

Protective Factors

- Individual
 - Self-directed and assertive
 - Successful performance of multiple roles
 - Coping well with stressful situations
 - High self-esteem
 - Genetic predisposition to be slender
- Family
 - No overemphasis on weight and attractiveness
 - Close, but not too close relationship with parents
- Sociocultural
 - Social acceptance of a diverse range of body shapes and sizes
 - Participation in sports that encourage appreciation of the body for its performance more than just its attractiveness
 - Close relationship with friends or romantic partners who are relatively unconcerned with weight
 - Social support