

**The meaning making model of eating disorders (MESTA): a preliminary analysis  
of the model** (pp. 5-28)

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Studies of people with eating disorders (ED) have indicated that meaning in life is negatively associated with psychopathology, suicide risk, and emotional instability in people with ED. The aim of this study was to analyze the mediating role of meaning in life and its dimensions in the relationship between body dissatisfaction and the symptoms of ED, and to provide evidence that supports the meaning making model of eating disorders (MESTA, in Spanish). 292 Participants diagnosed with ED completed the Purpose in Life Test (PIL), the Eating Attitudes Test (EAT), and the Multidimensional Body-Self Relations Questionnaire (MBSRQ-AS). Multiple mediation analyses were performed. Meaning in life was a mediator between body dissatisfaction and ED psychopathology. The dimension of Satisfaction and meaning in life had a greater mediating role. Meaning in life could be an important variable in the maintenance of ED. The MESTA could be a useful model for understanding the psychopathology of ED.