

Body Image Dissatisfaction: A Comparison of College Women at an HBCU and PWC: Implications for Health Education Programming

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Abstract: *The purpose of this study was to obtain information from 978 college women (18 – 25 years of age; M= 19.93; SD= 2.01) from a Historically Black College and University (HBCU) and a Predominately White College (PWC) with regard to their body image, body shape, appearance, and related factors. Findings from this study will provide health education professionals with valuable information on body image from a cultural perspective. The Young Women’s Experiences with Body Weight and Shape Questionnaire (49 questions; containing five factors of weight dissatisfaction, slimness as quality of life, interpersonal messages regarding slimness, rejecting the value of thinness, and valuing exercise) were used and general demographics were collected. A One-Way ANOVA was used to test differences between the HBCU and PWC as well as for comparing differences between the three sub-groups (African American HBCU, African American PWC, and Euro American PWC). Significant differences were found with all five factors between HBCU and PWC: weight dissatisfaction ($p < .001$), slimness as quality of life ($p < .001$), interpersonal messages regarding slimness ($p < .001$), rejecting the value of thinness ($p = .001$) and valuing exercise ($p = .023$). Likewise, significant differences were found between groups using ANOVA ($p < .001$) and some of the pairings of the three sub-groups using Scheffe post-hoc testing: weight dissatisfaction ($p < .05$) for all groups, slimness as quality of life ($p < .001$) for all groups, interpersonal messages regarding slimness ($p < .001$) for HBCU compared to PWC only, rejecting the value of thinness ($p < .05$) for African American students at either school versus Euro American students and valuing exercise ($p = .001$) for African American students at either school versus Euro American students. These findings will assist in developing programming based on racial differences and similarities.*

Keywords: *body image, body dissatisfaction, cultural differences, ethnic identity, college-age women, health education programming*

1. INTRODUCTION

For years research has shown that African American women in America had a greater level of body satisfaction than Caucasian women (Grabe & Hyde, 2006; Parker, Nichter, Nichter, & Vuckovic, 1995). Most African American women view being overweight as positive and associate it with health and wealth (Hess-Biber, 1996). Neff, Sargent, McKeown, Jackson, and Valois (1997) also concluded that body size perceptions, desired body weight, and weight control behaviors differed by race. African American women and girls are more tolerant of being overweight, tended to diet less frequently and perceived themselves to be less overweight than Caucasian women (Wilson, Sargent, & Dias, 1994). Historically black colleges and universities (HBCUs) are institutions of higher education in the United States that were established before

1964 with the intention of serving the black community. A Predominately White College (PWC) has higher percentages of Caucasian student's verses any other race (Allen, 1992).

Research has indicated that African American women may develop a sense of protection and their cultural environment may help them develop a greater level of body satisfaction than Caucasian women (Siegel, Yancey, & McCarthy, 2000; Wildes, Emery, & Simmons, 2001; Abrams & Stormer, 2002; Gluck & Geliebter, 2002). It is traditionally believed that African American women have less pressure from peers and significant others within the African American community to be thin (Greenberg & LaPorte, 1996; Powell & Kahn, 1995). African American women assume that their partners prefer women with larger bodies than Caucasian women do (Roberts, Cash, Feingold, & Johnson, 2006). Previous research has shown that when African American women and Caucasian women were asked to choose an ideal body size, African American women chose larger ideal body types than Caucasian women did (Aruguete, DeBord, Yates, & Edman, 2005). Identification and a strong connection to the African American community have also protected African American women from developing a negative body image (Petersons, Rojani, Steinhaus, & Larkin, 2000). Jung and Lee (2006) stated that the level of body dissatisfaction that individuals experience is highly influenced by the cultural environment in which we live. Our cultural environment forms the context in which our body dissatisfaction develops (Kennedy, Templeton, Gandhi, & Gorzalka, 2004). Therefore, it can be thought that African American women who identify with African American culture will have a protective factor, whereas African American women who adopt Caucasian cultural standards will be more likely to experience negative body image and body dissatisfaction (Lupinski, Sanderson, & Moch, 2012; Hesse-Biber, Livingstone, Ramirez, Barko, & Johnson, 2010; Roberts, et al., 2006).

Orenstein (2000) found that African American girls at a predominantly African American school did not experience the pressures of being thin and did not feel that body image was a problem for them. Caucasian girls in a predominantly Caucasian school put a high value on being thin and felt that having an eating disorder is considered an honor (Orenstein, 2000). Thompson's (1994) research found similar results among those who attended predominately Caucasian schools; they saw thinness as dominant versus those who went to racially mixed or predominately African American schools where there was a wider range of body acceptance.

Studies that looked specifically at the college age population tended to see similar results when African American and Caucasian women were compared in relation to their body image. A study done by Abrams, Allen, and Gray (1993) found that Caucasian college-age women were more likely to restrain eating, use laxatives and binge and purge compared to African American college-age women. When college women were asked about their satisfaction with their bodies, 18.2% of Caucasian women and 8.7% of African American women were rarely satisfied, 48.7% of Caucasian women and 34.8% of African American women were sometimes satisfied, and 0.8% of Caucasian women and 13% of African American women were always satisfied (Harris, Walters, & Waschell, 1991). Aruguete, Nickleberry, and Yates (2004) reported similar findings with African American students being more satisfied with their bodies and desired a larger body size on average than Caucasian students. African Americans also tended to desire the body size they considered healthy, whereas Caucasians desired a smaller body size than what they considered healthy (Aruguete, et al., 2004).

The present study did not test the hypothesis that the cultural environment in which we live influences an individual's level of body dissatisfaction, nor did the present study test the hypothesis that African American women who adopt Caucasian cultural standards will be more likely to experience negative body image and greater body dissatisfaction. Although these two hypotheses helped to develop the hypothesis central to the present study, we felt that there was enough previous research necessary to support these claims. Instead the basis for the present study was to examine the level of body image satisfaction between women at an HBCU and compare these results to women who attended a PWC.

2. METHODS

2.1 Participants

University IRB approval was granted at both universities before any data was collected. Participants were recruited from two public universities located in the Southeastern United States

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and were registered for various health classes; if they did not chose to participate, they were not penalized within those courses. Participants signed a consent form before any questionnaires were disseminated. Participants were assured that all information would be anonymous and kept confidential. The survey took approximately 15 minutes for participants to complete.

Researchers obtained prior permission from the course instructors to come into their classes and administer the survey. If students were in multiple targeted classes they were instructed to only complete the survey one time. The eligibility criteria for female participants were; they must be between the ages of 18-25, classified as Caucasian or African Americans, and be enrolled as students at one of the two universities. The researchers' ensured criterion was met by two demographic questions (age and ethnicity) on the survey and enrollment in the courses. Of the participants who meet the eligibility criteria (N=978) there were (n=383, 39.2%) from the HBCU and African American (n=268, 27.4%) and Caucasian (n=327, 33.4%) from the PWC (See table 1). Nearly 4% of the participants who completed the survey were not eligible and information was sheered.

Table 1. Frequency Distribution of Sample

College/University	Frequency	Percent
HBCU	383	39.2
PWC	595	60.8

Note: n = 978

2.2 Instrument

Permission was obtained from M.E. Delaney to utilize *The Young Women's Experiences with Body Weight and Shape* for this study. Delaney, OKeefe, and Skene, developed this qualitative survey in 1997 (see Appendix A). This assessment was chosen because it was developed based on interviews with women from the general population about their daily experiences and focused on their body image and not prior research from medical and health professionals on women with eating disorders. This gave the measure greater credibility with women of the general population as it addressed the experiences that women encountered regarding their body appearance, size and shape without using a measure that would distort data because the measure was intended for women who suffered from eating disorders and where not part of the general population. It addresses a wide range of issues, looking beyond just weight and size, which are traditionally associated with Caucasian women. Therefore, we felt this assessment would enable African American women to better express their thoughts, attitudes and feelings about body image, shape, size and appearance.

2.3 Instrument Factors

The assessment consisted of five factors with the 49 items on the survey:

- Factor 1, the Weight Dissatisfaction subscale measures women's overall evaluation of body shape and weight. There were a total of 12 questions in this subscale (4, 5, 7, 8, 10, 11, 13, 15, 16, 17, 18, and 23).
- Factor 2, the Slimness as Quality of Life subscale measured women's self-worth and self-consciousness about appearance that is derived from being assessed by others. There were a total of 19 questions in this subscale (14, 19, 21, 24, 25, 26, 29, 30, 31, 32, 33, 35, 37, 38, 39, 40, 41, 48, and 49).
- Factor 3, the Interpersonal Messages Regarding Slimness subscale measures women's daily experiences regarding the evaluation of their appearance by others. There were a total of 10 questions in this subscale (1, 2, 3, 6, 12, 27, 43, 44, 46, and 47).
- Factor 4, the Rejecting Societal Value of Thinness subscale assessed women's daily experiences regarding the messages received from other sources such as the mass media. There were a total of 4 questions in this subscale (22, 34, 36, and 45).

- Factor 5, Valuing Exercise assessed why women exercised and there were a total of 4 questions in this subscale (9, 20, 28, and 42).

Cronbach's alphas were used on all five factors and ranged from 0.63-0.93, indicating a sufficient level of reliability for all five factors (Delaney, O'Keefe, & Skene, 1997). The results were measured based on the two groups (women at a HBCU or women at a PWC). Each item was scored on a 5-point likert scale, (1=Strongly Disagree, 2=Disagree, 3=Neither Agree or Disagree, 4=Agree, and 5=Strongly Agree).

2.4 Data Analysis

Statistical analyses were performed using SPSS (version 19.0 for Windows; IBMSPSS Inc., Chicago, IL). Statistical significance was set at $p = 0.05$. Descriptive statistics were used to assess participant characteristics. The means, standard deviations, and frequency distributions were analyzed for the purpose of reporting the descriptive statistics regarding the sample. Subjects were initially categorized into two groups: females at a HBCU and females at a PWC. All statistics were reported based on group results. Initially a One-Way ANOVA was used to determine if there were differences between the two groups with the five factors. Subjects were then categorized into three subgroups: African American (AA) females at a HBCU and AA females at a PWC and Euro American (EA) females at a PWC. All statistics were reported based on group results. A One-Way ANOVA was used to determine if there were differences between the three groups with the five factors. Due to the unequal number of members in each subgroup, Scheffe post hoc tests were run.

3. RESULTS

The five factors included on this survey were Weight Dissatisfaction, Slimness as Quality of Life, Interpersonal Messages Regarding Slimness, Rejecting Societal Value of Thinness and Valuing Exercise. The females at the Historically Black College or University (HBCU) scored lower on all 5 factors than participants from the Predominantly White College (PWC). See Table 2 for results.

Table 2. Factor Subscales

Subscale	Mean		SD		Range	
	HBCU	PWC	HBCU	PWC		
1	32.33	36.65	12.51	11.36		48.00
2	41.83	52.13	15.18	15.47		76.00
3	17.96	21.93	6.82	7.72		40.00
4	12.36	13.09	3.69	3.26		16.00
5	12.23	12.69	3.18	3.06		16.00

a. HBCU = Historically Black College and University (n = 383); PWC = Predominately White College (n = 595)

b. **Maximum for subscale 1 (Weight Dissatisfaction) = 60; Maximum for subscale 2 (Slimness as Quality of Life) = 95; Maximum for subscale 3 (Interpersonal Messages Regarding Slimness) = 50; Maximum for subscale 4 (Rejecting the Value of Thinness) = 20; Maximum for subscale 5 (Valuing Exercise) = 20

On Factor 1 (Weight Dissatisfaction) the HBCU women (M=32.33, SD=12.51) were statistically more satisfied with their weight than the PWC women (M=36.65, SD=11.36). Factor 2 (Slimness as Quality of Life) drew conclusions similar to factor 1 with HBCU women (M=41.83, SD=15.18) scoring higher than PWC women (M=52.13, SD=15.47). PWC women placed a greater value on being slim. Factor 3 (Interpersonal Messages Regarding Slimness) again showed a statistically significant difference between groups. HBCU women (M=17.96, SD=6.82) scored lower than PWC women (M=21.93, SD=7.72) indicating that the messages PWC women hear from others about their bodies had a greater impact on them than the messages that the HBCU women hear. Factor 4 (Rejecting Societal Value of Thinness) also showed a statistically significant difference between the two groups with HBCU women (M=12.36, SD=3.69) scoring lower than PWC women (M=13.09, SD=3.26). Factor 5 (Valuing Exercise) showed the same conclusion as factor 4 with HBCU women (M=12.23, SD=3.18) scoring lower than PWC women (M=12.69, SD=3.06) and also produced a statistically significant difference between the women in the two schools.

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A One-Way ANOVA was used to analyze comparisons between the twoschool groups. The ANOVA indicated there was a significant difference between the two school groups for all five factors. The alpha level was set at .05 yielding a 95% level of confidence. Factor 1 (Weight Dissatisfaction) had a significance value of less than .001 between groups ($p < .001$). Factor 2 (Slimness as Quality of Life) had a significance value of less than .001 between groups ($p < .001$). Factor 3 (Interpersonal Messages Regarding Slimness) had a significance value of less than .001 between groups ($p < .001$). Factor 4 (Rejecting Societal Value of Thinness) had a significance value of .001 between groups ($p < .05$). Factor 5 (Valuing Exercise) had a significance value of .023 between groups ($p < .05$). See Table 3 for ANOVA results and levels of significance.

Table 3. Analysis of Variance for Between Schools (HBCU and PWC)

Subscale	Sum of Squares	df	F	p
1 (Weight Dissatisfaction)	4356.34	1, 976	31.15	<.001
2 (Slimness As Quality of Life)	24743.77	1, 976	104.89	<.001
3 (Interpersonal Messages Regarding Slimness)	3657.62	1, 975	67.01	<.001
4 (Rejecting Societal Value of Thinness)	123.69	1, 976	10.45	.001
5 (Valuing Exercise)	50.40	1, 976	5.21	.023

a. Alpha (p) = .05

Another One-Way ANOVA was used to analyze comparisons between the three subgroups of women within the twoschools. The ANOVA indicated there was a significant difference ($p < .001$) between the three school subgroups (HBCU AA, PWC AA, and PWC EA) for all five factors. The alpha level was set at .05 yielding a 95% level of confidence as shown in Table 4.

Table 4. Analysis of Variance for Between Groups (HBCU African Americans, PWC African Americans, and PWC Euro Americans)

Subscale	Sum of Squares	df	F	p
1 (Weight Dissatisfaction)	6051.42	2, 975	21.89	<.001
2 (Slimness As Quality of Life)	28400.97	2, 975	61.11	<.001
3 (Interpersonal Messages Regarding Slimness)	3674.28	2, 974	33.64	<.001
4 (Rejecting Societal Value of Thinness)	198.86	2, 975	8.45	<.001
5 (Valuing Exercise)	181.44	2, 975	9.51	<.001

a. Alpha (p) = .05

Scheffe post hoc testing provided further insight showing Factor 1 (Weight Dissatisfaction) and Factor 2 (Slimness as Quality of Life) had a significance value of less than .05 between subgroups ($p < .05$) when comparing all three subgroup pairings. Factor 3 (Interpersonal Messages Regarding Slimness) had a significance value of less than .001 between subgroups ($p < .001$) only for HBCU AA versus PWC AA and HBCU AA versus PWC EA. Factor 4 (Rejecting Societal Value of Thinness) and Factor 5 (Valuing Exercise) had a significance value of less than .05 between subgroups ($p < .05$) for HBCU AA versus PWC EA and PWC AA versus PWC EA. There were no statistically significant differences between the subgroups AA and EA students at a PWC for Factor 3 (Interpersonal Messages Regarding Slimness) ($p = .859$). There were no statistically significant differences between the subgroups HBCU AA and PWC AA students for Factor 4 (Rejecting Societal Value of Thinness) and Factor 5 (Valuing Exercise) ($p = .470$ and $p = .977$ respectively). See Table 5 for Scheffe results and levels of significance.

Table 5. Scheffe Post Hoc Test (HBCU African Americans (HBCU AA), PWC African Americans (PWC AA), and PWC Euro Americans (PWC EA))

Subscale	HBCU AA – PWC AA	p	HBCU AA – PWC EA	p	PWC AA – PWC EA	p
	Mean Difference		Mean Difference		Mean Difference	
1 (Weight Dissatisfaction)	-2.46	.032	-5.85	<.001	-3.39	.002
2 (Slimness As Quality of Life)	-7.57	<.001	-12.55	<.001	-4.98	<.001

Life)						
3 (Interpersonal Messages Regarding Slimness)	-3.78	<.001	-4.12	<.001	-.34	.859
4 (Rejecting Societal Value of Thinness)	-.34	.470	-1.05	<.001	-.71	.041
5 (Valuing Exercise)	.05	.977	-.89	.001	-.94	.001

a. Alpha (p) = .05

4. DISCUSSION

This study looked at body image satisfaction between women at two ethnically different universities. All the women at the Historically Black College or University (HBCU) in the study were African American and the women at the Predominantly White College (PWC) were African American and Caucasian. Based on previous research, we believed that these two groups would differ on all five factors (Weight Dissatisfaction and Slimness as Quality of Life, Interpersonal Messages Regarding Slimness, Rejecting Societal Value of Thinness, and Valuing Exercise) (Sanderson, Lupinski, Moch, 2013). The results supported our hypothesis that the two school groups would differ on all five factors in the survey.

Our hypothesis was based on two theories or assumptions. The first is the long held belief that Caucasian women have a greater level of body dissatisfaction and body image issues than African American women. The second is the issue of cultural identity studies and the research that shows that the ethnic group that one acculturates in plays a role in how you view your body and your level of body satisfaction. This was further supported by the ad hoc results for Factors 1, 2, and 3. Acculturation did not seem to play a role for Factors 4 and 5.

The purpose of this study was to obtain information from college-age women from a Historically Black College and University and a Predominately White College with regard to their body image, body shape, appearance and related factors. By looking at this aspect from five different factors (Weight Dissatisfaction, Slimness As Quality of Life, Interpersonal Messages Regarding Slimness, Rejecting the Value of Thinness, and Valuing Exercise), it can provide valuable information when counseling/educating African American and Caucasian women on body image. The findings from this study can aid in the development of health education and promotion programs that address body image in the African American culture based on the level of acculturation involved. A women’s level of body satisfaction has been shown to affect numerous aspects of her life. Body dissatisfaction has been shown to be associated with depression and eating disorders (Stice, Howard, Cameron, Killen, & Taylor, 2000) and low self-esteem (Striegel-Moore & Franko, 2002). These can affect one’s ability to function on a daily basis and live a healthy life. Consequently knowing why women (based on their ethnic background) experience body dissatisfaction can assist in developing programs that address these issues and assist individuals in resolving these negative perceptions. More research is needed to find, if there are any correlations between the communities where a person articulates verses the college they chose to attend. From previous research, and from some factors found within our survey results, we believe that if a person grows up in a predominately all African American culture verses a predominately Caucasian culture; the college they attend will not drastically change how they feel about their body image; that these behaviors have been instilled/learned through their human growth as an individual.

5. CONCLUSION

This study compared college-age women (978 subjects) from a HBCU and a PWC on body image, body shape, appearance and related factors. The results from a One-Way ANOVA indicated that these 2 groups showed a statistically significant difference on the 5 factors measured (weight dissatisfaction, slimness as quality of life, interpersonal messages regarding slimness, rejecting the value of thinness, and valuing exercise). The women from the HBCU scored lower on all 5 factors, indicating they had a more positive or stronger overall body image, tended to reject society’s value on thinness, and didn’t value exercise to the extent that the women from the PWC did.

We looked further into these findings and compared the 3 different subgroups (HBCU AA, PWC AA, and PWC EA) to see if there were any significant differences that indicate that the school one

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matriculates at may play a role in a women's body image dissatisfaction regardless of ethnicity. The analysis of these 3 subgroups did indicate some statistically significant differences. On the first 2 factors all 3 groups were statistically different. The third factor (interpersonal messages regarding thinness) showed a difference between the HBCU AA vs. PWC AA and the HBCU AA vs. PWC AA. This indicates that although these 2 groups are from the same ethnic background, the type of ethnic school they attend influences their view on the messages they receive about thinness and their body). The last 2 factors (rejecting the value of thinness and valuing exercise) indicated a significant difference between HBCU AA vs. PWC EA and PWC AA vs. PWC EA. These findings show that ethnicity and not the type of ethnic school one attends plays a role in how women value thinness and exercise. These subgroup breakdowns provide valuable information for counseling and educating college-age women on body image and related issues.

The findings indicate that African American women regardless of what type of college they attend are less likely to value thinness and exercise, however all African American women in the study (from both colleges) were influenced by interpersonal messages about thinness. Therefore counseling and education professionals can tailor the content to reflect these findings; African American women are just as likely to be influenced by outside message regarding body image but they tend to have a stronger and more positive personal sense of body image and self. As previously stated counseling and education on body image and related factors plays a role in other aspects of a women's life (research has indicated a strong correlation between body image and overall health and wellness). Consequently the findings from this one study indicate a need for future research into the differences and similarities of how college-age women feel about their overall body image and how this can affect other aspects of their life (depression, eating disorders, academic success, and daily life happiness and health).

Limitations

This study was conducted at two colleges in the Southeastern United States with females ages 18 to 25 and can only be generalized to the women at these universities and within this age group, ethnic groups, and community dwellings. It should also be mentioned Delaney, Okeefe, and Skene's original measure of women's experiences with body weight and shape was developed using almost exclusively Caucasian, Canadian women (1997).

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Dr. Sonya Sanderson is an Associate Professor of Kinesiology and Physical Education at Valdosta State University (VSU). She is the Undergraduate Coordinator for the Health and Physical Education (HPE) Initial Program and advises all HPE majors. This fall (2014) she won the University Faculty Excellence Award for Advising. She serves on several committees (department, college, and university levels) and is a graduate faculty member for VSU's Masters in Health and Physical Education and for the Specialist Degree. She is a current member of Georgia Psychological Society (GPS), American College of Sports Medicine (ACSM), Southeast Chapter, American College of Sports Medicine (SEACSM), Society of Health and Physical Educators (SHAPE), Georgia Alliance for Health, Physical Education, Recreation, and Dance (GAHPERD), Kappa Delta Pi (International Honor Society in Education). Dr. Sanderson begins her 10th year at VSU this fall.



Dr. Peggy L. Moch is a former inner city high school mathematics teacher from Orlando, Florida and is a Professor of Mathematics Education at Valdosta State University (VSU) where she teaches a variety of undergraduate and graduate mathematics education courses in face to face and online classes. Peggy graduated with a Ph.D. in 2002 from the University of Central Florida in Orlando, Florida where she was awarded the Order of Pegasus award, the highest award given to students. She will be serving as the International President-Elect of Kappa Delta Pi, International Honor Society in Education (KDP) from 2014 to 2016 and was elected to the American Association for Teaching and Curriculum (AATC) Executive Council (2011-2014). She currently serves as the VSU IDEA Center's Research fellow and this fall (2014) won the College of Arts and Science's Excellence in Service Award. Dr. Moch begins her 13th year at VSU this fall.



Luke Vargo is a recent graduate of the Industrial/Psychology masters program at Valdosta State University. Prior to attending Valdosta State, Luke received his undergraduate degree in Psychology at Lander University in 2012. For his outstanding academic achievement during his time studying at Lander Luke was awarded the Top Discipline award.

Appendix A

Young Women's Experiences with Body Shape

Ethnic Background (please check one) Age Range (check one)

Euro American (Caucasian) 18-25 26-40 Over 40

African American

Latino American or Other

This questionnaire contains statements regarding social pressure placed on women to be thin. Please read each statement carefully and answer honestly how each one applies to you by circling the appropriate number. There is no right or wrong answers (the term partner refers to a person with whom one is romantically involved).

1= Strongly Disagree, 2= Disagree, 3= Neither Agree or Disagree, 4= Agree, 5- Strongly Agree

1. My friends and I compare what we've eaten in a day to see who has eaten the least.
2. I feel embarrassed asking for help from a sales clerk who is smaller than me
3. I'm either on a strict diet or I'm pigging out; there's no in between for me
4. I would like to be slimmer
5. I can change my appearance and body shape if I work hard enough
6. When I hear negative comments about my weight, it makes me want to "pig out"
7. The thought of gaining 5 or 10 pounds upsets me
8. I would like to slim down certain body parts
9. When I overeat, I exercise to burn off the extra calories
10. I would like to slim down all over
11. My behind is not firm enough
12. Sometimes it seems that my family is more concerned with my weight and appearance than my accomplishments
13. I feel fat most of the time
14. When I picture a successful women, I tend to think of someone else who is slim
15. If I lost weight, I'd be healthier
16. My thighs are too flabby
17. It bothers me when people say they eat everything they want and don't gain weight
18. I would like to fit into smaller size clothes
19. Sometimes when I walk by a group of guys, I worry that they are sizing me up and evaluating how I look
20. I would rather diet than exercise to lose weight
21. I feel content with my life when I am slim
22. I think the majority of models are anorexic
23. When I sit down, I fold my arms in front of me to hide my stomach
24. I look and feel my best when I am slim
25. I feel intimidated by slim, attractive women
26. When I am slim, I feel anything is possible
27. I can see why some guys break off relationships when their partners gain weight
28. I try to exercise regularly
29. I feel depressed when I see models in magazines and on TV
30. A person's attractiveness depends more on their body shape then the style of clothes they are wearing
31. I get depressed watching the women on music videos and in exercise shows
32. I feel like socializing more when I am slim
33. I often compare myself to the models I see in advertisements on TV and in magazines

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34. I think most models should gain a few pounds
35. I often size up other women's size and body shape
36. I wish advertisements would show women of all different shapes and sizes
37. I think I'd become a recluse if I gained a lot of weight
38. I feel relieved when I see women who are heavier than me
39. I feel more positive about myself when I am dieting
40. I worry about my weight and appearance daily
41. I find people really notice it when women gain weight
42. I don't diet to lose weight, I exercise
43. People who know me know that commenting on my weight is a definite no-no
44. If I gained weight, I would try to avoid being around people who knew me when I was smaller
45. I would rather live in a society where being thin is not considered so attractive
46. I sometimes ask my friends how my size compares to other women I see in public
47. My mother wants me to look good and be slim
48. I often compare my size to other women who are smaller than me
49. I don't like getting changed in locker rooms

***Questionnaire created by Mary E. Delaney, Lisa D. O'Keefe and Karen M.L. Skene*