

POSITIVE BODY IMAGE IN ADOLESCENCE:

COMPARATIVE STUDY IN EUROPEAN COUNTRIES

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POSITIVE BODY IMAGE IN ADOLESCENCE: COMPARATIVE STUDY IN EUROPEAN COUNTRIES



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BACKGROUND

Traditionally, body image researchers have focused on negative body image and its impact on physical and psychological health.

Positive Body Image (PBI) is not merely the opposite of negative body image (Striegel-Moore & Cachelin, 1999).

PBI research is only in its infancy. There is a huge potential for knowledge in the understanding of the concept, predictors, and consequences (Halliwell, 2015).



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BACKGROUND

Some dimensions of the construct may not apply to some demographic groups (Halliwell, 2015; Tylka & Wood-Barcalow, 2015).

The adolescence is the period of the lifespan when body image is most vulnerable (Littleton & Ollendick, 2003), making the study of early adolescence of major interest.



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MAIN GOALS

ADOLESCENCE

To validate the PBI construct
To compare the PBI in
European countries
To analyze the relationship
between PBI and different
variables

Study 1 – Quantitative

Questionnaires

To explore the PBI theoretical
model in adolescence

Study 2 – Qualitative

Semi-structure interviews



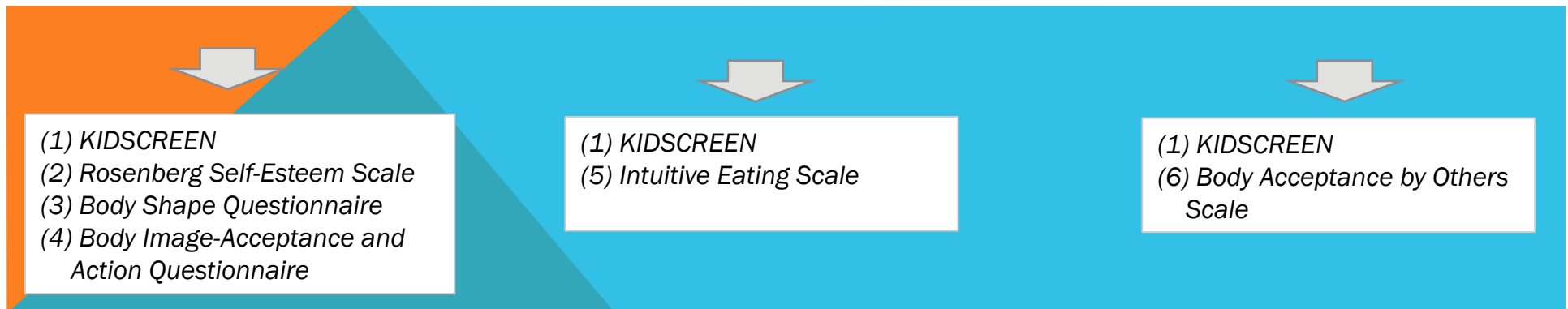
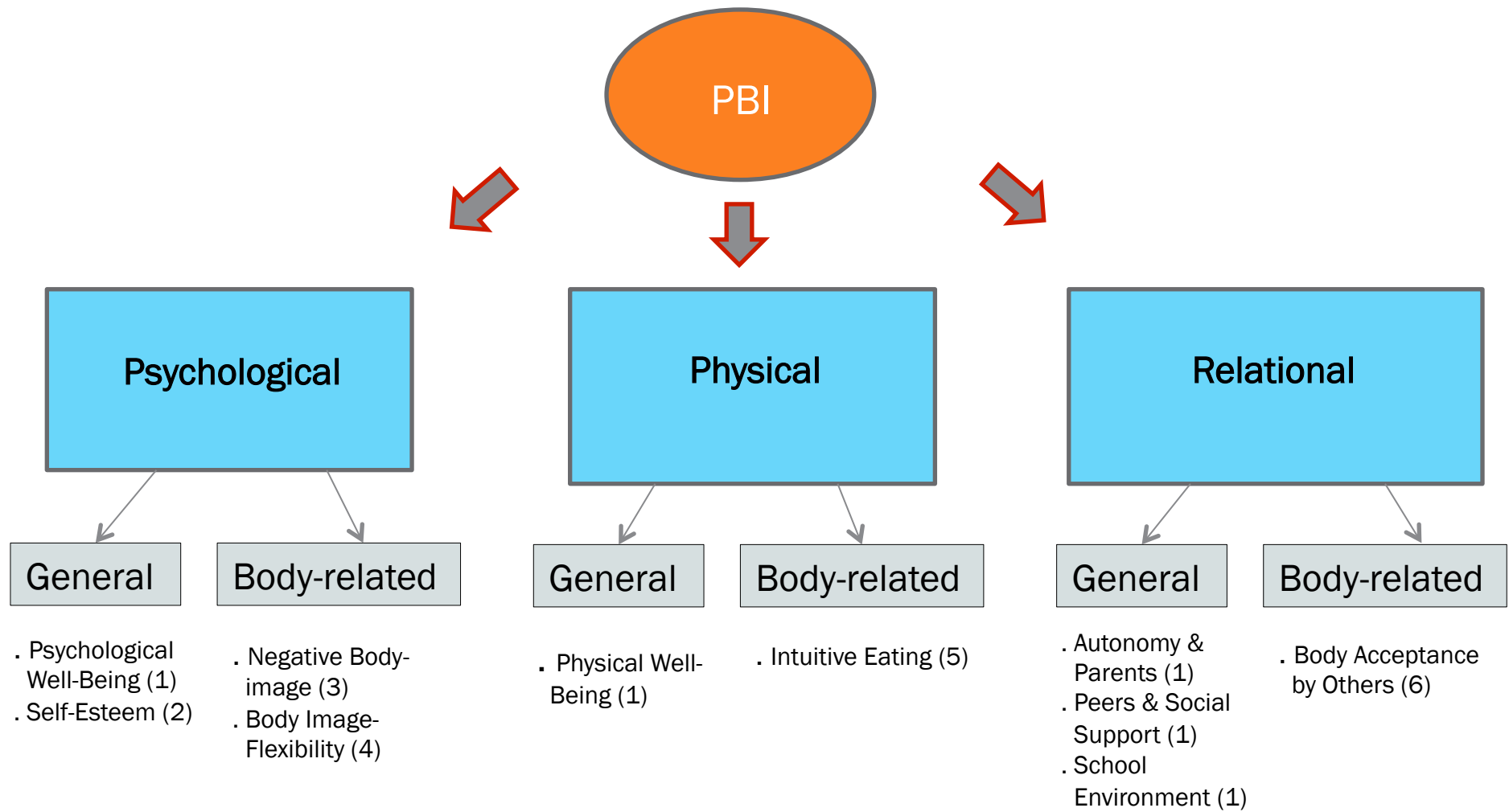
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STUDY 1 – SPECIFIC AIMS

- 1) To examine the BAS-2 psychometric properties in adolescents in different languages;
- 2) To perform a cross-cultural comparison of PBI across European countries;
- 3) To analyze the relationship between PBI and different variables among adolescents.



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PARTICIPANTS

Objective: 150 females and 150 males per country including three age groups of adolescents

		Total	Denmark	France	Portugal	Sweden
Sex						
	Females	679	60	88	360	171
	Males	619	50	73	264	232
Age group						
	10-13 years old	442	71	57	250	64
	14-16 years old	564	39	24	235	266
	17-19 years old	292	0	80	139	73
Total		1298	110	161	624	403



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PROCEDURES

Translation and back translation of all the questionnaires with permissions of the authors.

The study protocol received approval from relevant Ethics Committees in all countries.

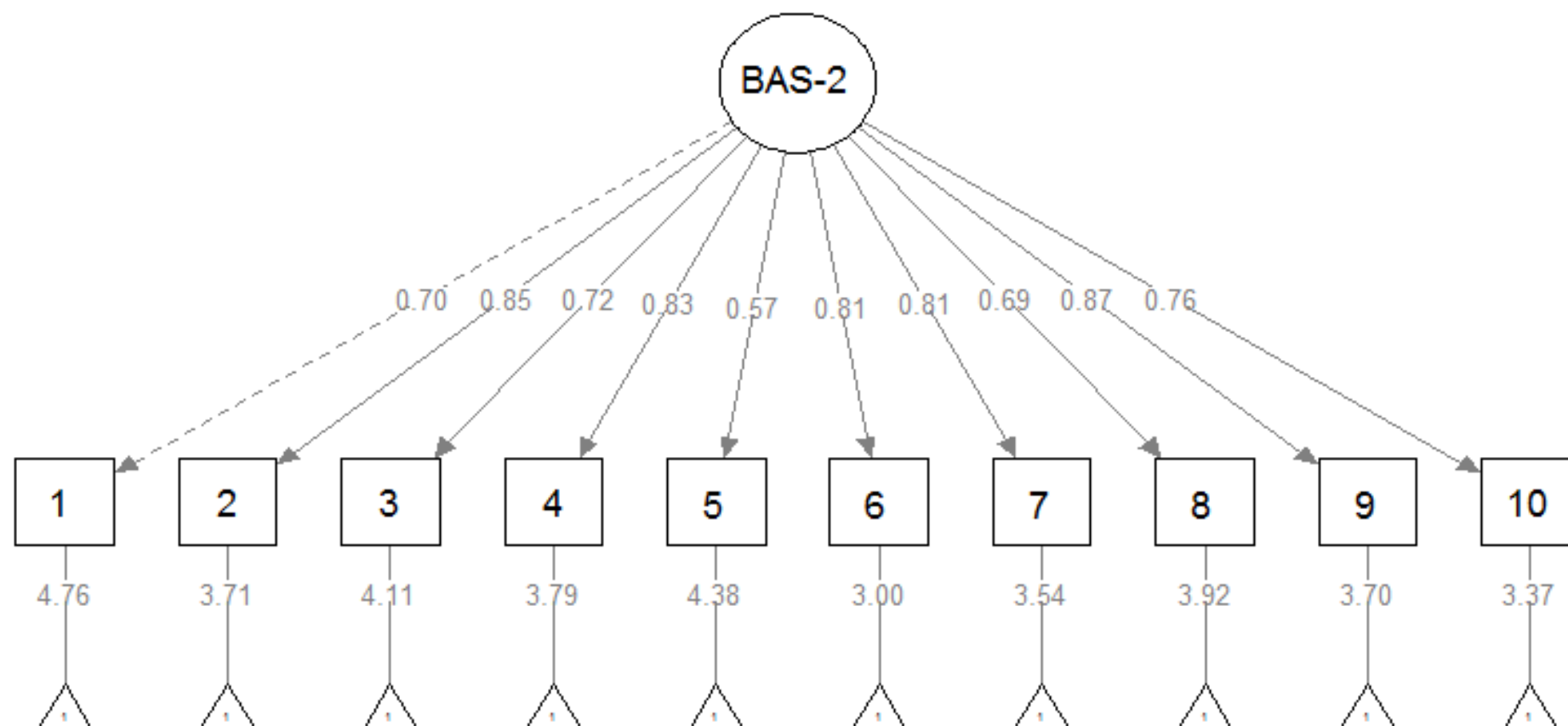
Information sheets and consents form were sent to the parents.

Adolescents answered an online questionnaire, at school, during a class.



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RESULTS – FACTORIAL ANALYSES



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RESULTS – FACTORIAL ANALYSES BY COUNTRY

	Total	Denmark	France	Portugal	Sweden
X ²	278.92	68.1	107.42	159.87	109.21
df	35	35	35	35	35
CFI	.96	.94	.86	.96	.97
TLI	.94	.92	.82	.95	.96
RMSEA	.09	.10	.14	.09	.09
SRMR	.03	.05	.08	.04	.03



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RESULTS – FACTORIAL ANALYSES FRANCE

	M1	M2 (M1-item 1)	M3 (M2-item 8)	M4 (M3-item 5)
χ^2	107.42	68.05	54.82	29.5
df	35	27	20	14
CFI	.86	.91	.92	.96
TLI	.82	.88	.89	.94
RMSEA	.14	.11	.12	.10
SRMR	.08	.06	.06	.04



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RESULTS – FACTORIAL ANALYSES BY SEX

	Female	Male
χ^2	177.66	135.41
df	35	35
CFI	.96	.95
TLI	.95	.93
RMSEA	.09	.09
SRMR	.03	.04



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RESULTS – FACTORIAL ANALYSES BY AGE GROUP

	Early	Middle	Late
X^2	127.91	131.96	117.08
df	35	35	35
CFI	.93	.97	.93
TLI	.91	.96	.91
RMSEA	.10	.09	.11
SRMR	.05	.03	.05



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RESULTS – INVARIANCE ANALYSES

		Metric invariance	Scalar invariance
Sex	Female - Male	Yes	Yes
Age group	Early - Middle	Yes	Yes
	Early - Late	Yes	Yes
	Middle - Late	Yes	Yes



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RESULTS – INVARIANCE ANALYSES BY COUNTRY

	Metric invariance	Scalar invariance	Partial scalar invariance
Denmark - Portugal	Yes	No	- item 1
Denmark - Sweden	Yes	No	- items 6 & 1
Portugal - Sweden	Yes	No	- items 3 & 1



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RESULTS – CORRELATION

	BAS-2
Body Shape Questionnaire	-.44
Body Image-Flexibility	-.30
Body Acceptance by Others Scale	.44
Kidscreen - Autonomy & Parent relation	.47
Kidscreen - Peers & Social Support	.39
Kidscreen - School Environment	.40
Kidscreen - Physical Well-being	.52
Kidscreen - Psychological Well-being	.63
Self-esteem	.64
Intuitive eating	.38



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RESULTS – MULTIPLE REGRESSION

Self-esteem	B	Std. Err.	Beta	t-value
Step 1				
BIAAQ	-0.045	0.013	-0.117	-3.48***
BSQ-8C	-0.208	0.017	-0.426	-12.66***
Step 2				
BIAAQ	-0.041	0.011	-0.105	-3.70***
BSQ-8C	-0.101	0.015	-0.207	-6.91***
BAS-2	0.373	0.017	0.520	21.80***

Step 1: $R^2 = .259$; $F[2,1134] = 199.6$, $p < .001$

Step 2: $R^2 = .477$; $F[3,1133] = 347$, $p < .001$; $\Delta R^2 = .218$



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RESULTS – MULTIPLE REGRESSION

Intuitive eating	B	Std. Err.	Beta	t-value
Step 1				
BIAAQ	-0.034	0.013	-0.097	-2.69**
BSQ-8C	-0.141	0.016	-0.321	-8.91***
Step 2				
BIAAQ	-0.032	0.012	-0.091	-2.60**
BSQ-8C	-0.092	0.016	-0.210	-5.68***
BAS-2	0.170	0.019	0.263	8.96***

Step 1: $R^2 = .152$; $F[2,1134] = 102.4$, $p < .001$

Step 2: $R^2 = .207$; $F[3,1133] = 98.81$, $p < .001$; $\Delta R^2 = .055$



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RESULTS – MULTIPLE REGRESSION

Physical well-being	B	Std. Err.	Beta	t-value
Step 1				
BIAAQ	-0.012	0.020	-0.023	-0.61
BSQ-8C	-0.213	0.026	-0.310	-8.36***
Step 2				
BIAAQ	-0.006	0.018	-0.011	-0.34
BSQ-8C	-0.076	0.024	-0.110	-3.14**
BAS-2	0.480	0.028	0.473	16.96***

Step 1: $R^2 = .104$; $F[2,1134] = 66.89$, $p < .001$

Step 2: $R^2 = .285$; $F[3,1133] = 151.8$, $p < .001$; $\Delta R^2 = .181$



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RESULTS – MULTIPLE REGRESSION

Psychological well-being	B	Std. Err.	Beta	t-value
Step 1				
BIAAQ	-0.051	0.017	-0.103	-3.00**
BSQ-8C	-0.253	0.021	-0.407	-11.8***
Step 2				
BIAAQ	-0.045	0.014	-0.091	-3.11**
BSQ-8C	-0.117	0.019	-0.189	-6.11***
BAS-2	0.472	0.022	0.518	21.08***

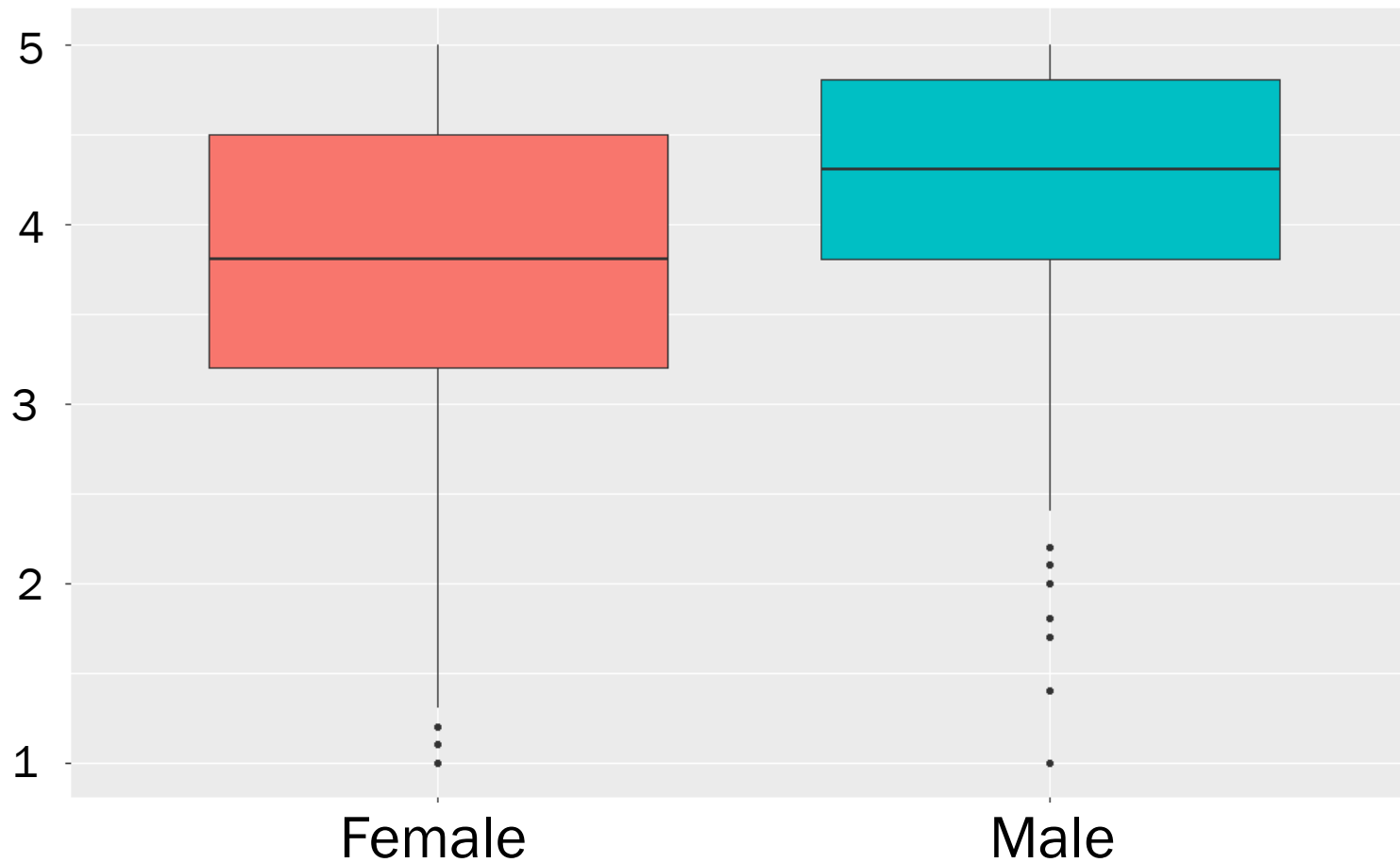
Step 1: $R^2 = .229$; $F[2,1134] = 170.2$, $p < .001$

Step 2: $R^2 = .446$; $F[3,1133] = 305.9$, $p < .001$; $\Delta R^2 = .217$



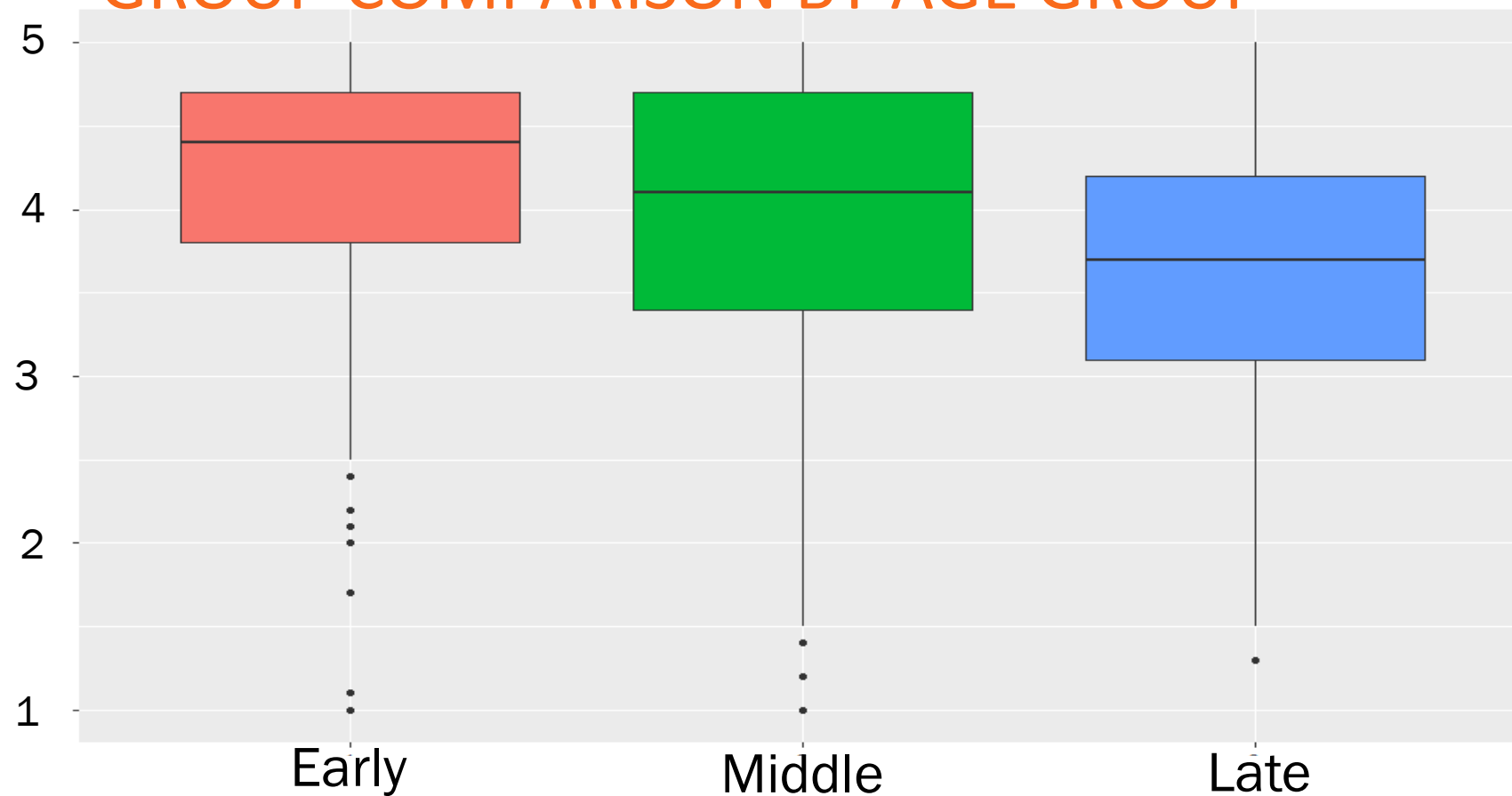
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RESULTS – GROUP COMPARISON BY SEX



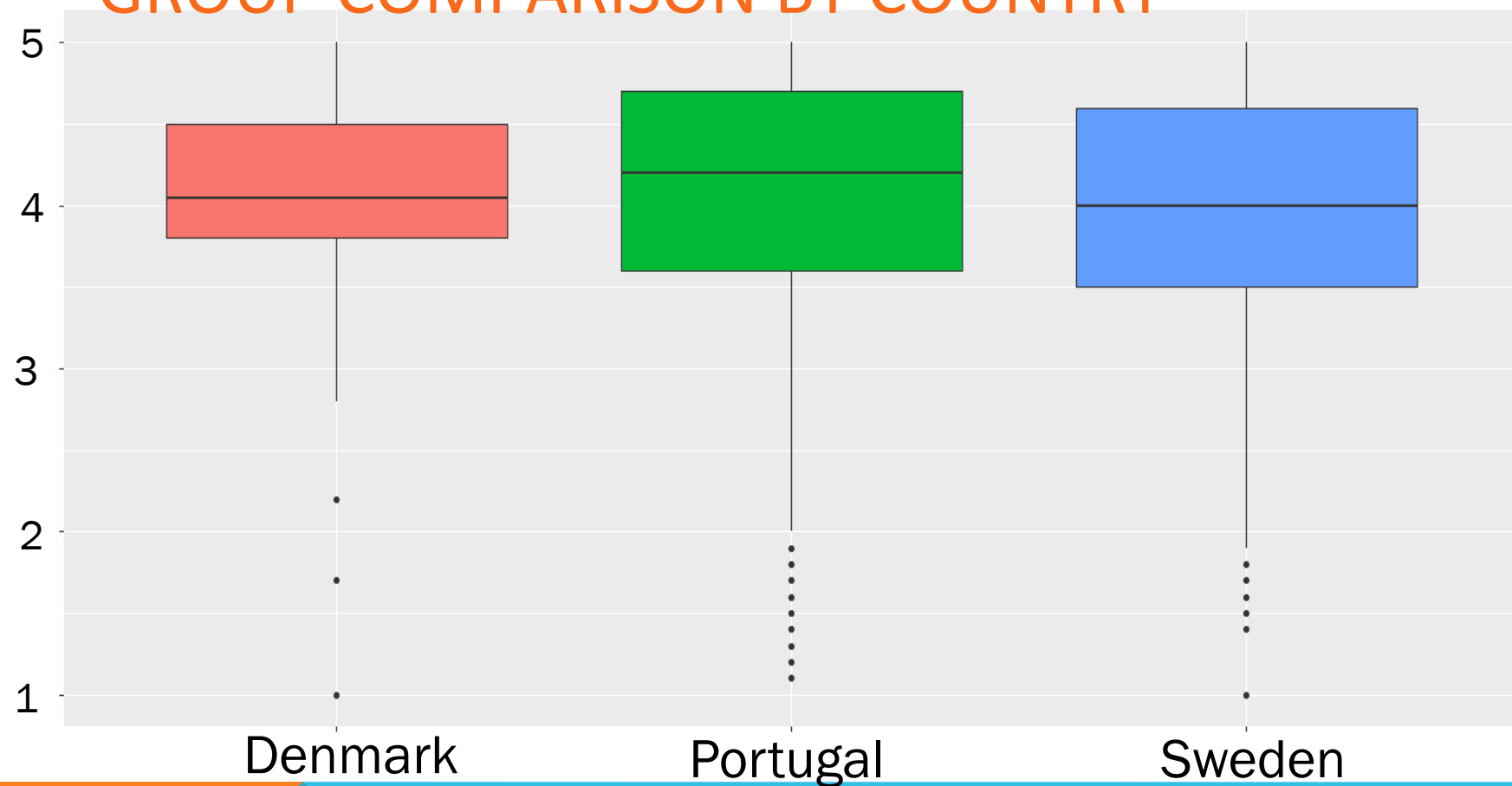
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RESULTS – GROUP COMPARISON BY AGE GROUP



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RESULTS – GROUP COMPARISON BY COUNTRY



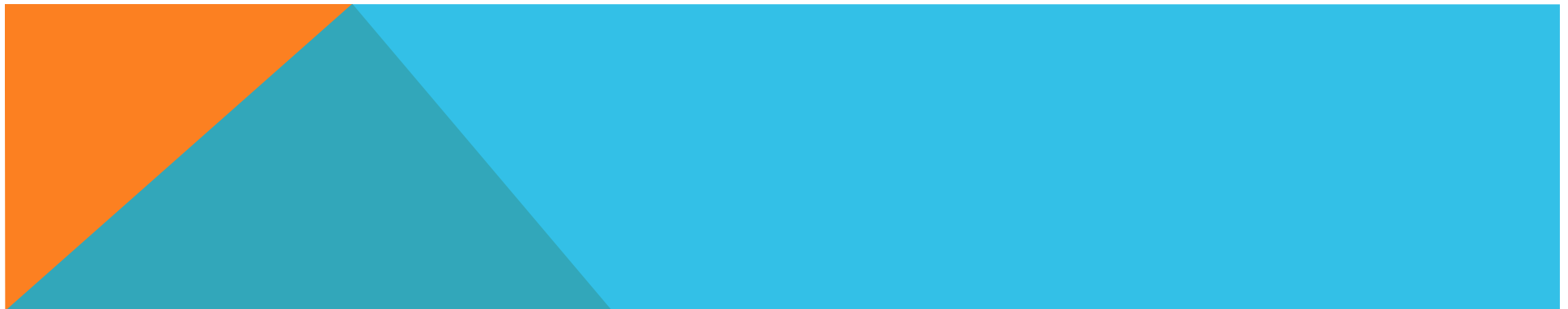
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CONCLUSION STUDY 1

Factorial analyses – overall very good results that indicate a unidimensional model fit in different countries, sexes, and age groups. Similarly to other validation studies (Alleva et al., 2016; Ng et al., 2014; Swami & Ng, 2015; Swami et al., 2016).

Invariance analyses – indicate that we are able to compare by sex and age groups. The results/comparisons between countries are preliminary. It seems that there are invariance within Denmark, Portugal and Sweden but not with France.

Correlation analyses indicate that the BAS-2 is related to other construct assessing body image, well-being, and relationships.

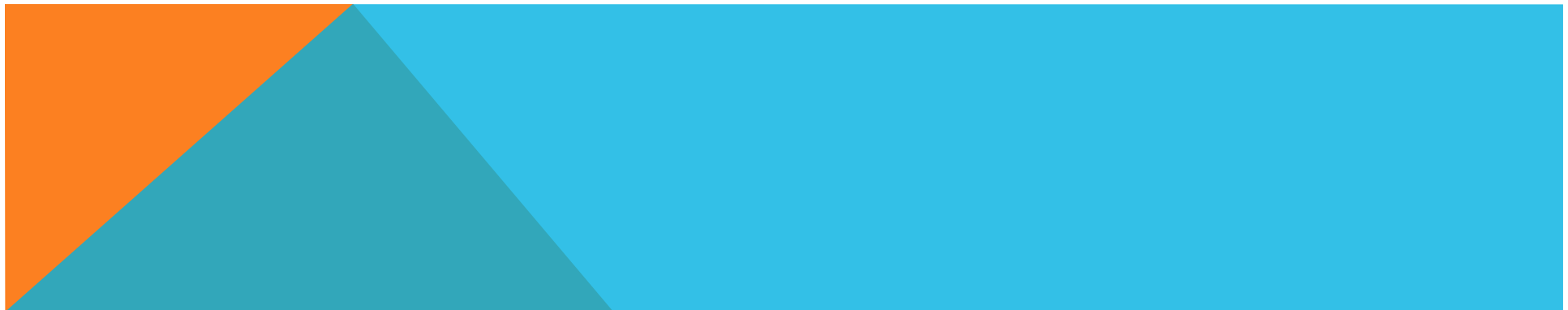


CONCLUSION STUDY 1

Multiple regression analyses show that BAS-2 is a very good predictor and an even better predictor of physical well-being, psychological well-being, self-esteem and intuitive eating compared to the other body image questionnaires.

Results from the group comparisons

- . Boys have higher body appreciation than the girls
- . The younger adolescents have higher than the middle adolescent who in their turn have higher scores and body appreciation than the late adolescent group.
- . No significant difference could be measured between countries.



STUDY 2 – 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.



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PARTICIPANTS

10-13 years (**early adolescence**)
14-16 years (**middle adolescence**)
17-19 years (**late adolescence**)



3-4 participants
per age group in
each country



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MATERIAL & DATA ANALYSES

Interview

To explore the individuals' attitudes, cognitions, behaviours and perceptions with regard to their body.

Qualitative analyses

Conventional content analysis (Hsieh & Shannon, 2005) is going to be used;

All interviews will be transcribed and translated prior to the analysis phase.



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ACKNOWLEDGEMENTS

All participating adolescents

COST Action

Dedicated colleagues



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