

[Original Article]

How Important are Media Characters to You?: The Effects of Media Images on Body Concern

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Abstract

This study investigated how exposure to thin-ideal images affects social physical anxiety and body-esteem in relation to individual levels of self-consciousness. A survey questionnaire was administered to a convenience sample of 119 female college students. Sixty-seven of the 119 participated in a posttest session. The mean comparisons of social physique anxiety and body-esteem scores between pretest and posttest were conducted; no significant results were found. However, when participants were divided into two separate self-consciousness groups (high vs. low), the effect of media exposure on social physique anxiety were significant.

Keywords: media images, social physique anxiety, self-consciousness, body-esteem

I. Introduction

Thin-ideal images are communicated and reinforced by many social influences such as family and peers (Krones, Stice, Batres, & Orjada, 2005; Sheldon, 2010). However, the most threatening provider of thin-ideal images continues to be mass media (Harper & Tiggemann, 2008; Perloff, 2014; Tiggemann, 2014). Media representations are primarily responsible for women's body image concerns. Thin beauty ideals which are widespread in mass media negatively affect women and girls (Tiggemann, 2014). For instance, women who viewed advertisements containing thin-idealized female images reported greater weight-related appearance anxiety, negative mood, and body dissatisfaction in comparison to women who viewed product control advertisements (Harper & Tiggemann, 2008). Also, women who perceive the flawless images portrayed in mass media as objects of desire are likely to feel shame about their bodies because of a self-perceived discrepancy between actual body size and the ideal body image (Brumberg, 1997).

The effect of thin-idealized images in the mass media on body image has been well debated in numerous studies (e.g., Fardouly, Diedrichs, Vartanian, & Halliwell, 2015; Park, 2005; Sheldon, 2010). These studies suggest that media has a significant influence on body dissatisfaction and body-esteem (Sheldon, 2010) and that the idealized images provided in mass media reinforce the importance of physical appearance in women's lives (Vartanian, Giant, & Passino, 2001).

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Researchers who examined the effects of media exposure to the ideal physique found decreased body satisfaction (Harper & Tiggerman, 2008; Groesz, Levine, & Murnen, 2009; Lin & Kulik, 2002), weight-related appearance anxiety (Harper & Tiggerman, 2008), decreased self-esteem (Clay, Vignoles, & Dittmar, 2005), increased mood disturbance (Wegner, Hartman, & Geist, 2000), and increased eating disorder tendencies (e.g., Kim & Lennon, 2007). In addition, after exposure to thin-ideal images the more a woman weighed, the less sexually attractive she perceived herself (Henderson-King & Henderson-King, 1997). Furthermore, reading beauty and fashion magazines help to develop the drive for thinness (Levine & Murnen, 2009; Park, 2005). To support these studies on media exposure, one experimental study found that when female college students were exposed to 16 magazine pages featuring thin-ideal female body shapes for five days in a row, their body dissatisfaction increased significantly throughout the time period of the study (Knobloch-Westerwick & Crane, 2012).

Notwithstanding a growing body of literature on the effect of media exposure on women's body image, little research examined individual differences to comprehensively explain the negative effect of thin-ideal media images. Thus, to void the gap in the literature on media's portrayal of women and its effect, in the current study women's self-consciousness levels were employed as a casual factor which generates the close correlation between media image and negative body image. That is, based on Higgins' (1987) self-discrepancy theory, the current study investigates how simple instant exposure to thin-ideal images affects social physical anxiety and body-esteem in connection with individual levels of self-consciousness. In support of the numerous research studies on the effect of thin-ideal images on women's body concerns, investigating the immediate emotional-psychological responses of the individual after viewing pictures of idealized attractive images would be valuable. Nevertheless, simple exposure to thin-ideal images might not have a significant instant effect on all female's body image dissatisfaction simultaneously. As several research addressed (e.g., Calado, Lameiras, Sepulveda, & Rodriguez, 2011; Henderson-King & Henderson-King, 1997; Perloff, 2014), there might be various individual difference factors that notably affect female body image concerns. That is, all women may not be equally affected by simple exposure to thin-idealized images possibly due to individual difference factors. Therefore, in this study, individual difference levels of self-consciousness are identified as a moderating factor to more completely understand the effect of simple exposure to thin-idealized images on social physical anxiety and body-esteem.

II. Theoretical Framework

Self-discrepancy theory was used as the theoretical framework for this study to address how simple instant exposure to thin-ideal models generates effects on perceived social physical anxiety and body-esteem among college students in relation to self-consciousness. Self-discrepancy theory is explained as the relationships between different types of representations of the self and emotional-motivational consequences of differences in the self beliefs (Snyder, 1997).

There are three types of self-domains: actual self, ideal self and ought self. The actual self deals with the attributes that an individual actually possesses, the ideal self considers attributes that he/she would like to have, and the ought self reflects attributes that he/she believes that one ought to possess (Heron & Smyth, 2013). These attributes of the self are from the individual's personal standpoint and the standpoint of some significant other such as a parent or close friend (Higgins, 1989; Higgins, Bond, Klein, & Strauman, 1986). Six basic types of self-state

representations or self guides are identified by combining each of the different types of self-domains with each of the different types of standpoints on the self: actual/own, actual/other, ideal/own, ideal/other, ought/own, and ought/other (Higgins, 1987; 1989).

The ideal self and the ought self are interpreted as self-guides since they represent attributes that the individual does not have. Discrepancies occur when there is a difference between how a person perceives the actual self in comparison with the ideal and/or ought selves (Heron & Smyth, 2013). Psychological situations associated with self-concept and self-guide discrepancies can be predicted using the self-discrepancy theory. Discrepancies between the actual self and the self-guides induce a range of negative psychological states (Szymanski & Cash, 1995). That is, if a person possesses an actual/own versus ideal/own self-discrepancy then the current state of the person's actual attributes does not match the ideal self that is personally desired. Consequently, this kind of negative psychological situation gives rise to dejection-related problems such as sadness, disappointment, and dissatisfaction.

Many studies have used the self-discrepancy theory to explain body-image dissatisfaction and related disordered eating behaviors (e.g., Harrison, 2001; Heron & Smyth, 2013; Klingenspor, 2002). For instance, Hefner, Woodward, Figge, Bevan, Santora, and Baloch (2014) examined the mediating role of ideal-self discrepancies in the relationship between aging beauty media exposure and greater eating disorder symptomatology. Based on the self-discrepancy theory, Wilson (2013) found that exposure to thin celebrities' appearances in the media lead to high levels of negative emotions, body surveillance, body shame, and intention to engage in weight management behaviors.

III. Literature Review

1. Media Effects on Women's Body-Image

A content analysis of women's magazines found that 94% of the magazines display thin-idealized models or celebrities on the magazine cover (Malkin, Wornian, & Chrisler, 1999). According to Thompson (1990), many college women in the U.S. suffer because of a negative body image. The cause is due to the high pressure of significant body/appearance related concerns (Heron & Smyth, 2013). Thus, how the thin-ideal images in mass media undesirably affect young women needs to be more completely understood and well-addressed to help young women build a strong healthy body image and reduce body image related stress levels.

In relation to the effects of mass media on body concerns, a number of studies have examined body dissatisfaction, eating disorder tendencies, and other negative influences (Bessenoff, 2006; Kim & Lennon, 2007; McLean, Paxton, & Wertheim, 2013; Mills, Polivy, & Tiggermann, 2002). Kim and Lennon (2007) found significant positive relationships between women who were exposed to fashion and beauty magazines and body dissatisfaction and eating disorder tendencies. In a similar vein, Thornton and Maurice (1999) found that women exposed to an idealized thin physique expressed decreased self-esteem, insecurity, depression, and other negative effects. Interestingly, however, some of the similar research found contradictory results. For instance, Levine and Smolak (1996) found no relationship between the effects of images of thin models and negative body image. Henderson-King and Henderson-King (1997) indicated that these inconsistent results might be somewhat explained due to the existence of individual differences. For example, some participants may already have had a high level of body dissatisfaction and shape concerns before exposure to the thin-ideal images (Groesz et al., 2002; Posavac, Posavac, & Posavac, 1998). To support this notion, Henderson-King and Henderson-King (1997) investigated

weight and self-monitoring as important moderating factors to explain the relationship between media exposure and women's body-esteem. They found that heavier women felt less positive after viewing thinner ideal images, while thinner women felt more positive about their sexual attractiveness. In a similar way, Calado et al. (2011) found in a study with female adolescents significant relationships between higher body dissatisfaction and high levels of disordered eating, internalization of the thin-ideal image, and lower self-esteem; although the study found no main effect of media exposure on body dissatisfaction. In this line of reasoning and the perception of self-discrepancy theory, this study predicts that self-consciousness may work as a moderating factor associated with the effects of exposure to thin-idealized images on social physical anxiety and body-esteem (See Figure 1).

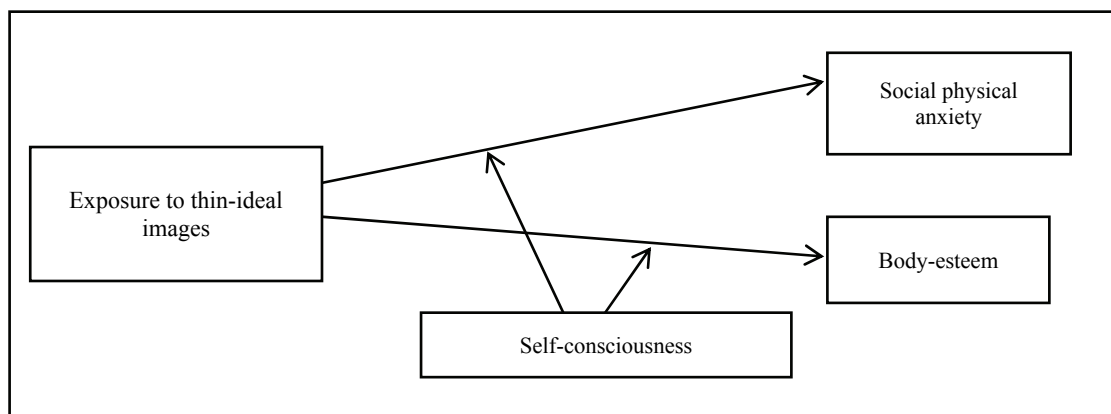


Figure 1. Conceptual model

2. Social Physique Anxiety and Body-Esteem

Social physique anxiety is defined as psychological emotion that an individual encounters resulting from others' perceptions and evaluations of one's physique (Hart, Leary, & Rejeski, 1989). Body-esteem is defined as general feelings about appearance and satisfaction with weight (Mendelson, White, & Mendelson, 1996). The relationship between social anxiety and body-esteem was found in previous research (e.g., Abdollahi & Talib, 2014). Previous research on body image found that if the individual has a self-body view that is far different from what the person considers as an ideal then that person will have greater social physique anxiety (Woodman & Steer, 2011).

Various studies found that college women exposed to ideal body advertising had more negative dissatisfaction with their bodies, depression, low-rated self-attractiveness, and physical anxiety than women exposed to neutral commercials (Heinberg & Thompson, 1995; Pinhas, Toner, Ali, Garfinkel, & Stuckless, 1999; Thornton & Maurice, 1999). Other studies reported that social physique anxiety is significantly related with psychological variables such as lower global self-esteem, fear of negative evaluation, weight dissatisfaction, body dissatisfaction, and body cathexis (Crawford & Eklund, 1994; Eklund & Crawford, 1994), and body-esteem (Abdollahi & Talib, 2016). The more women incorporate unattainable stereotypes about an ideal appearance and weight when they are adolescence, the more they develop a general dislike of their own body in adulthood. Consequently, they tend to evaluate their appearance more negatively (Mendelson et al., 1996). A comparison

between one's own shape and that of thin-ideal models may enhance a negative view of one's physical appearance and foster a growing feeling of disenchantment (Davis, 1997). That is, the perceived difference between the ideal body image and the actual physique may have an influence on social physique anxiety and body-esteem.

3. Self-Consciousness and Physical Appearance

Self-consciousness is defined as an understanding of one's own motives and how one's appearance is observed by others (Fenigstein, Scheier, & Buss, 1975). A person's constant tendency to guide attention inward or outward is a trait of self-consciousness (Fenigstein et al., 1975, p. 522). According to Fenigstein et al. (1975), self-consciousness has two components: private self-consciousness and public self-consciousness. Private self-consciousness is concerned with personal thoughts, feelings, and motives, whereas public self-consciousness is defined as a general awareness of the self as a social object that has an effect on others (Scheier, 1976; Turner & Gilliland, 1981). Private self-consciousness reflects personal, unrevealed aspects of the self that are not apparent by other people, while public self-consciousness is related mainly to concern over how one presents others and how others perceive them (Fenigstein, 1974; Workman & Lee, 2011). Compared to low private self-consciousness individuals, high private self-consciousness individuals are more aware of their behavioral tendencies (Scheier, Buss, & Buss, 1978; Turner, 1978) and emotions (Scheier & Carver, 1977). Individuals high in public self-consciousness pay more attention to their physical image and are more likely to engage in behaviors to enhance their physical appearance (Cash & Cash, 1982; Lipson, Przybyla, & Byrne, 1983). Therefore, in this study it is predicted that people who have high self-consciousness will have more perceived actual and ideal self-discrepancies when exposed to an ideal image, and consequently higher social physical anxiety and lower body-esteem will occur. Thus, the following two hypotheses were developed:

H1. After viewing thin-ideal images, high self-consciousness group will show a larger increase in social physique anxiety than does the low self-consciousness group.

H2. After viewing thin-ideal images, high self-consciousness group will show a larger increase in body-esteem than does the low self-consciousness group.

IV. Methods

1. Participants

This study focuses on female college students who attended both pretest and posttest sessions to investigate how exposure to thin-ideal images strictly affects social physical anxiety and body-esteem in relation to different self-consciousness levels. A sample of only female participants was chosen because a large amount of body-image related research has emphasized the damaging effect of thin-idealized images in media on women (Bessenoff, 2006; Groesz et al., 2002) and college women's negative body concerns are well-addressed in several previous research (e.g., Heron & Smyth, 2013; Kim & Lennon, 2007; Thompson, 1990). A survey was conducted at a major Midwestern university in the U.S.

2. Materials

To choose thin-idealized images featured in magazines for the study, forty thin-ideal media images were taken from three high-quality fashion/beauty magazines (*Vogue*, *Cosmopolitan*, and *Glamour*). Fifteen undergraduate

students were asked to rate the attractiveness of each model's body on a seven-point scale ranging from (1) unattractive to (7) attractive. Based on these ratings, 17 images were selected for use in the posttest session. The range of attractiveness for the 17 thin-ideal models was 4.53 to 6.41 ($M = 5.53$, $SD = .53$). Therefore, all the selected pictures fell into the highly attractive portion of the range. The students who rated the attractiveness of the media images were not included in the main data analysis.

3. Procedure

Prior to data collection, human subject approval was obtained from the University Institutional Review Board (IRB). Pretest and posttest survey questionnaires were distributed in three different undergraduate courses. First, a pretest survey was given to a convenience sample of female college students and they were requested to complete a demographic data collection sheet and a questionnaire containing instruments of self-consciousness, body-esteem, and social physique anxiety. Each pretest packet also contained an informed consent form and cover letter which explained the purpose of the research and the importance of the subject's participation. One week after the pretest session, a posttest section was conducted in the same courses. Before beginning the posttest survey questionnaire, participants were exposed to 17 thin-ideal media images. The images were shown on separate PowerPoint slides which were set to automatically run through the pages at a consistent pace. Participants had enough time to take a look at each picture's appearance. Participants took approximately 10 minutes to view all of the pictures. The posttest survey questionnaire consisted of a social anxiety scale and body-esteem scale. In addition, an open-ended question concerning respondents' opinions about the physical attractiveness of the models in the PowerPoint was asked in order to investigate how participants perceived the 17 thin-ideal images.

4. Instruments

Fenigstein, Scheier and Buss' (1975) 23-item self-consciousness scale was used to assess respondents' self-consciousness. All 23-items used a five-point Likert scale ranging from (1) not at all characteristics to (5) extremely characteristic. Social Physical Anxiety Scale (SPAS) developed by Hart et al. (1989) was used to measure respondents' physique anxiety. The SPAS has 12 items and uses a five-point Likert scale, ranging from (1) not at all characteristics to (5) extremely characteristic. The SPAS is designed to assess levels of individuals' anxiety due to an evaluation on their physique (Hart et al., 1989). The 23-item Body-Esteem Scale (BES) for adolescents and adults developed by Mendelson, Mendelson, and White (2001) was used to assess participants' evaluations about their body appearance. The scale uses a five-point Likert scale, ranging from (1) never to (5) always. Higher scores indicate low social physical anxiety and higher body-esteem. The items used to measure SPAS and BES are provided in Appendix 1.

5. Data Analysis

The data were analyzed using descriptive statistics, one-way ANOVAs, paired-sample t-test, and reliability using SPSS statistical programs. For all statistical tests, a priori alpha level of .05 was selected.

V. Results

1. Sample Description

For the initial pretest session, a convenience sample of 119 female college students filled in the survey questionnaire. Due to the low student attendance rate, of the 119 students only 67 students attended the follow-up posttest session. Thus, a total of 41 students who attended both pretest and posttest were selected for the main data analysis.

2. Descriptive Statistics

Demographic Characteristics of Respondents. The mean age of participants was 21.71 years old, ranging from 20 to 26 years (SD=1.15). The respondents consisted of 31 White Americans, 3 African Americans, 2 Asian or Asian Americans, 1 Native American, 1 Hispanic American, and 3 others.

Body Mass Index (BMI). BMI was calculated as the ratio of weight to height squared (kg/m²) for each participant based on self-reported height and weight values. Based on the BMI charts, below 20 is categorized as underweight, from 20 to 25 as normal weight (Garrow,1986), and over 25 as overweight (Bray, 1986). Of the 41 participants, 40% were normal, 42.5% were underweight, and 17.5% were overweight. Therefore, a majority were within the normal and underweight range. Overall scores for demographic information are provided in Table 1.

Table 1. Overall scores for demographic information

Demographics	Min.	Max.	Mean	SD
Age	20	26	21.7	1.15
Height (ft)	5.10	5.85	5.48	.20
Weight (lbs)	103	180	131.66	20.42
BMI	16.04	28.16	21.53	3.11

Reliabilities. All reliabilities were assessed using Cronbach's alpha. The reliability for self-consciousness was $\alpha=.84$. The reliability for social physique anxiety was $\alpha=.84$. The reliability for body-esteem was $\alpha=.94$.

Overall Scores for the Variables. Each measurement scale was summed respectively. From a possible range of 23 to 115, the average score of the respondent's self-consciousness was 76.96 (SD=11.14). Before exposure to thin-ideal images, the average score of respondent's social physique anxiety was 36.46 (SD=4.64), with a possible range of 12 to 60. The average score of respondent's body-esteem was 67.97 (SD=6.46), with a possible range of 23 to 115. After exposure to the images, the average score of the social physique anxiety was 36.98 (SD=4.19) and the average score of the body-esteem was 67.76 (SD=4.19).

Before testing the hypotheses, paired sample t-test was used to investigate the effects of media images without considering different levels of self-consciousness. The mean of two social physique anxiety variables in the pretest and posttest (scores before viewing thin-ideal images and scores after viewing thin-ideal images) were compared to examine the effect of media images. There was essentially no difference in social physique anxiety between the pretest and posttest for the sample, $t(41)=.702, p > .05$. In a similar way, the mean of two body-esteem variables were compared. The results showed no significant difference between the two conditions, $t(41)$

= .242, $p > .05$. Therefore, overall social physique anxiety and body-esteem of respondents were not affected by viewing thin-ideal images.

Respondents' Qualitative Comments on the 17 Images. About 92.8% of the respondents mentioned that the 17 thin-ideal images were physically attractive. The rest of the respondents mentioned unhealthy and unattainable bodies.

3. Testing of Hypotheses

A median split in self-consciousness scores was used to divide the subjects into high and low self-consciousness groups. Twenty respondents were assigned to the low self-consciousness group and 21 were assigned to the high self-consciousness group. The data was analyzed using one-way univariate analysis of variance. Table 2 shows means and standard deviations (pretest and posttest scores) of social physique anxiety and body-esteem by comparing high and low self-consciousness groups.

Table 2. Means and standard deviations between two experimental conditions (n=41)

Dependent variables	Pretest		Posttest	
	Mean	SD	Mean	SD
Social physique anxiety				
High self-consciousness (n=21)	37.57	4.07	35.62	4.60
Low self-consciousness (n=20)	33.40	4.30	34.40	3.73
Body-esteem				
High self-consciousness (n=21)	68.88	7.27	68.25	6.83
Low self-consciousness (n=20)	67.00	5.52	67.26	6.89

To test Hypothesis 1, the self-consciousness group was used as the independent variable and difference of social physique anxiety score between pretest and posttest was used as the dependent variable. The effect of self-consciousness on social physique anxiety was significant, $F(1, 39) = 4.448, p < .05$. Difference of body-esteem score between pretest and posttest was used as the dependent variable to test Hypothesis 2. No significant main effect was found for self-consciousness on body-esteem, $F(1, 39) = .288, p > .05$. Therefore, H1 was supported but H2 was not. That is, as expected, women high in self-consciousness showed a larger gap in social physique anxiety than women low in self-consciousness after simple instant exposure to thin-ideal images. However, no difference was found in relation to body-esteem (See Table 3).

Table 3. ANOVA results

Source	d.f.	Mean square	F	Sig.
Social Physique anxiety				
Model	1	89.292	4.448	.041
Error	39	20.076		
Body-Esteem				
Model	1	8.086	.288	.594
Error	39	28.058		

VI. Discussion

The purpose of the study was to examine the effects of thin-ideal images portrayed in mass media on social physique anxiety and body-esteem according to responses of high and low self-consciousness groups in an experimental setting.

By employing paired t-test, the mean comparisons of social physique anxiety scores between the pretest and posttest were conducted. As mentioned earlier, no significant results were found. However, by dividing participants into two separate self-consciousness groups (high vs. low), significant relationships of the effect of media exposure on social physique anxiety were found. That is, women high in self-consciousness showed increased social physique anxiety after viewing thin-ideal images in comparison to women low in self-consciousness. This result is consistent with previous research that found women high in public self-consciousness reported decreased physical attractiveness and increased physique anxiety (Thornton & Maurice, 1999). In this study, individual differences in the trait of self-consciousness played a significant role in reinforcing physique anxiety corresponding to idealized images conveyed by the mass media.

Unexpectedly, the effect of exposure to thin-ideal images on body-esteem in relation to self-consciousness was not supported. That is, there was no significant difference between the high self-consciousness group and low self-consciousness group in relation to body-esteem change after viewing thin-ideal images. This result is not consistent with previous research in which body-esteem scores among women significantly decreased after viewing media images of attractive same-gender models (Grogan, Willimans, & Conner, 1996; Henderson-King & Henderson-King, 1997). Mendelson et al. (1996) confirmed the relationship of body-esteem and weight. The more females weighed, the more they tended to have poorer opinions about their appearance and weight. Participants in this study were mostly within the thin and normal weight range. Therefore, it can be conjectured that exposure to thin-ideal images may not have a significant effect on average or underweight women's feeling about appearance and satisfaction with weight. Further study is suggested concerning the effects of thin-ideal images among overweight female college students.

VII. Implications

Although the sample size in this study was not large enough to adequately evaluate the effect of mass media associated with self-consciousness, it was sufficient enough to predict that evaluation of one's physique among the high self-consciousness group is more affected by the thin-ideal images conveyed by mass media than the low self-consciousness group. Although exposure to thin-ideal images did not have an immediate impact on body-esteem in this current study, body dissatisfaction, body image disturbance, and any other negative influence for women consistent with the pervasive presence of idealized media images have steadily become emphasized in our society. Young women need to learn how to value their own physique and not to be affected by media images and to realize that the thin-idealized images on media are not realistic.

According to a study report conducted by *Dove*, only 4% of women around the world consider themselves beautiful and 72% of the women participants aged between 10 and 17 feel enormous stress to be beautiful (*Dove*, n.d.). Having a positive body image is very important to the development of young adults. Thin-ideal media images are one of the causes of a negative body concern (Mayo Clinic, 2015). To minimize the negative effect, several

magazines have included normal and/or plus-size model in the magazine images. For example, *Dove* launched the “Campaign for real beauty” in 2004 and included normal sized women in its ads (*Dove*, n.d.). The 2016 *Sports Illustrated Swimsuit* issue include a plus-size model on the magazine’s cover (Kindelan, 2016).

A qualitative comment provided by a respondent of the current study delivers a meaningful message to those who are easily affected by unrealistically flawless images on media and may help them to make a healthy change in their attitude related to body image.

They are not attractive because they are all pretty, tall, skinny. Not all body types are like that. It upsets me. There is so much emphasis on that certain body types being the ideal. I am not that body type and I have had a long struggle to understand that my body type is just as good. So I like to think that all body types have high level of attractiveness.

Overall, this study applied Higgins's (1987) self-discrepancy theory in relation to the influence of media images. Negative self-discrepancy resulting from exposure to media images have been documented in several research studies. However, the extent to which an individual's self-discrepancy affects body-esteem and social physique anxiety after exposure to thin-ideal images according to different levels of self-consciousness had not been investigated. Therefore, this study provides useful insights to the current body image literature by investigating different self-consciousness levels as a moderating variable in order to comprehensively understand the negative effect of thin ideal images portrayed in mass media.

VIII. Limitations

Although the current study draws attention to the likelihood of the effect of media in the development of body image and the consequential concerns and additionally found that self-consciousness is a valid measure for moderating the effect, the lack of sample size should be pointed out as a limitation. In addition, the results of the current study were based on female college students who were mostly White and under or normal weight. Therefore, the outcomes cannot be generalized to women who differ with regards to ethnicity, educational level, and body size. Thus, future research should include a wider variety of sample to more thoroughly examine the effects of thin-ideal images in relation to divergent self-consciousness groups.

In the current digital era, most college students spend a considerable amount of time surfing the Internet, especially on social networking sites (Knight-McCord et al., 2016). How women’s images are portrayed in social media sites and how these images affect college students’ body image need to be examined as a further study.

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Appendix 1. Social Physique Anxiety and Body-Esteem Scales Used for the Study

Social physique anxiety (SPAS):

I am comfortable with the appearance of my physique/figure.

I would never worry about wearing clothes that might make me look too thin or overweight.

I wish I wasn't so uptight about my physique/figure.

There are times when I am bothered by thoughts that other people are evaluating my weight or muscular development negatively.

When I look in the mirror I feel good about my physique/figure.

Unattractive features of my physique/figure make me nervous in certain social settings.

In the presence of others, I feel apprehensive about my physique/figure.

I am comfortable with how fit my body appears to others.

It would make me uncomfortable to know others were evaluating my physique/figure.

When it comes to displaying my physique/figure to others, I am a shy person.

I usually feel relaxed when it is obvious that others are looking at my physique/figure.

When in a bathing suit, I often feel nervous about the shape of my body.

Body-esteem (BES):

I like what I look like in pictures.

Other people consider me good looking.

I'm proud of my body.

I am preoccupied with trying to change my body weight.

I think my appearance would help me get a job.

I like what I see when I look in the mirror.

There are lots of things I'd change about my looks if I could.

I am satisfied with my weight.

I wish I looked better.

I really like what I weigh.

I wish I looked like someone else.

People my own age like my looks.

My looks upset me.

I am as nice looking as most people.

I am pretty happy about the way I look.

I feel I weigh the right amount for my height.

I feel ashamed of how I look.

Weighing myself depresses me.

My weight makes me unhappy.

My looks help me to get dates.

I worry about the way I look.

I think I have a good body.

I am looking as nice as I would like to.