Body Image and Prevention Efforts
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Body image
• How you see yourself when you look in the mirror and place your body image in your mind

Body image risk factors (Stice & Whitenton, 2002)
• Sociocultural pressures
• Individual differences in body mass
• Deficits in social support
  These are correlated with eating disorders, low self-esteem, and depression (Paxton et al., 2006)

Body image protective factors (Levine, Linda, & Smolak, 2016)
• Body appreciation and emphasis on body functionality
• Self-compassion and mindful self-care in response to internal cues (e.g., hunger)
• Supportive relationships
• Media literacy

Body dissatisfaction in Boulder (Youth Risk Behavior Survey, 2011)
• Recent survey completed by Wardenburg found twice the national average of eating disorders
• 25% of BVSD high school students thought they were overweight, but only 6% of students were deemed obese
• 54% of BVSD high school girls and 22% of boys were attempting to lose weight
• “Boulder Body”
• Boulder is one of the least U.S. communities in the country

Prevention approaches
• Psychoeducation, media literacy (Taylor, 2018)
• Mindfulness and self-compassion (Beccia, 2017)
• Cognitive dissonance training (Stice, 2018)
• Cognitive defusion (you are not your thoughts, emphasize observer perspective) /
  Cognitive restructuring (changing your thoughts) (Mandavia, 2015)

Examples:
• Dissonance-based interventions (DBI)
  o Long history of change for a variety of problems: obesity, fear of snakes, smoking onset, substance abuse, unsafe sexual practices, poor water conservation

Appearance Ideal: contradictory body standards for women

Body Research Project
https://www.bodyprojectcollaborative.com/
• Reduces thin-ideal internalization, body dissatisfaction, unhealthy dieting, obesity and eating disorder symptoms (Becker et al., 2008)
• Healthy body mind and voice: Iterative research project
  o Randomized controlled trial of Body Project
- Qualitative feedback from Body Project participants
- Community and national survey
- Interdisciplinary faculty team
- Youth advisory board
- Healthy Body Mind and Voice: A campus pilot
  - Body: somatic grounding practices to learn to connect and listen to body
  - Mind: values clarification, exploration of the costs of appearance bias, role plays speaking back to unhelpful comments about appearance
  - Voice: passion project to support full expression of self and take action to change community