**Abstract**

**Background:** Disordered eating pathology (DEP) represents a range of behaviors and attitudes, from negative body image to full blown eating disorders (EDs), appearing mainly in adolescent females. DEP is related to a plethora of psychological and familial factors, including low self-esteem and maternal modeling for thinness. Experts recommended to involve mothers in prevention programin order to achieve long-term changes. General aim of this study is to identify risk factors and their correlation with prevention of EDs. It examined girls who participated in an EDs prevention program parallel to their mothers.

**Methods:** Sample consisted of 118 Israeli girls (11-12), who completed self-reported questionnaires.

**Results:** Among the intervention group with mothers, compared with the non-mothers intervention group, the higher the self-esteem of the girls was, the less pathological was their diet behaviors.

**Discussion:**  Main contribution of these findings, theoretically and practically, is the importance that mothers have in preventing eating disorders among their daughters.

 **Key words:** disordered eating, prevention program, maternal modeling, dieting, self-esteem