

# Is Smoking Related to Body Image Satisfaction, Stress, and Self-esteem in Young Adults?

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**Objectives:** To examine the association of smoking and gender with body image satisfaction, perceived stress, and self-esteem in young adults. **Methods:** Respondents completed a survey consisting of Perceived Stress Scale, Body-Areas Satisfaction Scale, Rosenberg Self-Esteem Scale, and the Positive and Negative Affect Schedule. Current smokers (n=483) and never smokers (n=973) are included. **Results:** Smoking and female gender were independently associated with

higher perceived stress ( $P<0.001$ ). Female gender was associated with lower body image satisfaction and lower self-esteem ( $P<0.001$ ). Current smoking was associated with lower self-esteem ( $P=0.007$ ). **Conclusion:** Smoking treatment should include stress management and self-esteem and body image improvement.

**Key words:** young adults, smoking, self-esteem, stress, body image satisfaction

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