

## Relationship between lifestyle and body image and personality type in high school girls

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### Abstract

**Introduction:** It is important to adopt acceptable health behaviors and knowing the factors affecting lifestyle choices in Adolescence group. That's why, the present study aimed to investigate the relationship between lifestyle, body image and personality type in 15- to 18-year-old female students attending daily and non-profit high schools and high schools in Nahavand city and residing in the city.

**Method:** This was descriptive-correlational study. The Sample of this study was 300 female students selected by multistage cluster random sampling. Then, people with entry criteria, had completed demographic, researcher-made lifestyle, body image and Ratus personality questionnaire. The data were analyzed using SPSS Software version 22 and the relationship between variables was determined using Pearson correlation and multiple stepwise regression.

**Results:** Based on the results of the data analysis, there is a significant relationship between eating habits, sleep-resting pattern, level of physical activity, exercise, coping with stress, with the body image and personality type ( $P < 0.05$ ). In seven dimensions, there is no significant relationship between the use of the Internet ( $P > 0.05$ ) and satellite ( $P > 0.05$ ) with the body image and personality type with the confidence level of  $P = 0.05$ .

**Conclusion:** Understanding the relationship between the components of lifestyle with the body image and personality type can help us in a lot of things about how to change and promote lifestyle, especially in adolescents who are at a critical age of puberty.

**Key words:** body image" eating habits" lifestyle" personality type

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