

Table 3 Summary of regression analysis predicting total frequency of dieting behaviour in female Palestinian students (n = 410)

Predictor	B	SE B	$\beta$	t	sr <sup>2</sup>	R <sup>2</sup>
Model						0.45
Constant	-9.60	3.06		-3.14**		
Body satisfaction	-1.41	0.32	-0.23	-4.36***	0.28	
Previous dieting	0.73	0.13	0.24	5.69***	0.06	
Media pressure	0.25	0.05	0.20	5.80***	0.06	
Exercise	2.64	0.63	0.16	4.21***	0.02	
Body mass index	0.49	0.14	0.15	3.42**	0.02	
Social pressure	0.11	0.04	0.11	2.98*	0.01	

\*P < 0.05, \*\* P < 0.01, \*\*\*P < 0.001.

SE = standard error.