episodes of consuming large quantities of food in a short span, often accompanied by a sense of loss of control and followed by feelings of guilt, shame, or distress (American Psychiatric Association, 2013). These episodes differ from occasional overeating in both frequency and emotional intensity. In addition to emotional consequences, binge eating can contribute to significant physical health issues, including obesity and metabolic complications (Leehr et al., 2015). In India, the rise of urbanization, changing dietary patterns, and increasing exposure to global beauty ideals have contributed to the emergence of such eating behaviors, particularly among the youth in metropolitan settings.

Multiple psychological frameworks have been developed to explain the onset and persistence of binge eating. Bruch’s (1962) early psychodynamic explanation suggested that binge eating could result from poor emotional regulation and a diminished ability to recognize internal hunger cues. The **dietary restraint theory** (Herman & Mack, 1975) argues that stringent food restrictions often lead to compensatory overeating. Meanwhile,

¹Student, Amity institute of psychology & allied sciences, Amity University Noida

²Assistant Professor, Amity institute of psychology & allied sciences, Amity University Noida

*Corresponding Author

Received: May 08, 2025; Revision Received: May 22, 2025; Accepted: May 25, 2025

Assessing the Influence of Self-Compassion and Body Image on Binge Eating Tendencies Among Indian College Students

emotional regulation models (e.g., Heatherton & Baumeister, 1991) propose that binge eating acts as a maladaptive strategy to alleviate psychological distress. Cognitive-behavioral approaches (Fairburn, 1986) further elaborate on how distorted beliefs about self-worth, weight, and body shape can perpetuate a cycle of restrictive dieting followed by binge episodes. Schema-based perspectives (Waller et al., 2000) also suggest that deep-rooted negative beliefs about oneself contribute to the use of food as a way to cope with painful emotions.

In recent years, researchers have begun focusing on protective psychological traits that may buffer individuals against disordered eating, one of which is **self-compassion**. According to Neff (2003), self-compassion involves being kind and understanding toward oneself in moments of difficulty, acknowledging that suffering is part of the shared human experience, and maintaining a balanced awareness of painful thoughts and feelings. Unlike self-esteem, which often depends on external validation, self-compassion offers a stable and unconditional sense of self-worth. Gilbert's (2005) social mentality theory frames self-compassion within the caregiving system, promoting self-soothing and emotional regulation. Higher levels of self-compassion have been linked to lower levels of psychological distress and eating-related pathology, suggesting its potential role as a protective factor (Braun et al., 2016; Kelly & Tasca, 2016).

Another construct closely related to eating behavior is **body image**, which encompasses how individuals perceive, think, and feel about their physical appearance (Cash & Pruzinsky, 2002). Negative body image—characterized by dissatisfaction with one's weight, shape, or size—has been repeatedly associated with disordered eating behaviors, including binge eating. Sociocultural theories (Thompson et al., 1999) highlight how societal norms, media portrayals, and peer influences can shape individuals' internalization of unrealistic body ideals. The **tripartite model** (Keery et al., 2004) further emphasizes the role of peers, parents, and media in shaping body image through appearance-related pressures and comparisons. In a country like India, where collectivist values are strong and appearance can be linked with social acceptance and family pride, such pressures may be intensified. Urban Indian youth are increasingly exposed to Western beauty ideals through media, often leading to dissatisfaction with their own bodies and increased vulnerability to unhealthy eating behaviors.

Self-compassion may serve as a protective buffer in the context of negative body image. Individuals with higher self-compassion are more likely to adopt a non-judgmental and accepting attitude toward their bodies and are less influenced by societal appearance standards (Ferreira et al., 2013). Several studies have established an inverse relationship between self-compassion and both body dissatisfaction and binge eating behaviors (Kelly et al., 2014; Sirois et al., 2015). This protective effect is thought to stem from the way self-compassion reduces harsh self-criticism and promotes healthier emotional coping strategies, which in turn may lower the likelihood of turning to food for comfort.

Gender plays a significant role in how body image and self-compassion influence eating behaviors. Research suggests that women are more likely than men to internalize societal beauty standards, which can result in heightened body dissatisfaction and greater risk of developing eating disorders (Grabe et al., 2008). However, recent studies indicate that men are not immune to body image concerns, particularly in relation to muscularity and fitness ideals. These concerns may also contribute to maladaptive behaviors such as binge eating or

Assessing the Influence of Self-Compassion and Body Image on Binge Eating Tendencies Among Indian College Students

excessive exercise. Therefore, examining **gender-based differences** is crucial to understanding the full scope of these psychological factors.

The present study seeks to investigate the interplay between **self-compassion, body image, and binge eating behaviors** among university students in India. This demographic is particularly susceptible to body dissatisfaction and related eating issues due to academic pressures, transitional life stages, and cultural expectations. The study also aims to explore potential **gender differences** in these variables and assess whether **body image mediates or moderates** the relationship between self-compassion and binge eating. By examining these factors within the Indian context, this research intends to contribute to culturally informed interventions and promote healthier psychological coping mechanisms among youth.

METHODOLOGY

Aim

The study aims to Assess the Influence of Self-Compassion and Body Image on Binge Eating Tendencies Among Indian College Students.

Objectives

- To examine the influence of self-compassion and body image on binge eating tendencies.
- Examine the relationship between self-compassion levels and binge eating tendencies.
- Assess the association between body image perceptions and binge eating behaviors.

Hypotheses

- **H1:** Higher levels of self-compassion will be negatively correlated with binge eating tendencies among college students.
- **H2:** There is a significant relationship between body image and binge eating behavior.

Research Design

This study employed a **cross-sectional comparative research** design to assess the influence of self-compassion and body image on binge eating tendencies among Indian college students. A cross-sectional comparative research design is a type of research method that involves collecting data at a single point in time to compare different groups or variables. This design is useful for identifying differences and similarities between groups based on certain characteristics, such as age, gender, cultural background, or other factors. It is commonly used in social sciences, healthcare, and psychology to assess variations in behaviour, attitudes, or health outcomes. Since data is collected only once, this design is quick and cost-effective.

A **quantitative approach** was utilized to examine the influence of self-compassion and body image on binge eating tendencies among Indian college students. The quantitative approach is a structured research method that relies on numerical data, statistical analysis, and objective measurements. It is often used in surveys, correlational studies, and psychological assessments to test hypotheses and generalize findings to larger populations. This approach ensures reliability and precision, making it especially effective for evaluating

Assessing the Influence of Self-Compassion and Body Image on Binge Eating Tendencies Among Indian College Students

the extent to which psychological factors like self-compassion and body image predict behavioral outcomes such as binge eating.

Sample

The study focuses on Indian college students aged between 18 and 28 years as the target sample. A total of 204 participants will be included in the research, depending on availability and feasibility. The sampling method used is random sampling, meaning participants will be selected randomly from the target population to ensure an unbiased representation. This approach is chosen because it enhances the generalizability of the findings while including a diverse group of individuals from different backgrounds. Participants will be recruited from educational institutions, such as government colleges and private universities to ensure a well-rounded sample that reflects varying levels of self-compassion, body image perceptions, and binge eating tendencies. This selection process aims to capture a broad representation of social and psychological factors relevant to the topic of assessing the influence of self-compassion and body image on binge eating tendencies among Indian college students.

Demographic details of the participants

Category	Details
Total Sample	204 Participants
Gender Difference	102 Females 102 Males
Age Groups	(18–28 years)
Location	New Delhi, NCR Region, Patna, Kolkata, Mumbai, Bangalore

Tools Used

To evaluate self-compassion body image and binge eating tendencies accurately, this study employs a well-established psychological scale known for its robust reliability and validity, ensuring precise and meaningful outcomes.

1. Self-Compassion Scale (SCS)

- **Developed by:** Neff (2003)
- **Purpose:** This 26-item scale measures the degree of self-compassion by assessing three core components: self-kindness versus self-judgment, common humanity versus isolation, and mindfulness versus over-identification. It provides a comprehensive view of how individuals respond to themselves in times of difficulty or failure.
- **Reliability & Validity:** The scale demonstrates strong internal consistency (Cronbach's $\alpha = 0.92$), confirming its reliability across diverse populations, and has been widely validated for its ability to measure self-compassion effectively.

This tool is selected because it offers a detailed and nuanced understanding of participants' self-compassion levels, facilitating an in-depth analysis of its influence on related factors such as body image and binge eating tendencies.

2. Binge Eating Scale (BES)

- **Developed by:** Gormally et al. (1982)
- **Purpose:** This 16-item scale evaluates the severity of binge eating behaviors by measuring both the emotional and behavioral aspects, such as loss of control over eating and feelings of guilt or distress. It distinguishes between mild, moderate, and severe binge eating tendencies.

Assessing the Influence of Self-Compassion and Body Image on Binge Eating Tendencies Among Indian College Students

- **Reliability & Validity:** The scale exhibits high internal consistency (Cronbach's $\alpha = 0.85$ – 0.89 , depending on the population), confirming its reliability, and has been extensively validated for its effectiveness in identifying binge eating patterns across diverse groups. This tool is chosen because it provides a thorough and reliable assessment of participants' binge eating tendencies, enabling a detailed examination of its connections to factors such as self-compassion and body image.

3. Bruchon-Schweitzer Body Image Scale (BSBIS)

- Developed by: Bruchon-Schweitzer (1990)
- Purpose: This 19-item scale assesses individuals' attitudes and feelings toward their body image, capturing dimensions such as satisfaction, perceived appearance, and emotional responses to one's physical self. It provides a comprehensive evaluation of body image across positive and negative perspectives.
- Reliability & Validity: The scale demonstrates strong internal consistency (Cronbach's $\alpha = 0.87$ – 0.90 , depending on the sample), affirming its reliability, and has been validated as an effective tool for measuring body image in various populations. This tool is selected because it offers a detailed and reliable insight into participants' body image perceptions, making it ideal for analyzing its relationship with factors such as self-compassion and binge eating tendencies.

Procedure

Data collection was conducted using a mixed-mode approach, combining both online and in-person methods to enhance accessibility and maximize student participation. Participants were recruited through educational institutions, student organizations, and university networks across various regions of India, with a focus on urban academic hubs such as New Delhi, Kolkata, Mumbai, Bangalore, Patna, and Delhi-NCR.

For the online component, a structured survey was created using Google Forms, incorporating the Self-Compassion Scale (Neff, 2003), the Bruchon-Schweitzer Body Image Scale (1990), and the Binge Eating Scale (Gormally et al., 1982). The form was accompanied by a detailed informed consent form, outlining the study's objectives, voluntary nature of participation, and guarantees of anonymity and data confidentiality. The survey link was circulated via email, WhatsApp groups, and student forums on social media platforms such as Instagram and Telegram, specifically targeting college students aged 18–28.

For the in-person component, printed versions of the three standardized scales were administered at college campuses, youth centers, and student hostels. This approach helped accommodate participants with limited digital access or those who preferred a paper-based format. Each in-person data collection session began with a brief verbal explanation of the study, followed by written informed consent. Participants were then asked to complete the questionnaire packet, which took approximately 20–25 minutes to finish.

Data collection was carried out over a three-month period between January to March. All responses—whether collected online or offline—were anonymized and stored securely. Participants who completed the survey were thanked for their time and provided with optional resources for mental health support, including contact information for university counselors and free helplines.

RESULTS AND DATA ANALYSIS

Table 1: Descriptive Statistics of Male Participants (N = 102)

Variable	Mean	SD	Median	Min	Max	Skewness	Kurtosis
Binge Eating	14.1	7.52	13.5	1	31	0.143	-0.861
Self-Compassion	80.6	10.5	79.0	57	115	0.845	1.620
Body Image	85.5	5.68	85.0	73	99	0.090	-0.425

Interpretation (H1, H2): Male participants show relatively high self-compassion and body image scores with moderate binge eating. Skewness and kurtosis suggest reasonably normal distributions.

Table 2: Descriptive Statistics of Female Participants (N = 102)

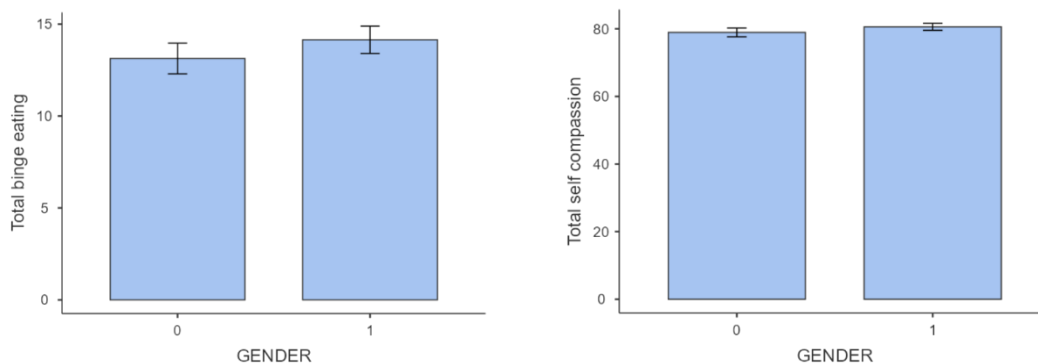
Variable	Mean	SD	Median	Min	Max	Skewness	Kurtosis
Binge Eating	13.1	8.43	13.0	1	40	0.413	-0.433
Self-Compassion	78.9	13.2	79.0	31	124	-0.336	2.930
Body Image	83.5	5.77	83.0	70	97	-0.065	-0.431

Interpretation (H1, H2): Similar to males, females report high self-compassion and body image scores, but slightly lower than males. Binge eating variability is slightly higher in females. Distribution appears approximately normal.

Table: 3 Independent Samples t-Tests for Binge Eating and self-compassion

		Statistic	df	p
Total binge eating	Student's t	-0.912	202	0.182
Total self-compassion	Student's t	-0.995	202	0.160

Note. $H_a: \mu_0 < \mu_1$



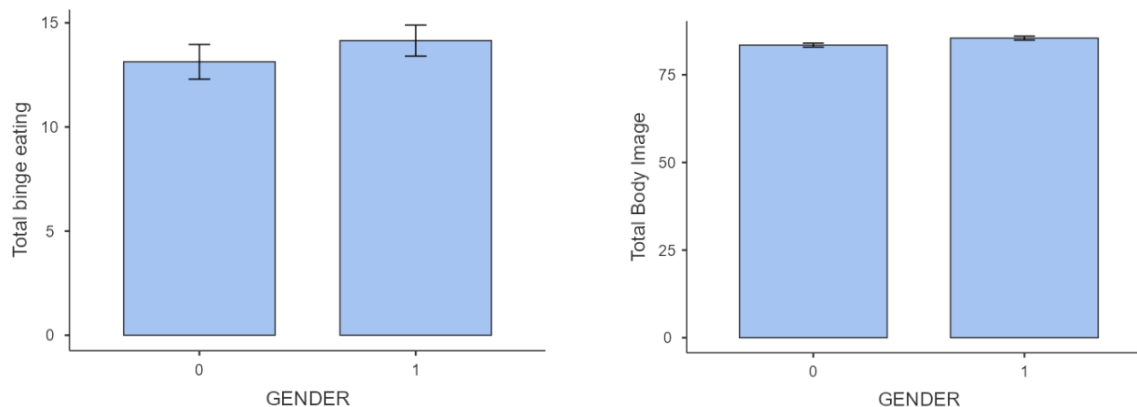
Interpretation (H1, H2): The independent samples t-test was conducted to examine group differences in binge eating and self-compassion. As shown in Table 3, the results revealed that there was no significant difference in total binge eating between the groups, $t(202) = -0.912$, $p = .182$. Similarly, total self-compassion did not differ significantly between groups, $t(202) = -0.995$, $p = .160$. These findings suggest that the hypothesized group differences ($H_a: \mu_0 < \mu_1$) were not supported by the data.

Assessing the Influence of Self-Compassion and Body Image on Binge Eating Tendencies Among Indian College Students

Table: 4 Independent Samples t-Tests for Binge Eating and Body Image

		Statistic	df	p
Total binge eating	Student's t	-0.912	202	0.182
Total body image	Student's t	-2.494	202	0.007

Note. $H_a \mu_0 < \mu_1$



Interpretation (H1, H2): The independent sample t-test was performed to explore group differences in binge eating and body image. Results indicated that there was no significant difference in binge eating between the groups, $t(202) = -0.912, p = .182$.

However, a significant difference was found in body image, $t(202) = -2.494, p = .007$, indicating that the groups differed in their perception of body image. This result supports the alternative hypothesis ($H_a: \mu_0 < \mu_1$) for body image, suggesting that one group reported significantly lower body image scores than the other.

Table 5: Pearson Correlations Among Variables

Variables	Total Binge Eating	Self-Compassion	Total Body Image	Gender
Total Binge Eating	—			
Self-Compassion	-0.098	—		
Total Body Image	-0.038	0.226**	—	
Gender	0.064	0.039	0.173*	—

Note. $p < .05^*, p < .01, p < .001$

Interpretation (H1, H2): The Pearson correlation coefficients were calculated to examine the relationships among total binge eating, self-compassion, body image, and gender. The results indicated a non-significant negative correlation between total binge eating and self-compassion ($r = -.098, p > .05$), suggesting no meaningful association between the two variables.

A statistically significant positive correlation was observed between self-compassion and body image ($r = .226, p < .01$), indicating that individuals with higher self-compassion tended to report more positive body image perceptions.

Assessing the Influence of Self-Compassion and Body Image on Binge Eating Tendencies Among Indian College Students

The correlation between total binge eating and body image was weak and not significant ($r = -.038, p > .05$).

Gender was found to be significantly associated with body image ($r = .173, p < .05$), suggesting a slight gender difference in body image perceptions. However, gender was not significantly correlated with either total binge eating ($r = .064, p > .05$) or self-compassion ($r = .039, p > .05$).

Overall, these results highlight a significant association between self-compassion and body image, while other variables showed no significant correlations.

DISCUSSION

The research aimed to find the influence of “Self - Compassion and Body Image on Binge Eating tendencies among Indian college students”, a population increasingly vulnerable to psychological stressors related to appearance, performance, and social comparison. This research is grounded in the recognition that mental health challenges such as disordered eating and negative body image are becoming more prevalent among young adults, particularly within university environments where identity formation, peer influence, and exposure to societal standards are intensified. The aim was to determine whether self-compassion a construct characterized by self-kindness, mindfulness, and recognition of common humanity acts as a shielding component acting against binge eating tendencies, and if, Body Image plays a contributing or mitigating role in such maladaptive eating behaviors. Additionally, this study sought to explore if gender significantly influenced these relationships, given that prior literature suggests gender-specific experiences with body image and eating patterns (Tylka & Kroon Van Diest, 2013). With regard to the first hypothesis, which posited that high levels of Self - Compassion would be negatively correlated with Binge Eating tendencies, the study found a - weak negative correlation between Self - Compassion and Binge Eating ($r = -0.098, p > .05$). While the direction of the relationship is consistent with the hypothesis, the association was not statistically significant, suggesting that self-compassion, while potentially beneficial, may not independently exert a strong enough influence to mitigate binge eating behaviors in this context. This finding diverges from earlier studies such as that by Taylor, Daiss, and Krietsch (2015), who demonstrated that higher self-compassion predicted lower levels of eating disorder symptoms and body mass index. Moreover, Barnett and Sharp (2016) found that self-compassion acted as a mediator between perfectionism and disordered eating behaviors, implying its central role in preventing the internalization of harsh self-evaluations. These studies suggest that self compassion may function more effectively when embedded within a constellation of psychological traits or in interaction with emotion regulation capacities. This is supported by Srivastava (2022), who argued that difficulties with emotional regulation were more direct predictors of disordered eating than self-compassion alone, pointing to the possibility that the latter’s influence might be moderated or mediated by additional emotional or contextual variables. The second hypothesis, which anticipated a significant linkage between body image and binge eating, was also not supported by the data, as the correlation between both of the variables was found weak & non-significant ($r = -0.038, p > .05$). This result was unexpected given the extensive body of research indicating that negative body image is a prominent precursor to binge eating behavior (Leehr et al., 2015; Becker & Grilo, 2015). These prior findings are grounded in sociocultural theories and clinical observations that associate body dissatisfaction with compensatory behaviors such as binge eating, especially in cultures where thinness is

Assessing the Influence of Self-Compassion and Body Image on Binge Eating Tendencies Among Indian College Students

idealized. A potential explanation for the lack of significant findings in the present study may be the complex interplay of cultural norms, coping strategies, and other psychosocial stressors such as academic performance, family dynamics, and urban lifestyle, which could dilute or override the impact of Body Image on Eating Behavior in Indian students. Supporting this, a study by Gao and Zhao et al. (2024) reported that body image concerns were significantly correlated with disordered eating among university students, but the strength and nature of these associations varied according to gender, parental background, and self-esteem levels. Despite the non-significant results for both hypotheses, gender-based group comparisons revealed a significant difference in body image scores ($p = .007$), indicating that male and female students do differ in how they perceive and relate to their physical appearance. This is consistent with findings from Sante and Knäuper et al. (2024), who observed that body shame was a valid predictor of Binge Eating in women, unlike in men, suggesting gender-specific pathways through which body image impacts eating behavior. It implies that although overall correlations were not significant, subgroup analyses may uncover nuanced trends, particularly when factors such as body shame and societal pressure are considered. Gender, in this context, may act as a moderator in the correlation between Body Image and Eating Behavior rather than as a direct predictor. Additionally, a significant positive correlation was identified between self-compassion and body image ($r = .226, p < .01$), aligning with previous research that suggests individuals who treat themselves with compassion are less likely to internalize unrealistic beauty standards and are more likely to maintain a positive body image (Sharma & Noronha, 2024; Ping & Hashim, 2020). Neff's (2003) model of self-compassion emphasizes mindfulness and a balanced perspective on personal shortcomings, which may buffer individuals against negative self-evaluation related to body dissatisfaction. This relationship is especially pertinent in the context of social media exposure, where curated beauty ideals can exacerbate body dissatisfaction. Regan et al. (2023) further affirmed this connection by finding that mindfulness and self-compassion were inversely related to body non-acceptance and appearance-based shame, promoting more stable and positive self-perceptions. Moreover, while no significant differences were found in binge eating or self-compassion scores across genders, this finding contributes to a growing body of literature suggesting that men and women may experience similar levels of internalized distress but express or cope with them in gendered ways (Yan & Liu et al., 2023). For example, men may externalize distress through risky behavior or denial, while women may be more prone to emotional eating or appearance-related rumination. The implications are critical for tailoring interventions psychological strategies must consider these gendered experiences while emphasizing universal protective traits like self-compassion. Although the results did not yield statistically significant support for the hypotheses, they reveal important patterns and areas for further exploration. The positive linkage between Self - Compassion & Body Image underscores the relevance of self directed kindness in developing a healthier body perception. However, its limited impact on binge eating indicates that other variables, such as emotional regulation, cultural expectations, and personal resilience, may need to be integrated into future research models and intervention frameworks.

CONCLUSION

This study focused on assessing the influence of Self - Compassion and Body Image on Binge Eating tendencies among Indian college students. While the findings did not show statistically significant associations between Self - Compassion or Body Image and Binge Eating, a meaningful positive correlation was found between self - compassion and body image. This suggests that students who are kinder to themselves tend to maintain more

Assessing the Influence of Self-Compassion and Body Image on Binge Eating Tendencies Among Indian College Students

positive perceptions of their bodies. These results contribute to the growing literature giving importance on the protective role of Self - Compassion in mental health and body image, while also highlighting the need for more culturally nuanced and multifactorial research models. Although neither hypothesis was fully supported, the study underscores the complexity of binge eating behaviors and the need for holistic intervention strategies that address emotional, cognitive, and cultural dimensions. In conclusion, promoting self-compassion and positive body image among college students may serve as an effective foundation for improving psychological well-being and preventing maladaptive eating behaviors. As India faces a rising tide of mental health concerns among its youth, such efforts are not only timely but essential.

REFERENCES

- Barnett, M. D., & Sharp, K. J. (2016). Maladaptive perfectionism, body image, and disordered eating: Exploring the role of self-compassion. *Eating Behaviors, 21*, 57–60. <https://doi.org/10.1016/j.eatbeh.2015.12.008>
- Becker, C. B., & Grilo, C. M. (2015). Eating disorders. In M. Hersen & D. Beidel (Eds.), *Adult psychopathology and diagnosis* (7th ed., pp. 291–329). Wiley.
- Becker, D. F., & Grilo, C. M. (2015). Eating disorders, DSM-5, and clinical reality: How clinicians make the diagnosis. *Journal of Psychiatric Practice, 21*(5), 345–349. <https://doi.org/10.1097/PRA.0000000000000099>
- Bruch, H. (1962). Perceptual and conceptual disturbances in anorexia nervosa. *Psychosomatic Medicine, 24*(2), 187–194. <https://doi.org/10.1097/00006842-196203000-00007>
- Bruchon-Schweitzer, M. (1990). Une nouvelle échelle d'image du corps [A new body image scale]. *Psychologie Médicale, 22*(5), 923–927.
- Cash, T. F., & Pruzinsky, T. (2002). *Body image: A handbook of theory, research, and clinical practice*. Guilford Press.
- Fairburn, C. G., Cooper, P. J., & Cooper, Z. (1986). The cognitive behavioral treatment of bulimia nervosa. In K. D. Brownell & J. P. Foreyt (Eds.), *Bulimia nervosa: Diagnosis and treatment* (pp. 114–145). Basic Books.
- Fardouly, J., Diedrichs, P. C., Vartanian, L. R., & Halliwell, E. (2015). Social comparisons on social media: The impact of Facebook on young women's body image concerns and mood. *Body Image, 13*, 38–45. <https://doi.org/10.1016/j.bodyim.2014.12.002>
- Gao, X., Zhao, Y., Li, M., & Wang, S. (2024). Body image concerns and disordered eating among university students: The moderating role of self-esteem and family background. *Journal of Eating and Weight Disorders*. Advance online publication. <https://doi.org/10.1007/s40519-024-01645-8>
- Garner, D. M., & Bemis, K. M. (1982). A cognitive-behavioral approach to anorexia nervosa. *Cognitive Therapy and Research, 6*(2), 123–150. <https://doi.org/10.1007/BF01183888>
- Gilbert, P. (2005). Compassion and cruelty: A biopsychosocial approach. In P. Gilbert (Ed.), *Compassion: Conceptualisations, research and use in psychotherapy* (pp. 9–74). Routledge.
- Gormally, J., Black, S., Daston, S., & Rardin, D. (1982). The assessment of binge eating severity among obese persons. *Addictive Behaviors, 7*(1), 47–55. [https://doi.org/10.1016/0306-4603\(82\)90024-7](https://doi.org/10.1016/0306-4603(82)90024-7)
- Grogan, S. (2016). *Body image: Understanding body dissatisfaction in men, women, and children* (3rd ed.). Routledge.

Assessing the Influence of Self-Compassion and Body Image on Binge Eating Tendencies Among Indian College Students

- Gu, J., Cavanagh, K., Baer, R., & Strauss, C. (2020). Development and psychometric properties of the Sussex-Oxford Compassion Scales. *Mindfulness*, 11, 169–183. <https://doi.org/10.1007/s12671-019-01259-6>
- Heatherton, T. F., & Baumeister, R. F. (1991). Binge eating as escape from self-awareness. *Psychological Bulletin*, 110(1), 86–108. <https://doi.org/10.1037/0033-2909.110.1.86>
- Herman, C. P., & Mack, D. (1975). Restrained and unrestrained eating. *Journal of Personality*, 43(4), 647–660. <https://doi.org/10.1111/j.1467-6494.1975.tb00727.x>
- Lacey, J. H. (1986). Affective disorders in the eating disorders: The role of anti-depressant therapy. *Journal of Psychiatric Research*, 20(Suppl 2), 7–14. [https://doi.org/10.1016/0022-3956\(86\)90044-3](https://doi.org/10.1016/0022-3956(86)90044-3)
- Leehr, E. J., Krohmer, K., Schag, K., Dresler, T., Zipfel, S., & Giel, K. E. (2015). Emotion regulation model in binge eating disorder and obesity—A systematic review. *Neuroscience & Biobehavioral Reviews*, 49, 125–134. <https://doi.org/10.1016/j.neurobiorev.2014.12.008>
- Mantzios, M., & Wilson, J. C. (2014). Exploring mindfulness and mindfulness with self-compassion-centered interventions to assist weight loss: Theoretical considerations and preliminary results of a randomized pilot study. *Mindfulness*, 5(4), 374–382. <https://doi.org/10.1007/s12671-012-0097-0>
- National Institute of Mental Health and Neurosciences (NIMHANS). (2015). Annual report 2014–15. <https://nimhans.ac.in/wp-content/uploads/2021/05/NIMHANS-Annual-Report-2014-15.pdf>
- Neff, K. D. (2003). The development and validation of a scale to measure self-compassion. *Self and Identity*, 2(3), 223–250. <https://doi.org/10.1080/15298860309027>
- Perloff, R. M. (2014). Social media effects on young women’s body image concerns: Theoretical perspectives and an agenda for research. *Sex Roles*, 71, 363–377. <https://doi.org/10.1007/s11199-014-0384-6>
- Ping, C. W., & Hashim, M. (2020). Self-compassion, body appreciation and Instagram use among Malaysian young adults. *Malaysian Journal of Social Sciences and Humanities*, 5(9), 73–83. <https://doi.org/10.47405/mjssh.v5i9.485>
- Polivy, J., & Herman, C. P. (1985). Dieting and bingeing: A causal analysis. *American Psychologist*, 40(2), 193–201. <https://doi.org/10.1037/0003-066X.40.2.193>
- Regan, A., Keyte, R., & Egan, H. (2023). Self-compassion, gender role orientation, and body image among university students. *Body Image*, 44, 68–75. <https://doi.org/10.1016/j.bodyim.2022.11.006>
- Regan, L., Le, M. T., Nguyen, L. T., & Nguyen, T. T. (2023). The impact of mindfulness and self-compassion on appearance-based shame in young adults. *Body Image*, 45, 155–162. <https://doi.org/10.1016/j.bodyim.2023.03.007>
- Russell, G. F. M. (1979). Bulimia nervosa: An ominous variant of anorexia nervosa. *Psychological Medicine*, 9(3), 429–448. <https://doi.org/10.1017/S0033291700031974>
- Sante, T., Knäuper, B., & Trudel, D. (2024). Gender differences in body shame and binge eating: A path analysis of body dissatisfaction and appearance-based self-evaluation. *Appetite*, 192, 107086. <https://doi.org/10.1016/j.appet.2024.107086>
- Schilder, P. (1999). *The image and appearance of the human body: Studies in the constructive energies of the psyche*. Routledge. (Original work published 1935)
- Sharan, P., & Sundar, A. S. (2015). Eating disorders in women. *Indian Journal of Psychiatry*, 57(Suppl 2), S286–S292. <https://doi.org/10.4103/0019-5545.161484>

Assessing the Influence of Self-Compassion and Body Image on Binge Eating Tendencies Among Indian College Students

- Sharma, M., & Noronha, M. (2024). Self-compassion and positive body image in Indian youth: The mediating role of social comparison. *Indian Journal of Positive Psychology*, 15(1), 49–54.
- Srivastava, A. (2022). Emotional regulation and disordered eating: A psychological investigation among urban college students in India. *Asian Journal of Psychiatry*, 72, 103097. <https://doi.org/10.1016/j.ajp.2022.103097>
- Strauss, C., Lever Taylor, B., Gu, J., Kuyken, W., Baer, R., Jones, F., & Cavanagh, K. (2016). What is compassion and how can we measure it? A review of definitions and measures. *Clinical Psychology Review*, 47, 15–27. <https://doi.org/10.1016/j.cpr.2016.05.004>
- Taylor, C. B., Daiss, S., & Krietsch, K. (2015). Self-compassion and eating disorder symptoms in a clinical sample: The role of self-compassion in treatment. *Eating Disorders*, 23(4), 361–368. <https://doi.org/10.1080/10640266.2015.1013392>
- Taylor, M. B., Daiss, S., & Krietsch, K. (2015). Associations between self-compassion, mindful eating, body image, and eating behaviors in college women. *Journal of Contextual Behavioral Science*, 4(4), 303–308. <https://doi.org/10.1016/j.jcbs.2015.07.001>
- Tylka, T. L., & Kroon Van Diest, A. M. (2013). The Intuitive Eating Scale–2: Item refinement and psychometric evaluation with college women and men. *Journal of Counseling Psychology*, 60(1), 137–153. <https://doi.org/10.1037/a0030893>
- Voelker, D. K., Reel, J. J., & Greenleaf, C. (2015). Weight status and body image perceptions in adolescents: Current perspectives. *Adolescent Health, Medicine and Therapeutics*, 6, 149–158. <https://doi.org/10.2147/AHMT.S65525>
- Waller, G., Ohanian, V., Meyer, C., & Osman, S. (2000). Cognitive content among bulimic women: The role of core beliefs. *International Journal of Eating Disorders*, 28(2), 235–241. [https://doi.org/10.1002/1098-108X\(200009\)28:2<235::AID-EAT10>3.0.CO;2-F](https://doi.org/10.1002/1098-108X(200009)28:2<235::AID-EAT10>3.0.CO;2-F)
- Yan, R., Liu, J., Zhang, H., & Chen, Y. (2023). Gender differences in coping strategies and psychological outcomes: A meta-analysis across cultures. *Psychology and Health*, 38(4), 472–489. <https://doi.org/10.1080/08870446.2022.2136542>

Acknowledgment

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Singh, A. R. & Dutt, S. (2025). Assessing the Influence of Self-Compassion and Body Image on Binge Eating Tendencies Among Indian College Students. *International Journal of Indian Psychology*, 13(2), 2314-2325. DIP:18.01.209.20251302, DOI:10.25215/1302.209