

Body self-esteem, academic outcomes and career aspirations - a cross-cultural study

Task Group 2 Cross-cultural study



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Task Group 2 - Cross-cultural studies

- Research in this task group was conducted in two phases
- Phase 1 was developed post the meeting in Kristianstadt and refined in Budapest
 - Decision to conduct a quantitative study
 - Defined a strategy to identify published literature in participating countries on body appearance



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Phase 1

- Overall aim: To collect participant country's literature (2000-2015) on **body appearance satisfaction research**.
- Search process defined
- Key search terms established (Boolean operators)
- Exclusion criteria established for each stage: titles, abstracts and full-paper
 - Independent judgement of 2 researchers for reviewed papers



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Exclusion process at Stage 3 of extraction

Exclusion criteria:

- Purpose is a debate on an ethical issue
- No references are cited
- The research paper did not discuss at least one of the following topics:
 - Research design
 - Sampling procedure
 - Data collection
 - Methodological strengths
 - Methodological weaknesses
 - Non-response and attrition
 - Measurement errors
 - Weighting and imputation

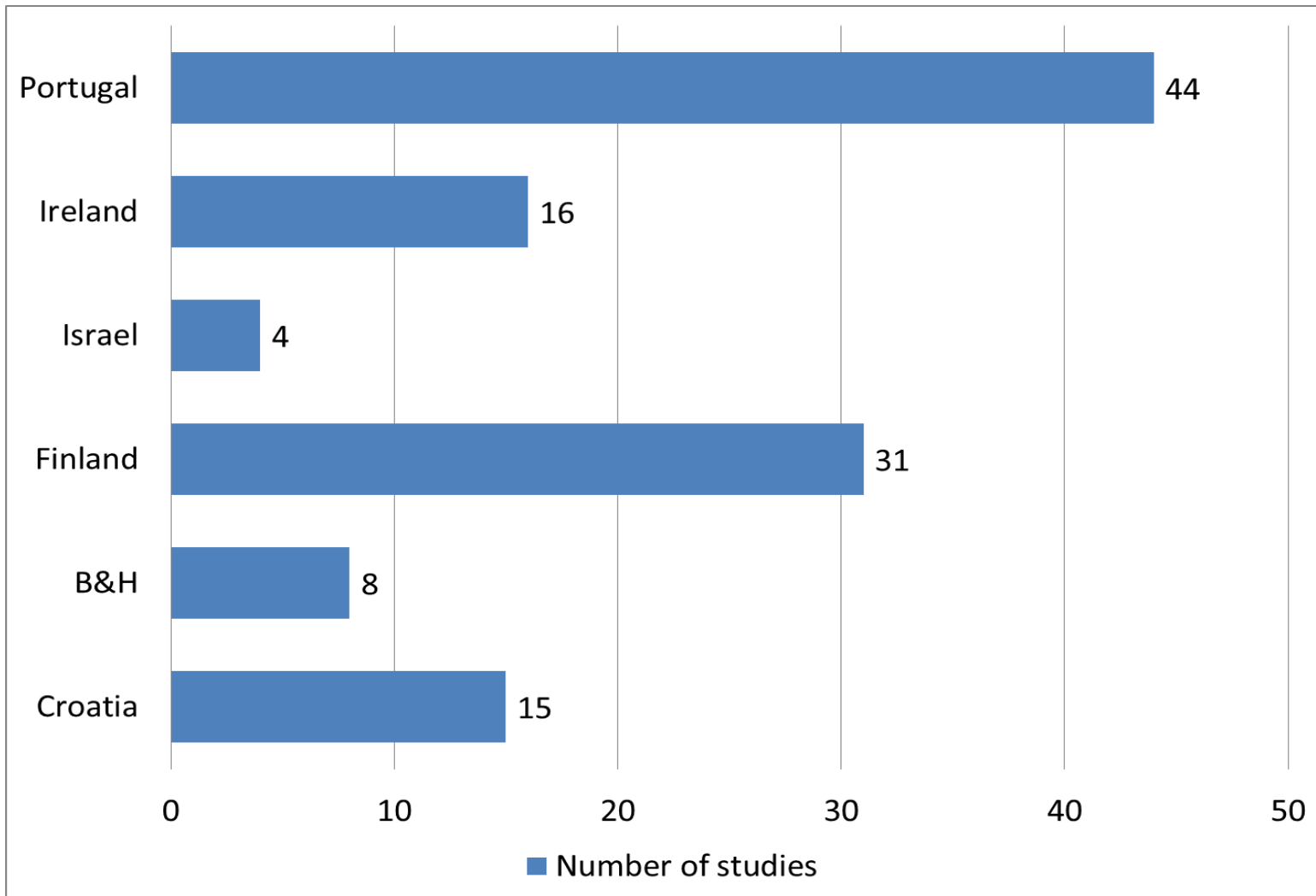


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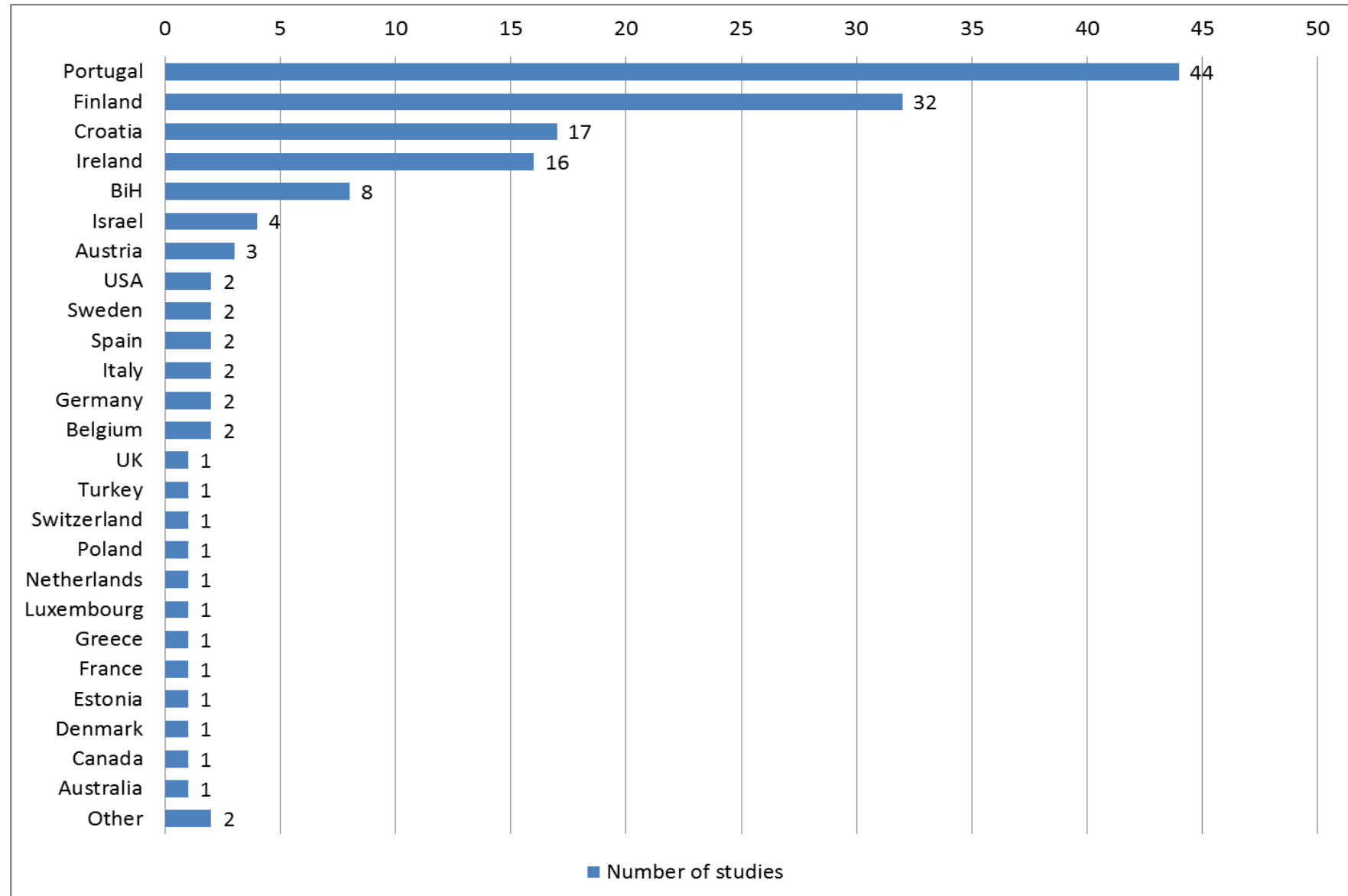


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Countries and studies in the research (remaining after the third phase)



Country samples in analysis



Data extracted

- Methodology: Quantitative, qualitative
- Response method: web, paper & pen (most common), face to face interview etc
- Design: cross sectional etc.
- Sampling method: random, convenience (most common) etc.
- Sampling unit: predominantly individual
- Median sample size: N=335
- Response rate
- Respondents age range: 8-85
- Most of the studies focused on children, adolescents and emerging adults, rarely on adults



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Main topics of research

Main topics studied:	Count	Percent
Obesity (body weight)	55	47.4
Psychological aspect of self-acceptance	43	37.1
Psychological aspect of well-being	33	28.4
Bulimia	26	22.4
Psychological aspect of personality	24	20.7
Anorexia	22	19.0
Romantic and sexual relationship	12	10.4

Psychological & health consequences

Main topics studied:	Count	Percent
Integration in society	7	6,0
Peer relationships	6	5.2
Exercising and sports	6	5.2
Risk behaviour	6	5.2
Cultural and cross-cultural aspects	6	5.2
Disfigurament	1	0.9
Education	1	0.9
Cleft	0	0
Work	0	0
Other main topic (description)	53	45.7

Personal & social consequences

Commonly used scales

Scale	CRO	FIN	IRL	PTG	B&H	ISR	N of Count.
Body Areas Satisfaction Scale (BASS)	2						1
Body Attitude Test (BAT)				2			1
Body Dissatisfaction Scale (BDS)		1					1
Body Esteem Scale (BES)	1						1
Body Esteem Scale for Adolescents and Adults (BESAA)	1						1
Body Image and Body Change Inventory (BIBCI)	2						1
Body Image Satisfaction (BISa)				1			1
Body Image Scale (BISb)	1			1			2
Body Shape Questionnaire (BSQ)	4			11	1	1	4
Body Shape Satisfaction Scale (BSSS)	1						1
Contour Drawing Rating Scale (CDRS)	1		1	2			3
Eating Attitudes Test (EAT-26)	7		2		2	1	4
Eating Disorder Examination Questionnaire (EDE-Q)				1			1
Eating Disorder Inventory (EDI)		8	3	3	1	1	5
Figure Rating Scale (FRS)	1			13	2		3
Sociocultural Attitudes Toward Appearance Q.(SATAQ)	2		2				2
Self-Liking and Self-Competence Scale (SLCS)	3						1

Phase 2 Cross-cultural study

- Data Phase 1 discussed in Portugal
- Study Design for Phase 2 agreed
- Model agreed to test across countries
- Projected sample size per country N=300
- University students
- Age 18-26, gender balanced
- The proposed study focused on some of the under researched areas,
 - the importance of body self-esteem in the educational setting;
 - the validation of the Body Esteem Scale for Adolescents and Adults (BESAA), not yet validated in participating countries;
 - consider the consequences of BSE for emerging adults in tertiary education.

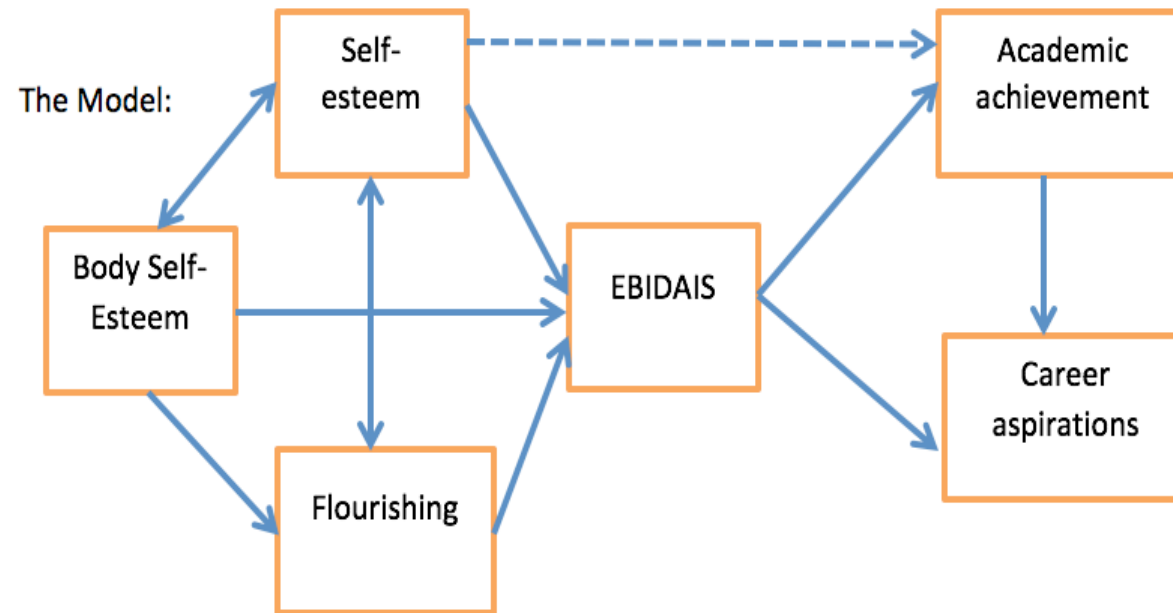


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Proposed Model



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Study Aims & Methodology

- Aims of the study:
 - To test the cross-cultural invariance of the body appearance scales
 - To examine the relation between body self-esteem and other constructs (outcomes)
- To test the proposed model or part of the model



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Questionnaires selected

- **Body Appreciation Scale - (BAS - 2):** (Tylka 2005) is a 10 item questionnaire measuring acceptance of their body despite perceived imperfections, respect of body by remaining healthy and attentive to bodily needs, and rejecting unhealthy and unrealistic body images portrayed in the media. Cronbach's alpha .94 and .93 for females & males.
- **Body Esteem Scale for Adolescents and Adults - (BESAA)** (Mendelson, 2001) is a 23-item, single factor + 3 factor scale: general feeling about appearance, weight satisfaction, and attributions of positive evaluations about one's body and appearance to others. Cronbach's alpha ranging from .75 to .96 within subscales.
- **Eating and Body Image Disturbance Academic Interference Scale - (EBIDAIS)** (Thompson 2008); 12-item scale assesses how eating disturbance interferes with academic achievement. Cronbach's alpha of .92 & validated for use with men and women.



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Questionnaires contd

- **Flourishing Scale** (Diener, 2010) 8-item assesses respondent's self-perceived success in important areas such as relationships, self-esteem, purpose, and optimism. The scale provides a single psychological well-being score. Cronbach's alpha of .73 to .78 on a range of participant groups.
- **Self-Esteem Scale - SES** (Rosenberg, 1965) is a 10-item self-report measure of global self-esteem. Cronbach's alpha of .78 on average across groups.
- **Career Aspiration Scale - Revised (only Achievement Aspiration subscale and Educational Aspiration Subscale)** (Gregor & O'Brian 2015) 16 items measuring different aspects of career aspiration. Cronbach's alpha of .76 to .84
- **Academic Achievement Scale** (Babarovic, 2013); 6 item scale assessing perceptions about academic achievements, Alpha =.862



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Procedure

- Secure permission from authors of questionnaires
- Ethical approval in each country
- Generate Google Forms (also Qualtrics)
- Each country translated the questionnaires into the language of the participating country
- The TRAPD system was used
 - TRAPD stands for Translation, Review, Adjudication and Documentation. It is the system of questionnaire translation and assessment suggested by Harkness (2003)
 - The TRAPD system uses a structured approach to translation and assessment which reduces the chances of subjective and idiosyncratic features
 - Translation → Review → Adjudication → Sign off



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Sampling and procedure

- Sample of students from eight countries
 - B&H, Belgium, Croatia, Finland, Greece, Ireland, Israel, Portugal
- Convenient sampling - different methods
 - university mailing lists, snowballing, mailing lists, personal contacts...
- Online testing platform - standardized by form and content between counties
- Approximately 20 min. To complete
- Upper age limit of 30 years



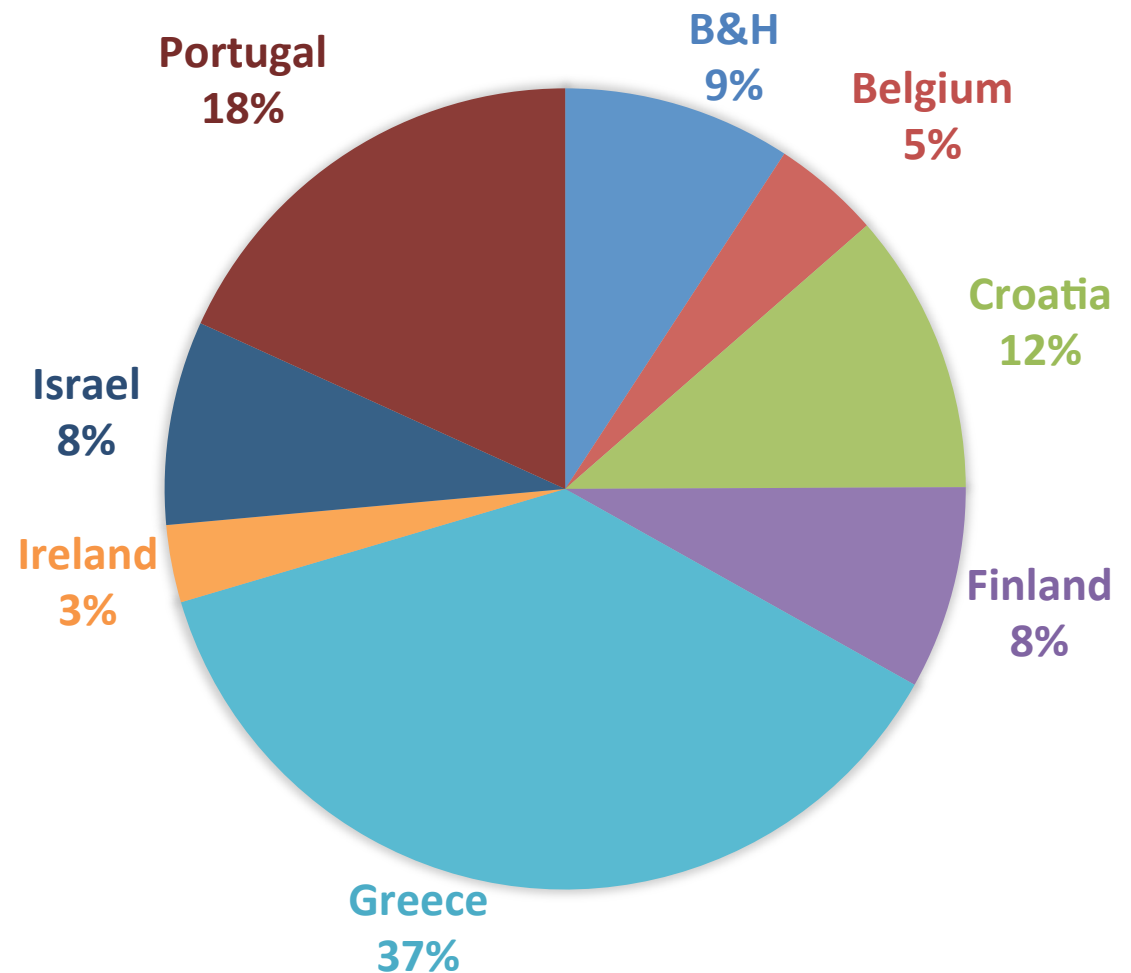
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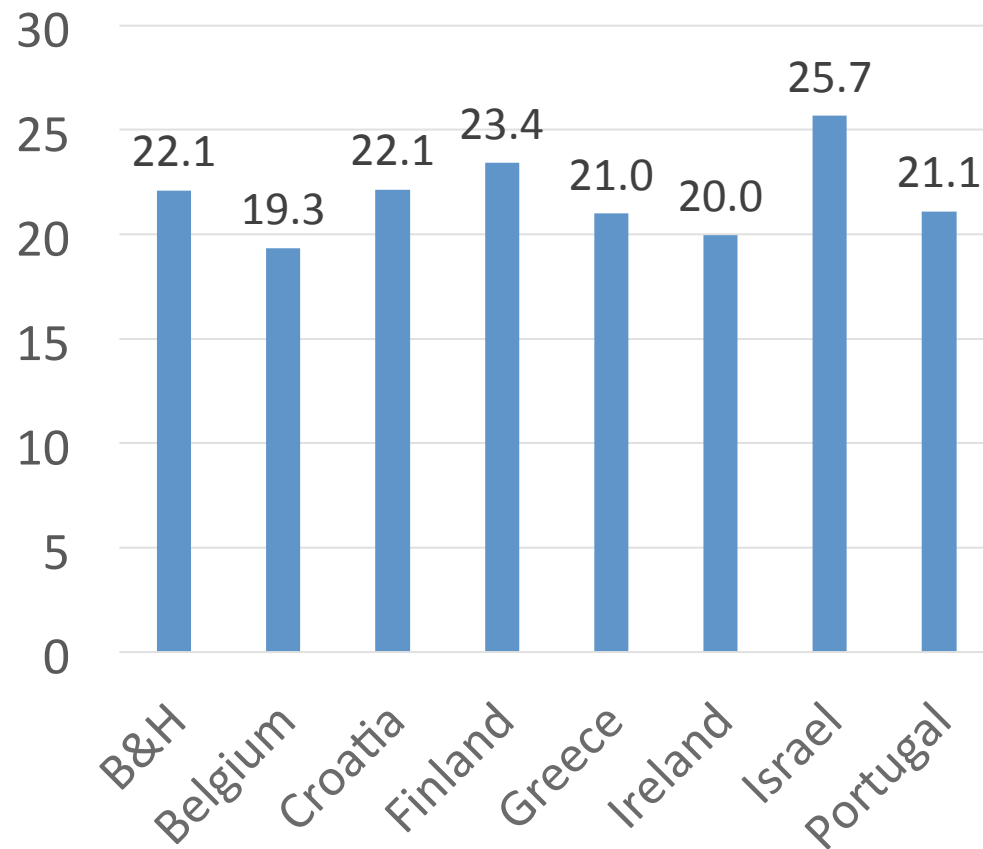
Respondents - 3646 students (71.8% female)

	Male	Female	Total
B&H	89	247	336
Belgium	23	136	159
Croatia	216	198	414
Finland	46	253	299
Greece	333	1027	1360
Ireland	24	90	114
Israel	142	158	300
Portugal	154	510	664



Age and educational structure

- Average age 21.7 (sd = 3.04)



	N	%
Undergraduate (Bachelor's degree - BA)	2514	69.0
Graduate (Master's degree - MA)	957	26.2
Postgraduate (Doctoral degree - PhD)	79	2.2
Other	91	2.5

Instruments reliability (Cronbach's Alpha)

	BAS	BESAA	EBID AIS	FS	SES	CAS	AAS
B&H	.926	.919	.760	.827	.841	.932	.853
Belgium	.900	.936	.794	.799	.904	.717*	.890
Croatia	.928	.948	.770	.891	.900	.921	.868
Finland	.935	.948	.756	.922	.930	.920	.857
Greece	.915	.939	.803	.817	.844	.914	.866
Ireland	.934	.934	.855	.912	.895	.902	.887
Israel	.953	.935	.897	.864	.855	.914	.885
Portugal	.940	.936	.807	.874	.913	.933	.903
Male	.925	.837	.926	.857	.876	.921	.891
Female	.930	.839	.942	.862	.885	.920	.873

Intercorrelations by gender

	BAS	BESAA	EBIDAI	FS	SES	CAS	AAS
BAS		.790	-.128	.539	.597	.161	.192
BESAA	.835		-.219	.437	.589	.083	.214
EBIDAI	-.257	-.288		-.116	-.253	-.051	-.101
FS	.543	.468	-.241		.677	.354	.400
SES	.690	.646	-.313	.686		.271	.359
CAS	.184	.132	-.042	.334	.258		.282
AAS	.291	.285	-.210	.395	.404	.314	

Male sample upper the diagonal; female sample under the diagonal

Similar measures related

	BAS	BESAA	EBID AIS	FS	SES	CAS	AAS
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EBIDAIS

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Predicting academic and career outcomes

- Hierarchical regression
 - Block 1: SES & FS - personal
 - Block 2: BESAA & BAS - body satisfaction
 - Block 3: EBIDAIS - Body satisfaction - academic performance interference

	CAS		AAS	
	male	female	male	female
Personal	.130	.117	.165	.186
Body	.014	.003	.008	.001
Interference	.000	.002	.001	.007

Testing the model

- Model does not hold
 - Interference scale (EBIDAIS) is not related substantially neither to body-satisfaction scales, nor to academic and career outcomes
 - Body satisfaction scales relation to academic outcomes is completely mediated by self- esteem and general well-being
- We are testing alternative models



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Questions to be resolved

- Age limits
- Gender balance
- Study profile
- Countries inclusion/exclusion



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Proposed papers to be published

- The validity of Body Esteem Scale for Adolescents and Adults across cultures and gender
- The relation between body self-esteem and Flourishing scale as a new measure of personal well-being: a cross-cultural approach
- Self esteem, career aspiration and academic achievement of students across eight European countries
- Eating and Body Image Disturbances Academic Interference Scale: the evidence of its structural invariance across cultures
- Body self-esteem, personal well-being, and academic achievement - setting the model
- BMI (B&H, Croatia, Greece, Ireland, Portugal)



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