

	<p>Volume & Issues Obtainable at The Women University Multan</p> <p>Annals of Social Sciences and Perspective ISSN: 2707-7063, Volume 1, No.2 December 2020</p> <p>Journal homepage: http://assap.wum.edu.pk/index.php/ojs</p>
---	---

The Effects of Body Imaging on Psychosocial Functioning of University Students

Tayyaba Naveed¹, Qursam Tariq², Rida Mudassar³

Abstract

The aim of this paper quantitative research was made to find the effect of body image on the psychosocial functioning of university students. The social physique anxiety scale and body image questionnaire were designed to measure the psychosocial functioning of university students. The sample consisted of 200 students of the University of Sahiwal, COMSATS University Sahiwal, Virtual University of Pakistan, Government College University Sahiwal and ARID University Sahiwal. Their age range was from 18-27. The adults were targeted as a sample population because they mainly face problems with their body image and try to alter it according to social pressure they take according to the image they perceive about themselves. The body image was being idealized by many social factors and media and was a source of distress between many individuals so research was done to see the perception of both males and females related to their idealization of body image and how it is affecting their mental health. The technique used to collect data was the convenient sampling technique. This research is related to the relationship between a number of different aspects of body image, the social concerns of adults and their interpersonal functioning. This research concludes that males are also equally concerned about their body image. Also, negative body image could cause a problem with regular psychological functioning and interpersonal skills, also able to create social anxiety that affects the overall personality of the individual. The dissatisfaction level of an individual with his physique is determined and the factors responsible for this imaging are the social concerns of an individual and the way he perceives others will view his body.

Keywords: *Body image, Physique, Social concerns, psychosocial functioning, Social Physique Anxiety Scale*

1. Introduction

Body image is actually how a person perceives the texture of his body and sexual attractiveness. It is the image created in the mind of the person itself by comparing it with the standards set by society. According to Paul Schilder, an Austrian psychoanalyst and neurologist the body image are not exactly how society has set the standard of beauty and idealizes the human body, it's the perception of a person created in his mind which may differ from the standards of society.

When we go through Freud's theory related to libidinal development linked with the posture of the body. According to him the sexual development of the body is linked with the energy

¹ Lecturer, Department of Psychology, University of Sahiwal. tayyabanavid@uosahiwal.edu.pk

² Research Scholar, Department of Psychology, University of Sahiwal. gursamchishti@gmail.com

³ Research Scholar, Department of Psychology, University of Sahiwal. ridamudassar434@gmail.com

level and sensitivity of the organs like oral, anal and genital. The concepts provided by Freud about the development of personality link this developing procedure with perceptual as well as erogenous development of the body as a whole. Schilder focused his research on other body image phenomena. According to him the image of one's body is reshaped while interacting with others, and if those interactions do not go well, it will negatively impact the body image.

Phantom limb when the organization of body's perceptions is concerned, the phantom phenomenon has played an important role addressing to the details of the problem. Schilder and Lhermitte were confused when they observed that a person hallucinate its lost body parts like they are still attached to him. By some evidence, it has been concluded that the sensations created by injured tissue stump are one of the reasons behind phantom phenomena. (Flor et al., 1995).

Human figure drawing Human figure drawing is one of the most frequent techniques to study body image. When we ask any individual to make a drawing of the body of a person he draws it according to the image he has already formulated in his mind. These techniques could identify the inferiority complexes related to certain body areas as well as anxiety related to sexuality. Artistic skills also differ from person to person and cause a great impact that suppresses other realistic factors. (M. A. Thompson & Gray, 1995).

Attitudes toward the body another technique to apprehend the body image in one's mind have to involve the measurement of that person's level of satisfaction with certain regions of his body. This method varies from direct measuring the level of dissatisfaction with body parts to measure the comparability of the body of that person with the one pictured. (Ben-Tovim, Walker, Murray, & Chin, 1990).

Perceived body size one of the most important factors while making research on body image is the perceived body size. This describes the importance size of an individual has while referring to parts of his body. As the image one has formed regarding body size is often inaccurate in terms of extending the size either too large or too small due to any situation facing or overall attitude. The way an individual estimate its body size depends upon the level of sensory input of skin, the recently happening activities and events, and many other factors. Other factors like the mood of the person, his overall attitude, the level of psychiatric disturbance also determine the size of the body. (Markland, 2009)

Projective techniques the responses after random stimuli are recorded like an inkblot, incomplete human structure, or exposed pictures are used to measure the reactions towards body attitude. The way it is measured is how a person gives meaning to ambiguous stimuli. According to Fisher and Cleveland, a method has been devised for calculating the responses to the stimuli of inkblots and analyzed how an individual could experience his body image in terms of possessing boundaries and how those boundaries differentiate the individual from the environment. The need is there to view the relationships between body attitudes and the idealized image set by socializing with different people and different cultures. (Annunziata, Giovannini, & Muzzatti, 2012) (Khromov, 2009).

Psychosocial Functioning It is always been difficult for people to live according to the standards set by society and the way society has idealized the body image. Many reasons are there that pays their part in creating a person's body image. Some of them are mental illness, family dynamics, biological predispositions and genetic or environmental reasons for obesity, cultural expectations i.e., the ones framed by media and celebrities. Underweighted and overweight people also suffer from poor body image. This dissatisfaction is magnified when

they are constantly watching the cosmetic appeal of weight loss and skinny shape is idealized. We are trying to fit in our society being the active members of it according to the standards set by other people of the society. (Cattarin & Thompson, 1994).

2. Literature Review

Research analysis by the American Psychiatric Association,) (Sepowitz, Miller, Ostermeyer, & Kunik, 2015) deduced the results that, the irregularity and disturbance in the eating pattern of the person can be a man linking the source of eating and psychological disorder of the individual. The association also categorized the eating disorder into three classifications as Anorexia nervosa, binge eating and Bulimia nervosa. These classified eating disorders possess different characteristics like a person suffering from anorexia nervosa is always afraid of an increase in weight so the person will not eat properly. A person with this disorder will involve the body into an intense exercise routine and with strict diet plans and will also show the change in the perception of his appearance as a matter of body shape and size. (Of & Disorders, n.d.) Besides these changed in the behavior of the subject will also be under the danger of renal failure due to lack of fluid intake, and there are often cases of starving to death if the patient is not catered to in time. Binge eating is also an eating disorder in which an individual often passes through the phases of over- eating in which individual over eat such that the body will gain the weight. The person with binge disorder does not care in getting rid of the food from their body. The third type of eating disorder is Bulimia nervosa, (Moser & Kleinplatz, 2006). in which a person initially overeat and then will try to get rid of the extra food in the body by different methods like vomiting, over-exercising, diuretics, etc., (Boysen & Ebersole, 2014) A research in 2004, by the American Psychological Association state that these eating disorders are mostly found in the women. The article also reported that young and adolescent women are mostly affected by the disorders as about 90 percent of the cases are between the age range of 14 to 30 within the United States. But the Gordon also states that the rapid increase is observed in preadolescent children (Platek et al., 2004). In the phase of adolescence, most of the individual shows a keen development in their body attributes and their parameters of thinking and feeling also change in this phase. This change in thinking and feeling of the individual can be conceptualized and visualized by the body image. (J. K. Thompson, Calogero, & Thompson, 2010). Muth and Cash (2011). So, Body image is a kind of scale to represent the change in the behavior of the individual due to the extension of its thinking and feeling of the other subjects. According to Muth and Cash (2011, the body image of the subject can only be characterized in two self-evaluating methods of dissatisfaction and satisfaction of the subject with the subject's physical attributes. Kyuncu et al, in 2010, also suggested that physical attractiveness is closely linked with the body weight and shape of the individual, so during the period of adolescence, the body shape and weight are also key factors affecting the self-esteem of the individual. Though there is a strong connection between physical attributes and psychological attributes of the human body. But this link is strongly exhibited during adolescence (Thomas & Brownell, 2009). Body image is a key element in the adolescent female individuals as mostly the female personality is characterized and appreciated by the physical attributes in the body. So, second person evaluation in this scenario is linked with the body image of the female subjects (DA et al., 2013). Most of the researches are conducted on females as they show more change in the attributes. Kater states that teenage girls are not satisfied with their natural development and it is one of the reasons for prevailing depression in them (Kater, Health, & Levine, 2006). But Kater also suggest that though the body image research was mostly associated with the girls in the past but the recent research shows that body image concerns are also rapidly increasing in the teenage boys ("No Title," 2011). The research on the body image concerns of males shows that during the period of puberty and adolescence boys want to gain weight and increase their

muscularity as it gives them the sense of appreciation in the opposite gender (Bardone-cone, Cass, & Ford, 2008). As the characteristics of males and females differs in terms of body attributes so their perception of body image concerns also differs. For males the satisfaction occurs with the appropriate weight gain and increase in muscularity and in females, satisfaction lies in the appropriate growth of the body to attract the males. Self-confidence and self-esteem in each gender revolves around the body image of the individuals. (Helfert & Warschburger, 2011)

3. Research Questions

The major question for this research would be

“What is the effect of body image on the psychosocial functioning of Adults?” “Is there any correlation between body image and demographic details?”

“Is there any correlation between BMI and Body image idealization?” “Is there any correlation between gender and body image?”

“Is there any correlation between body image and income?”

4. Theoretical Framework

In this research, we are taking adults ranging between 18-27 as our sample population as they are the ones who face problems in psychosocial functioning regarding their body image at this period. The way an individual perceives his body image has a great impact on his psychological functioning. The study mainly focused on the initial portion that concluded to the part where one can know how they perceive their body image. But about the side effects and changes that occurred in their personalities need another proper research study. Before making a judgment about we have to clarify the underlying reasons for the perception of a person. Over the years, body image and physical appearance are of great interest to people as almost everybody is a victim of complexes and has fears while their physical appearance is concerned.

This Increasing concern of body appearance has affected many people in such a way that has to suppress the degree of expressing themselves and also the degree of self-confidence.

Research has been made to investigate reasons that affect the body's appearance. It differs from the physical body.

On this basis most of the research we selected samples from college and university students to gain a thorough understanding of body image. University and college periods of students took a part in and recorded the responses for both stages of development. When their developing identities are concerned, they require intimacy especially the ones leaving their home for studying. (Berman, 2011) The changes happening during this time, affect them both physiologically and psychologically manner. Through various researches are made related to definition, theory and implications regarding negative body image and reasons or side effects like low self-esteem, depression and eating disorders. Unlike western cultures, in Pakistan very limited research has been done in this regard. This would be beneficial as it would provide a variety of information. For example, when we are taking a response, we ask about the name, the location provides us identity information. The study provides subjective information about the perceptions that can be analyzed easily by others. The social factors involved in how identity is formed were analyzed by Freud. When we see the social aspect only roles are not enough for

balancing equation, they deeply impact the social order of development of that individual that supports his identity. Psychosocial identity relies on inner synthesis named ego that is effective by varying extent in the individual and his role in integration. That the point where identity crisis could occur with the individual who has a negative body image. The psychosocial identity of an individual so is necessary to study as it is a complementary part of the life cycle. (Hamachek, 1988). The purpose of this research is to see specifically how body image could affect the psychosocial functioning of adults and how their social roles and responsibilities are affected by this established image. (Yamamiya, Cash, Melnyk, Posavac, & Posavac, 2005) Women are more judged when body perceptions are considered while some researchers have also proved that men can experience weight and shape concerns. But society pays more concern to women with physical disorders.

It has been studied that people having a similar point of view related to weight tend to be friends more quickly. (S et al., 2014) Moreover, the attitude shown by friends towards an individual is vital while considering the psychosocial functioning of adults. The term body image explains issues regarding body perception, its effects on individuals and others as well and the awareness regarding body structure. The idealistic physique has always remained the primary concern of youth and has boosted the confidence in an individual while carrying out normal activities. Social psychology has a great impact on the physical appearance of a person as well as the way he interacts with others. The unattractive individual who already has low self-esteem receives negative comments from his colleagues and reduces social interaction which further affects the mental health of an individual. (Griffin & Langlois, 2006) Researchers found how an individual considers his or her appearance and spends the amount of time and effort on maintaining his or her physique describes how he is conscious about his body image. (Davison & McCabe, 2006).

5. Analysis

The sample used for research consisted of 200 students of the University of WXYZ, COMSATS WXYZ, Virtual University of Pakistan, Government College University VWXYZ, And ARID University. Their age ranges from 18-27. The convenient sampling technique was used to collect data. In this research Social Physique, Anxiety Scale and Body image questionnaire were designed and data is collected. The demographic sheet was given at the end having their name, gender, age, height, weight and field of study. Statistical analysis was employed and data is collected.

TBIQ = Total of Body Image Questionnaire TSPA = Total of Social Physique Anxiety Scale

Table 1: Correlations

	TBIQ	TSPQ
TBIQ	1	-.070
TSPQ	-.070	1

This table gives the correlation between body image and psychosocial functioning consisting of the Body Image Questionnaire and Social Physique Anxiety Scale. These statistics are showing a positive correlation between variables. That means body Image is a significant rate of anxiety will be less. They are inversely related here.

Table 2: ANOVA

Variables	SS	df	MS	F	p
TBIQ					
Between Groups	16.579	1	16.579	1.139	.287
Within Groups	2881.501	198	14.553		
Total	2898.080	199			
TSPA					
Between Groups	3.135	1	3.135	.106	.745
Within Groups	5869.985	198	29.646		
Total	5873.120	199			

One way ANOVA was calculated to investigate the differences of Body Image and Body Mass Index.

Table 3: POST HOC test for relation among Body Image and Income

(I) income	(J) income	Mean Difference (I-J)	Std. Error	Sig.
less than 30,000	30,000-50,000	1.12479	.77539	.596
	50,000-80,000	1.12742	1.09788	.843
	80,000-1lac	.32742	1.09788	.998
	more than 1 lac	.41075	1.20398	.997
30,000-50,000	less than 30,000	-1.12479	.77539	.596
	50,000-80,000	.00263	.92801	1.000
	80,000-1lac	-.79737	.92801	.911
	more than 1 lac	-.71404	1.05139	.961
50,000-80,000	less than 30,000	-1.12742	1.09788	.843
	30,000-50,000	-.00263	.92801	1.000
	80,000-1 lac	-.80000	1.21051	.964
	more than 1 lac	-.71667	1.30750	.982
80,000-1lac	less than 30,000	-.32742	1.09788	.998
	30,000-50,000	.79737	.92801	.911
	50,000-80,000	.80000	1.21051	.964
	more than 1 lac	.08333	1.30750	1.000
more than 1 lac	less than 30,000	-.41075	1.20398	.997
	30,000-50,000	.71404	1.05139	.961
	50,000-80,000	.71667	1.30750	.982
	80,000-1 lac	-.08333	1.30750	1.000

Post-hoc examinations with the Tukey HSD test shows the mean scores for group 2 ($m = 21.5$, $SD = 4.46$) that was different from group 4 ($m = 18.05$, $SD = 5.87$).

Groups 1 and 3 didn't vary with respect to group 2

Post-hoc examinations with the Tukey HSD test shows the mean scores for group 3 ($m = 20.2$, $SD = 5.13$) that was different from group 4 ($m = 18.05$, $SD = 5.87$).

Groups 1 and 2 didn't vary in a group.

Table 4: Body Image and Psychosocial functioning w.r.t genders

Males (n=141)	Females (n=59)				
Variables	Male		Female		T
	M	SD	M	SD	
TBiq	36.6738	3.82939	37.3051	3.77950	-1.067
Tspa	31.4610	4.12747	31.1864	.34760	.325

Mean, Standard Deviation and t-values (N=200). The results in this table depict the effect of body image and psychological functioning with respect to gender.

6. Discussion

By the results obtained from the above research, it has been concluded that both genders had an almost equal effect of body image on their psychosocial functioning. Girls are more likely to make negative perceptions of their physical appearances. Women are more conscious when their appearance with respect to the social standards is analyzed. They are concerned greatly with how others analyze and evaluate their bodies. While boys are less concerned about social factors, though they are equally concerned about their physique as they want to look more masculine. There lays a number of factors when social concerns are studied and how the body image is considered so important during university life. In a research made by Elkind on early childhood egocentrism, he analyzed that individuals at this stage of life are already occupied with how they appear in front of other people. They assume others as the imaginary audience who are involved in judging their appearances. Moreover, the process of developing identity as described by Erikson describes the sense of developing oneself by active membership in a social group.

Self-esteem during adulthood reflects the perceptions that how they are judged by members of social groups and how their appearance may play a role while others evaluates them. Recent studies have proved the effect of perceptions of the attitudes while considering significant others have on the self-esteem of adults. This research focuses on the possibility that the self-esteem of adults is associated with other's views and evaluations. Women are more conscious about their appearances than men, and that possibility may lead to the perceived negative image formed of their bodies that is merely the influence of peer group. This could affect the self-worth of a female more than the male's self-worth. In contrast, the present study was much significant to study the effect of Body Mass Index in relation to Body Image and to study the effect of income on the individual. Although the recent research shows how body image is related to social functioning and not relevant to negative affect, which was determined by using techniques to measure depression and anxiety. As 41out of 200 opposed to it, in the present research self-esteem is defined as a control variable to predict its negative affect. Body image variables were correlated along with depression and anxiety measurements, the link between them was no longer there when the variable of self-esteem is added. Body image is an aspect of self-esteem for adults, but no independent relationship is seen between body image and depressive symptoms. The conclusions lead us to include self-esteem as a control variable for the study of the recent topic. In the current research, the relationship between body image is examined concerning different factors including depressive and anxious symptomatology. Further researchers should include the relationship between body image and long-term negative effects due to it. Recent research is the relationship of body image with social concerns of

adults, and their interpersonal functioning. The recent research is also limited by applying correlational data in a series of regression analyses, in which the direction of association could not be found. Negative body image leads to social anxiety and responsible for negative evaluations of appearance. In short, the recent research confirms the association between and poor body image and psychosocial difficulties, especially when evaluated by social aspects of body image. The main focus of body image research was to see the association of body image with mental satisfaction.

7. Conclusion

There is no precise definition, but body image could be expressed as the way people view themselves in the mirror or perceive in their minds. It is highly affected by the memories, assumptions, experiences and idealizing the standard set by society and comparing. It is the overall attitude of a person towards color, height, weight and size and shape of other body organs. An individual's perception of their body is also a byproduct of ideals created by various social and cultural platforms. The problem related to body image can be either taken negativity and one could lose his self-esteem or positivity to boost the confidence. Negative body image could lead to a disorganized view of one's shape of the body that could cause feelings of self-consciousness or being ashamed and such persons assume others are more attractive than him. Apart from low self-esteem, the person wants to fix this problem as he considers it as a defect or default and tries to alter his physical appearance. Showing such behavior in the long term could lead to higher risks of isolation, depression, eating disorders, and mental illnesses. Having a negative body-image could also lead to a more severe mental illness. On the other hand, a positive body image is a clear perception of one's psychical appearance. Along with appreciating the body, an understanding that a person's appearance does not reflect their character or their worth is also required. Body image can have a lot of psychological effects as well as physical effects on the person. In conclusion, the present study shows the link between psychosocial difficulties faced due to poor body image, especially evaluated with respect to social aspects of body image. The main focus was body image on which research was made and the satisfaction level of an individual with his physique was noted. There is a number of factors that affect an individual includes BMI, Income, etc. The present study shows the relationship between the factors like body image, social concerns of adults, and their interpersonal functioning. The recent research is limited by using correlational data in a series of regression analyses, in which it is difficult to see the direction of the associations.

References

- Annunziata, M. A., Giovannini, L., & Muzzatti, B. (2012). Assessing the body image: Relevance, application and instruments for oncological settings. *Supportive Care in Cancer*, 20(5), 901–907. <https://doi.org/10.1007/s00520-011-1339-x>.
- Bardone-cone, A. M., Cass, K. M., & Ford, J. A. (2008). Examining body dissatisfaction in young men within a biopsychosocial framework, 5, 183–194. <https://doi.org/10.1016/j.bodyim.2007.12.004>.
- Ben-Tovim, D. I., Walker, M. K., Murray, H., & Chin, G. (1990). Body size estimates: Body image or body attitude measures? *International Journal of Eating Disorders*, 9(1), 57–67. [https://doi.org/10.1002/1098-108X\(199001\)9:1<57::AID-EAT2260090107>3.0.CO;2-S](https://doi.org/10.1002/1098-108X(199001)9:1<57::AID-EAT2260090107>3.0.CO;2-S)
- Berman, S. L. (2011). Body image and identity formation: the role of identity distress, 267–277.
- Boysen, G. A., & Ebersole, A. (2014). Expansion of the Concept of Mental Disorder in the DSM-5. *The Journal of Mind and Behavior*, 35(4), 225–243. Retrieved from

- <http://www.jstor.org/stable/43854371>.
- Cattarin, J. A., & Thompson, J. K. (1994). A Three-Year Longitudinal Study of Body Image, Eating Disturbance, and General Psychological Functioning in Adolescent Females. *Eating Disorders*, 2(2), 114–125. <https://doi.org/10.1080/10640269408249107>.
- DA, T., Roy, S., Chan, M., MP, S., Pfiffner, J., French, C., Regev, A. (2013). Correction: Evolutionary principles of modular gene regulation in yeasts. *ELife*, 2, e01114.
- Davison, T., & McCabe, M. (2006). Adolescent Body Image and Psychosocial Functioning. *The Journal of Social Psychology*, 146, 15–30. <https://doi.org/10.3200/SOCP.146.1.15-30>.
- Flor, H., Elbert, T., Knecht, S., Wienbruch, C., Pantev, C., Birbaumers, N., ... Taub, E. (1995). Phantom-limb pain as a perceptual correlate of cortical reorganization following arm amputation. *Nature*, 375(6531), 482–484. <https://doi.org/10.1038/375482a0>
- Griffin, A. M., & Langlois, J. H. (2006). Stereotype Directionality and Attractiveness Stereotyping: Is Beauty Good or is Ugly Bad? *Social Cognition*, 24(2), 187–206. <https://doi.org/10.1521/soco.2006.24.2.187>.
- Hamachek, D. O. N. E. (1988). Evaluating Self-Concept and Ego Development Within Erikson's Psychosocial Framework : A Formulation, 66(April), 2–8.
- Helfert, S., & Warschburger, P. (2011). A prospective study on the impact of peer and parental pressure on body dissatisfaction in adolescent girls and boys, 8, 101–103. <https://doi.org/10.1016/j.bodyim.2011.01.004>.
- Kater, K., Health, B. I., & Levine, M. P. (2006). An elementary school project for developing healthy body image and reducing risk factors for unhealthy and disordered eating, (March 2016). <https://doi.org/10.1080/10640260008251208>.
- Khromov, A. B. (2009). Comparison of psychometric characteristics of Rorschach and Cassell's projective techniques. *Journal of Projective Psychology & Mental Health*, 16(1), 32–36. Retrieved from <http://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2009-07608-007&site=ehost-live%0A> <http://anatomykh@hotmail.com>
- Markland, D. (2009). the Mediating Role of Behavioural Regulations in the Relationship Between Perceived Body Size Discrepancies and Physical Activity Among Adult Women. *Hellenic Journal of Psychology*, 6, 169–182.
- Moser, C., & Kleinplatz, P. J. (2006). DSM-IV-TR and the Paraphilias. *Journal of Psychology & Human Sexuality*, 17(3–4), 91–109. https://doi.org/10.1300/J056v17n03_05 No Title. (2011), 1–34. Of, M., & Disorders, M. (n.d.). *DSM-5*.
- Platek, S. M., Raines, D. M., Gallup, G. G., Mohamed, F. B., Thomson, J. W., Myers, T. E., Arigo, D. R. (2004). Reactions to children's faces: Males are more affected by resemblance than females are, and so are their brains. *Evolution and Human Behavior*, 25(6), 394–405. <https://doi.org/https://doi.org/10.1016/j.evolhumbehav.2004.08.007>.
- S, W. E. C., Gilbert, J. A., Meyer, F., Schriml, L., Joint, I. R., & Mühling, M. (2014). Gilbert JA, Meyer F, Schriml L, Joint IR, Mühling M, Field D. Metagenomes and meta-transcriptomes from the L4 long-term coastal monitoring station in the Metagenomes and meta transcriptomes from the L4 long-term coastal monitoring station in the Western English Channel, (October 2010). <https://doi.org/10.4056/sigs.1202536>.
- Seplowitz, R., Miller, H., Ostermeyer, B., & Kunik, M. E. (2015). Utilization of Psychiatric Services by Postpartum Women in a Predominantly Minority, Low-Socioeconomic-Status, Urban Population, 275–280. <https://doi.org/10.1007/s10597-014-9808-6>.
- Thomas, J. J., & Brownell, K. D. (2009). The Relationship Between Eating Disorder Not Otherwise Specified (EDNOS) and Officially Recognized Eating Disorders: Meta-Analysis and Implications for DSM, 135(3), 407–433. <https://doi.org/10.1037/a0015326>.

- Thompson, J. K., Calogero, R. M., & Thompson, J. K. (2010). *Gender and Body Image*. <https://doi.org/10.1007/978-1-4419-1467-5>.
- Thompson, M. A., & Gray, J. J. (1995). Development and Validation of a New Body-Image Assessment Scale. *Journal of Personality Assessment*, 64(2), 258–269. https://doi.org/10.1207/s15327752jpa6402_6.
- Yamamiya, Y., Cash, T. F., Melnyk, S. E., Posavac, H. D., & Posavac, S. S. (2005). Women's exposure to thin-and-beautiful media images: body image effects of media-ideal internalization and impact-reduction interventions, 2, 74–80. <https://doi.org/10.1016/j.bodyim.2004.11.001>.