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Is the relation between self-silencing and body dissatisfaction mediated by appearance investment?

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Is the relation between self-silencing and body dissatisfaction mediated by appearance investment?

Presented by: Tanja Samardzic

Tuesday, March 24th, 2015



Characteristics of Healthy Relationships

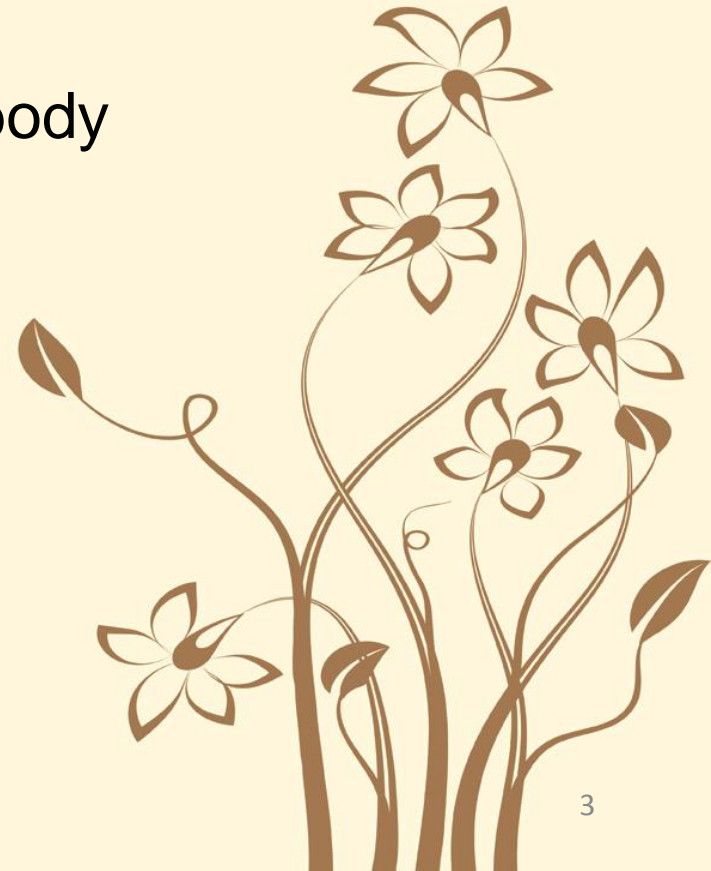
- Communication
- Mutual respect
- Acceptance
- Consideration
- Compassion
- Understanding

Characteristics of a Healthy, Functional Romantic Relationship. (n.d.). Retrieved from <http://www.campbell.edu/pdf/counseling-services/characteristics-of-healthy-romantic-relationships.pdf>



Self-silencing in Intimate Relationships

- Dana Crowley-Jack
- What is it?
- Connection to eating pathology and body dissatisfaction



Self-silencing – Some Prior Research

- Lippert (1999)
 - self-silencing, body esteem, depression; tied to ideal
- Schrick, Sharp, Zovnkovic, & Reifman (2012)
 - self-silencing and distress
 - pressure related to distress

Lippert, R.A. (1999). Conflating the self with the body: The influence of depression, gender, gender role, perfectionism, and self-silencing on body esteem. *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 60(6-B), 2950-2950.

Schrick, B.H., Sharp, E.A., Zvonkovic, A., & Reifman, A. (2012). Never let them see you sweat: Silencing and striving to appear perfect among U.S. college women. *Sex Roles*, 67(11-12), 591-604.



Body Dissatisfaction

- What is it?
- Rajagopalan & Shejwal (2014)
 - societal pressures

Rajagopalan, J., & Shejwal, B. (2014). Influence of sociocultural pressures on body image dissatisfaction. *Psychological Studies*, 59(4), 357-364.



Appearance Investment

- What is it?
- Self-evaluative salience
 - looks influence sense of self-worth
 - problematic
- Motivational salience
 - motivation to maintain appearance



Appearance Investment

- Chang, Jarry, & Kong (2013)
 - mediator between fear of negative evaluation and dietary restraint
 - self-evaluative salience fully mediated
- Carraça et al. (2011)
 - appearance investment and restrictive eating

Carraça, E., Markland, D., Silva, M., Coutinho, S., Vieira, P., Minderico, C., & Teixeira, P. (2011). Dysfunctional body investment versus body dissatisfaction: Relations with well-being and controlled motivations for obesity treatment. *Motivation and Emotion*, 35(4), 423-434

Chang, F. M., Jarry, J. L., & Kong, M. A. (2014). Appearance investment mediates the association between fear of negative evaluation and dietary restraint. *Body Image*, 11, 72-76.

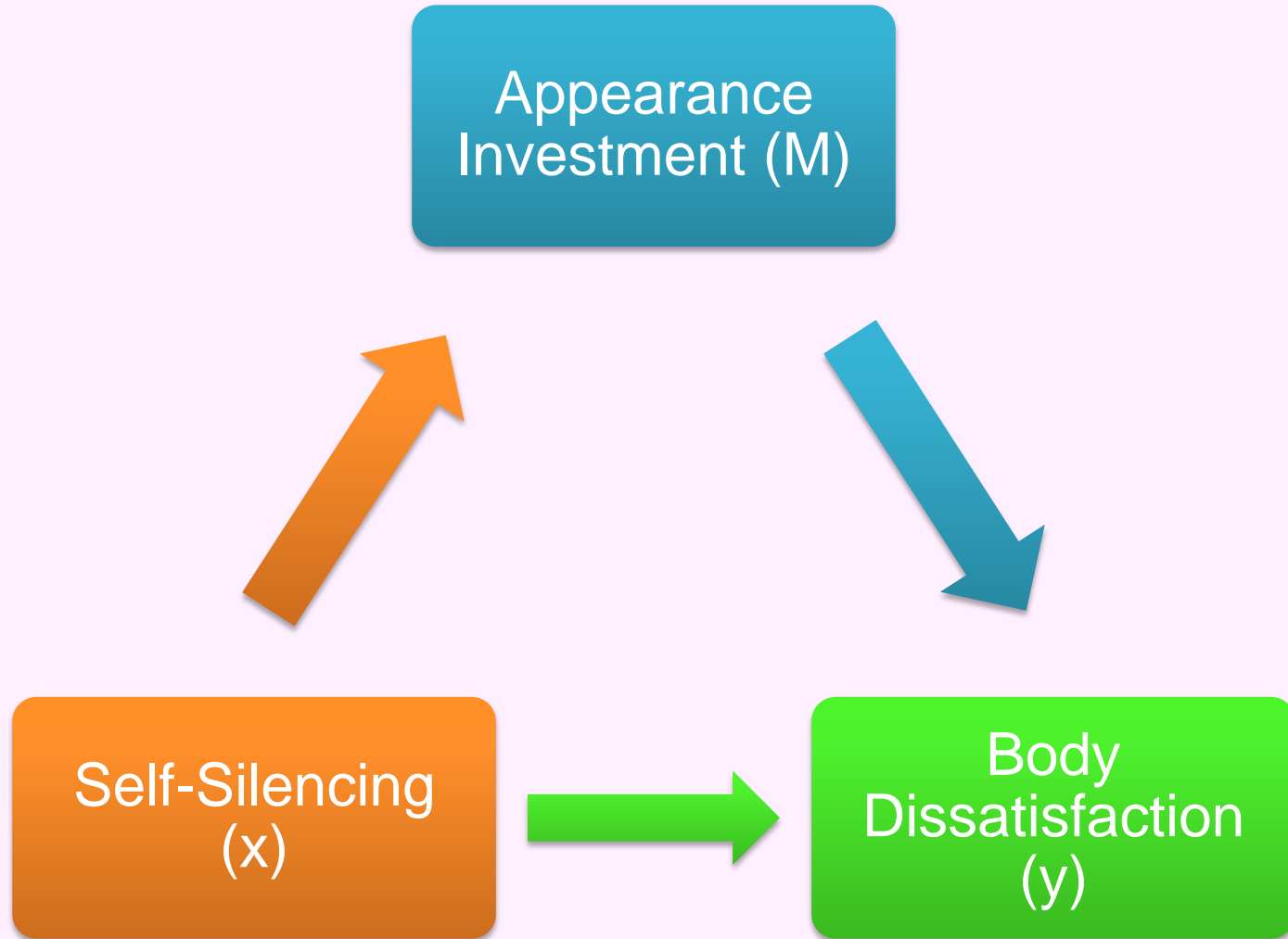


The Current Study

- Self-silencing and body dissatisfaction
- Appearance investment as a mediator?
- Online study
- Participants



Mediation Model



Predictor Variable

- Silencing the Self Scale (STSS; Jack & Dill, 1992)

Sample Item:

“Caring means putting the other person’s needs in front of my own”

1 (*strongly disagree*) – 5 (*strongly agree*)



Mediator Variable

- Appearance-Schemas Inventory-Revised (ASI-R; Cash, Melnyk, & Hrabosky, 2004)
 - Self-evaluative salience subscale

Sample Item:

“If I like how I look on a given day, it’s easy to feel happy about other things”

1 (*strongly disagree*) – 5 (*strongly agree*)



Criterion Variable

- Eating Disorder Inventory-2 (EDI-2; Garner, 1991)
 - Body dissatisfaction subscale

Sample Item:

“I think that my thighs are too large”

A (*Always*) – N (*Never*)



Covariates

- Beck Depression Inventory II (BDI-II; Beck, Steer, Ball, & Ranieri, 1996)
- Rosenberg Self-Esteem Scale (RSES; Rosenberg, 1965)
- Body Mass Index (BMI)
 - $\text{weight (kg)} / \text{height (m}^2\text{)}$

Beck, A. T., Steer, R. A., Ball, R., & Ranieri, W. F. (1996). Comparison of Beck Depression Inventories—IA and —II in psychiatric outpatients. *Journal of Personality Assessment*, 67(3), 588-597.

Rosenberg, M. (1965). *Society and the adolescent self-image*. Princeton, N.J.: Princeton University Press. .



Expected Findings

- those who self-silence in their relationships will be more body dissatisfied
- these women will be more appearance investment
 - appearance important to self-concept



The Next Step

- replication
 - thin-ideal internalizations as moderator
- thin-ideal internalizations
 - Sociocultural Attitudes toward Appearance -3 (SATAQ-3; Thompson, Van den Berg, Roehrig, Guarda, & Heinberg, 2004)

