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| **Task Group –** *Systematic Review #1* | | |
| **Group coordinator(s):** | | |
| **Name** | **Country** | **Email** |
| **Linda Kwakkenbos** | **The Netherlands** | **kwakkenbosl@gmail.com** |
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| **TG members** | | |
| **Name** | **Country** | **Email** |
| **Barbara Dooley** | **Ireland** |  |
| **Maria Piedade Brandao** | **Portugal** |  |
| **Ann Frisen** | **Sweden** |  |
| **Amanda Fitzgerald** | **Ireland** |  |
| **Johanna Kling** | **Sweden** |  |
| **Rachel Rodgers** | **France** |  |
| **Anabela Silva** | **Portugal** |  |
| **Phillippa Diedrichs** | **UK** |  |
| **Diana Harcourt** | **UK** |  |
| **Nichola Rumsey** | **UK** |  |
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| **Overall Aims and Objectives of Task Group** | | |
| Many different measures have been developed to assess body image, making it challenging for researchers and health care providers to determine which measures to use, and to compare findings across studies. Thus, there is a need for clear recommendations and guidance on body image measures, in order to evaluate, improve, and harmonize research and the evaluation of interventions. The Consensus-Based Standards for the Selection of Health Status Measurement Instruments (COSMIN) method is a relatively new tool that is increasingly accepted as the gold standard for evidence synthesis of the performance of patient-reported outcome measures.  The aim of this Task Group was to apply the COSMIN methodology to rigorously synthesize evidence on key body image measures and work towards a recommended “core set” of measures. | | |

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| **Activities of Task Group** |
| The team developed the methods for their study, including multiple steps (see Figure 1). We searched the PsycINFO, CINAHL Plus, and MEDLINE databases for published articles describing research on body image between August 2011 and August 2014. Team members extracted the names of the body image measures used, and selected those with an evaluative component of body image,defined as an individual making some kind of cognitive of affective evaluation of their body or appearance with a positive or negative valence. Our international team of experts then prioritized measures based on the extent that they are used in research, clinically, and in program evaluation, and/or are important theoretically.  Over 400 studies were identified that had used, in aggregate, more than 150 body image measures. Based on priority rankings, the Body Appreciation Scale, Body Shape Questionnaire, Body Esteem Scale, Eating Disorder Inventory, Multidimensional Body-Self Relations Questionnaire, Body Image States Scale, Drive for Muscularity Scale, Eating Disorder Examination Questionnaire, and Centre for Appearance Research Valence of Appearance scale were selected as the top priority measures for evidence synthesis.  The next step (in progress) involves 9 systematic reviews of the measurement properties of these measures and synthesis of results. The aim of the reviews is to synthesize, critically appraise, and compare the evidence on the measurement properties of the nine commonly used body image measures listed above. For each of the measures, we will identify papers on measurement properties by searching CINAHL Plus, EMBASE, ERIC, PsycINFO, Scopus, Web of Science databases using variations of the name of the measure in the title/abstract as search terms. After title/abstract and full-text screening, the Consensus-Based Standards for the Selection of Health Status Measurement Instruments (COSMIN) tool will be completed (in progress). The COSMIN tool is increasingly accepted as the gold standard for evidence synthesis of the performance of patient-reported outcome measures and can be used to determining if a study on measurement properties meets the standards for good methodological quality.  Evidence of the 9 reviews will be synthesized, and the team will formulate recommendations for the use of measures in research and practice, as well additional studies on measurement properties that are needed. Results will be disseminated through the COST Appearance Matters Network and targeted to key NGOs and health care professionals. To further improve the field, we will encourage investigators and COST members to continue to work together on the development of the core set by adding reviews of other measures on an ongoing basis, using the methods developed by our Task Group.  Members of the Task Group, supported by international NGOs, researchers and clinicians working with body image, submitted a grant proposal to the Canadian Institutes of Health Research (CIHR) Knowledge Synthesis competition in 2015 to support their work. Despite the positive review comments on the importance, the methodological approach and the expertise of the team, the proposal was not funded. The Task Group may submit the proposal to CIHr or other appropriate competitions in the future.  **Figure 1: Schematic overview of activities (in progress)**  ../Desktop/Screen%20Shot%202017-05-22%20at%201.02.46%20PM.png |

OUTCOMES, ACTIVITIES & ACHIEVEMENTS RESULTING

FROM TASK GROUP ACTIVITIES

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| **Publications** (include only those with at least 3 authors from 3 different COST Countries) |
| N/A |

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| **NETWORKING** |
| **Added value of the Networking** (within the TASK GROUP) |
| In addition to the meetings organized by the overall COST Action, within the Task Group, there were important networking opportunities. For instance, early career investigators were able to gain experience with systematic review methods guided by international experts in the field. Furthermore, the Short Term Scientific Missions (STSM) were a vehicle for further networking and to expand collaboration. Within our Task Group, the following STSMs took place:  PhD student Johanna Kling, University of Gothenburg visited Rachel Rodgers, Associate Professor, Université Paul-Sabatier/ Northeastern University in 2014 (for the report, see: <http://appearancematters.eu/uploads/STSM/STSM%20report_Johanna%20Kling.pdf)>  Amanda Fitzgerald, University College Dublin School of Psychology, visited Professor Nichola Rumsey and Professor Diana Harcourt at the Centre for Appearance Research, Bristol in 2014 (for the report, see: <http://appearancematters.eu/uploads/STSM/Amanda%20Fitzgerald_STSM.pdf)> |

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| **Please describe any other outputs and achievements that have resulted from Task Group activities, or that are still in progress, highlighting in particular on those relevant to the aims of COST** (“COST enables break-through scientific developments leading to new concepts and products and thereby contributes to strengthen Europe’s research and innovation capacities.”) |
| The Task Group presented a peer-reviewed poster on their work at the Appearance Matters 7 conference in 2016:  Kwakkenbos L, Dooley B, Brandão MP, Frisen A, Fitzgerald A, Kling J, Rodgers R, Silva A, Diedrichs P, Jarrett C, Thombs BD, Jewett LR, Harcourt D, Rumsey N. Systematic review to develop a core set of body image measures: a study of the COST Appearance Matters network. *Appearance Matters 7,* London, UK. Jun 2016.  Anticipated outcomes are:   * A peer-reviewed publication on the outcomes of the systematic reviews (foreseen within 2 years) * An online “core set” of recommended body image measures including a description of the measure and it’s psychometric properties (foreseen within 2 years) * An ongoing collaborative effort to expand the “core set” of body image measures (foreseen 2-5 years) |

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| **Impacts** | | |
| Please describe the impacts that have resulted, or might result from the Action in future | | |
| **Description of the impact** | **Type of impact1** | **Timing of impact2** |
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Scientific/ Technological, Economic, Societal

2 Achieved/ Foreseen within 2 years/ Foreseen 2-5 years/ Foreseen 5-10 years/ Foreseen 10+ years

DISSEMINATION & EXPLOITATION OF TASK GROUP ACTIVITIES

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| **Add description here** (Add more rows if needed) | | | | | |
| **Item/ activity** | **Country** | **Target Audience** | **Number** | **Result** | **Hyperlink** (if available) |
| ***Below are examples of some activities,***  ***Please delete before starting*** | | | | | |
| *Appearance Matters 7 congress* | UK | Investigators, NGO representatives, patient advocates and clinicians in the field of appearance-related research and practice | ??? | Enhanced awareness & knowledge about the focus of Task Group 1 of COST Action IS1210 |  |
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Were there any challenges that were encountered in your task group? What solutions were used to overcome these challenges?

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THANK YOU VERY MUCH FOR completing this and for ALL YOUR HARD WORK!