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| **Task Group –*****11 Positive Body Image in Adolescence – a comparative European Study*** | | |
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| **Overall Aims and Objectives of Task Group** | | |
| The group is undertaking a cross-cultural study, which focuses on positive body image in adolescence  The project includes two parts. The first is a quantitative study, based on questionnaires, and organized around three aims:  1) To examine the BAS-2 psychometric properties in adolescents in different languages, Danish, French, Portuguese and Swedish;  2) To perform a cross-cultural comparison of PBI across European countries (differences between specific age groups within adolescence, prevalence rates, gender differences, relationship with body mass index);  3) To analyze the relationship between PBI and different variables among adolescents (psychological, physical, and relational).  The second study, which is of a qualitative nature and will be based on semi-structured  interviews, aims:  4) To explore the PBI theoretical model (Tylka et al., 2015) in adolescence to analyze whether the proposed components apply to these age groups, and to elucidate possible new components.  As a task group, we aim to continue our collaboration in order  - To finish collecting data (questionnaires and interviews) and publish results;  -To investigate the consequences of positive body image, and methods of promoting positive body image;  - To contribute to develop complementary measures to assess positive body image other than BAS-2, considering that this instrument does not cover all the dimensions of the construct;  - To extend the study of positive body image to children | | |

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| **Activities of Task Group** |
| The group have had several meetings, either in relation to the activities and meeting of the COST Action, or online-meetings via Skype.  During the years the task group have connected with other researchers in the field. Different researchers in the involved countries are also involved in the study. Beside this, contacts have been made with researchers from Bulgaria, Germany, Hungry, Macedonia, and the Netherlands but without those being included in the actual study.  On an individual level, the researchers involved in the task group have used experiences, knowledge and preliminary results from the study in several ways  - Presentation in conferences  - Lecturing master students in Nursing and undergraduate students in Public Health.  - Applying research grants from EU in relation to another research area, but using experiences from this COST Action  - Applying research grants on national level for this project  - In Portugal, data collection was supported by FCT (Portuguese Foundation for Science and Technology) and CPUP (UID/PSI/00050/2013).  We also aim to publish and present our findings in as many available public and international communication paths as possible. Here are some of our planned communication canals:  - To share the knowledge of our results, scientific papers will be produced and published in international and local peer-reviewed journals.  - In popular science journals and canals.  - Via the homepage of COST ACTION IS210 – Appearance Matters.  - In international and local conferences.  - In different municipalities’ meetings and in local newspapers.  - In schools which participate in the study among adolescents and the school staff (teachers, nurses, administrative staff, etc.) |

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) |
| **A method-paper**  **For the first study with the quantitative approach:**  Articles (draft titles)  1) Protocol article  1) Body Appearance Scale -2 in adolescence: Validation study in European countries  2) Comparative study of positive body image in European countries  3) Factors associated with positive body image in adolescence: A structural equation modelling analysis.  Authors: Jérémy Lemoine, Hanne Konradsen, Annesofie Lunde Jensen, Christine Roland-Lévy, Atika Khalaf, Pernilla Ny, Tracy Tylka, Sandra Torres  **For the second study, the qualitative one:**  Draft Title: Positive Body Image in adolescence – A cross-European qualitative study of the concept  Authors: Atika Khalaf, Annesofie Lund Jensen, Sandra Torres, Jérémy Lemoine, Christine Roland-Lévy, Pernilla Ny, Hanne Konradsen |

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| **NETWORKING** |
| **Added value of the Networking** (within the TASK GROUP) |
| The networking within the task group has added to the individual professional development. It has been dedicated researchers involved in this study, and they showed huge engagement and interest in the subject and in finalising the project.  Different perspectives and views from different cultures has been shared and contributed to personal and professional development. This has been a perfect experience of a fruitful international collaboration, and we have learned how to plan and execute international studies for the future. |

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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.”) |
| We will extend the understanding of the conceptualization of positive body image. The specific components of positive body image will be much more clearly conceptualized.  We had very good feedback from other COST members who are willing to collaborate with us in the future. |

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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** |
| Experiences in international research collaboration | Scientific | Achieved |
| To create a partnership for future funding/grant applications |  |  |
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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*** | | | | | |
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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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| Challenges  Difficult to foresee and plan international data collection. The challenge has been mutually tackled by collaboration and understanding of different obstacles in different cultural surroundings. For example the need for and time needed for ethical approval and the different school related activities as well as start and end of the school semesters in different countries.  We were happy that many participants from different countries were interested in the project, but it also took a lot of time to introduce them to the planned steps. Many of our colleagues were involved in other groups or other research activities and were not able to accomplish the study in their countries.  Solutions  Other researchers are welcome to apply for participation in future studies |

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