

# Promoting a Positive Body Image

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## Learning Objectives

- Discuss how poor body image/body dissatisfaction and body shaming can affect one's well-being.
- Explain gender differences in body image and body dissatisfaction.
- Implement strategies to help clients/patients explore, maintain or heal, and strengthen their body image.

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## Body Image

- Your own unique perception of your body
  - "View from the inside"
- Perception → Thoughts → Behavior
- 3 Components of Poor Body Image
  - Perceptual: over/underestimation of one's true body size
  - Cognitive: unrealistic expectation for certain appearance feature
  - Behavioral: avoiding certain environments
- Tripartite Influence Model of Body Image
  - Peers, family, and media

Cash, 1990; Thompson, et al., 1999; van den Berg, et al., 2002

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## Body Image

- Positive and negative features
  - Can coexist
- Traditionally taken a pathology-driven approach
- Positive Body Image
  - Acceptance and **appreciation** of one's body



Tyba, 2011; Tyba, 2012; Tyba & Wood-Barcalow, 2015

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**What are your sources of body shame?**

Peers	
Family	
Media (magazines, television, social media)	
A mixture of the above	
All of the above	
None of the above/other	

Start the presentation to see this content. If it will be content outside the app or get help at PPTVX.com/app

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## Body Dissatisfaction

- Prevalence
  - Women: 13-31%
  - Men: 9-28%
- Core component = social comparisons
  - Upward social comparison
  - Celebrity and peer images on Instagram (Brown & Tiggemann, 2016)
    - Attractive images had detrimental effects on mood and increased body dissatisfaction



Fuller-Tyszkiewicz, 2010; Stewart, et al., 2010; Joseph & Schiffrin, 2011; Myers & Crowther, 2009; Shapra, et al., 2014; Udo & Grilo, 2014

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## Body Dissatisfaction

- Common predictor of eating disorders
- Associated with
  - ↓ quality of life
  - Depression and anxiety
  - Pathological weight control behaviors
  - Behaviors that ↑ chronic disease risk



Griffiths et al., 2014; Loh, Watts, Van Den Berg, & Neumark-Sztainer, 2010; Bohls, Stoe, & Marti, 2014; Rebell & Crowther, 2013; Sarreville et al., 2010; Szymanski and Henning 2007; Van den Berg et al., 2007

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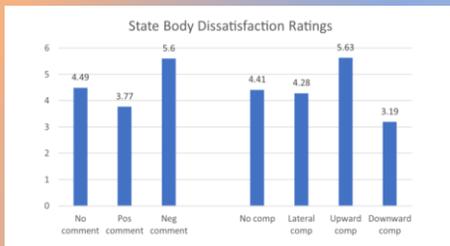
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Fuller-Tyszkiewicz, et al., 2019

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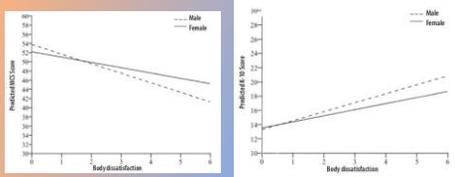
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### Gender Differences in Body Dissatisfaction



Griffiths, et al., 2016

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### Body Image in Men

- "Ideal" male body type
  - Muscularity
  - Leanness
- Body dissatisfaction
  - Related to pursuit of muscularity
  - 90% of adolescent boys exercise to increase muscle tone and mass
  - 8% of young men very concerned with their muscularity
- Muscularity-orientated eating and exercise behaviors have similar burden to weight-control behaviors seen in females



Dierker, et al., 2012; Field et al., 2014; Murray et al., 2012; Pope, et al., 1999; Pope, 2000

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### Body Image in Men

- Body appreciation → ↑ self-esteem and optimism & ↓ DEED behaviors and depression
  - Positively associated with PA
  - Inversely associated with comparisons and conformity to masculine norms
- Conformity to masculine norms
  - Associated with BD and maladaptive behaviors
  - May prevent body positivity



Altaba et al., 2018; Holmquist-Gottlieb et al., 2015; Tiggemann, 2010; Tylka & Wood-Barcalow, 2015

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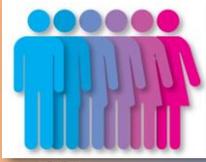
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## Body Image in Gender Non-conforming and Transgender Individuals



- May vary depending on assigned gender at birth and how one identifies and expresses their gender now
- Curious and compassionate without judgment
- Ask for preferred name and pronouns (don't assume)
- Interdisciplinary approach

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## Body Appreciation

- Body appreciation
  - Accepting, respecting, and protecting
  - Unconditional approval and respect

Positively Related To	Negatively Related To
<ul style="list-style-type: none"> <li>• Hope</li> <li>• Self- and body-esteem</li> <li>• Positive affect</li> <li>• Self-compassion</li> <li>• Intuitive eating</li> <li>• (Mindful) physical activity</li> </ul>	<ul style="list-style-type: none"> <li>• Body dissatisfaction</li> <li>• Body shame</li> <li>• Body image avoidance</li> <li>• Internalization of appearance ideals</li> </ul>

Avolio, et al., 2005; Tylka, 2013; Tylka & Kroen, 2010; Van Den, 2011

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## Assessing Body Image: The Body Appreciation Scale – 2

For each item, the following response scale should be used:  
 1 = Never, 2 = Seldom, 3 = Sometimes, 4 = Often, 5 = Always.

**Directions for participants:** Please indicate whether the question is true about you never, seldom, sometimes, often, or always.

1. I respect my body.
2. I feel good about my body.
3. I feel that my body has at least some good qualities.
4. I take a positive attitude towards my body.
5. I am attentive to my body's needs.
6. I feel love for my body.
7. I appreciate the different and unique characteristics of my body.
8. My behavior reveals my positive attitude toward my body; for example, I hold my head high and smile.
9. I am comfortable in my body.
10. I feel like I am beautiful even if I am different from media images of attractive people (e.g., models, actresses/actors).

**Scoring Procedure:** Average participants' responses to items 1–10.

Avolio, et al., 2005; Tylka & Wood-Barcalow, 2015

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### Helping Our Clients



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### 20 Ways to Love Your Body - Margo Maine, PhD

<https://www.nationaleatingdisorders.org/20-ways-love-your-body>

- Create a list of all the things your body lets you do.
- Become aware of what your body can do each day. Remember it is the instrument of your life, not just an ornament.
- Think of people who you admire – people who have contributed to your life, your community, or the world. Consider whether their appearance was important to their success and accomplishments

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### Reflections for Sessions or Journaling

- How do you picture/see yourself?
  - What do you believe about your physical appearance?
- How do you feel others perceive you?
- If you were at your ideal weight or in your perfect body what would happen differently?
  - What would be different in your day-to-day life?
  - What would you allow yourself to do that you haven't been allowing yourself to do?
  - What foods would you allow yourself to eat or not eat? Why or why not?

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### Reflections for Sessions or Journaling

- What is the nicest thing you've done for your body lately?
- List 5 aspects/functions/abilities of your body that you appreciate.
- What are 2 steps you can take today to allow yourself to appreciate your body?




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### Other Ideas

- Body image timeline
- Processing after meals
- Shopping for clothes
- Interventions with clothes

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### Other Ideas

- Gratitude journal
  - "I am thankful for my body doing \_\_\_\_\_ for me today."
  - "One awesome thing about my body is \_\_\_\_\_."
  - "I appreciate my \_\_\_\_\_ (part of my body) because \_\_\_\_\_."
  - "Today I felt best in my body when \_\_\_\_\_."
  - "I want to be kind to my body because it \_\_\_\_\_."
  - "Today I can be grateful for my body because \_\_\_\_\_."
  - "My body deserves respect because \_\_\_\_\_."

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### In Summary

- Body image disturbances/body dissatisfaction is related to poor emotional and physical health
- Men's body image concerns may be more focused on muscularity
- Body appreciation is related to many positive outcomes
  - Not absence of negative body image
  - BAS-2 is a viable tool to use in practice
- RDNs are in a unique position to help out clients create and/or deepen their body acceptance.

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Thank you for your time!



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