Body Image flexibility & affect regulation perspectives on positive body image

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Beyond Negative Body Image—Innovative Constructs Carve Paths to Embodied Well-Being
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A tale of two norms

Body Image Flexibility?
Innovation: East meets west

Psychological Flexibility

Being Present
Acceptance
Defusion
Self as Context
Values
Committed Action

Hayes, Strosahl, & Wilson (1999)
Body Image—Acceptance and Action Questionnaire (BI-AAQ; Sandoz, Wilson, Merwin, & Kellum, 2013)

- 12-items, 1 (never true) to 7 (always true)
- Reverse-scored*
- Strong psychometric properties in validation studies

Sample items:
- “Worrying about my weight makes it difficult for me to live a life that I value.”
- “Before I can make any serious plans, I have to feel better about my body.”
- “To control my life, I need to control my weight.”
Research Findings

• **Mediation Pathways**
  - disordered eating cognitions $\rightarrow$ eating pathology (Wendell et al., 2012)
  - negative body image $\rightarrow$ bulimia, drive for thinness (Timko et al., 2014)
  - peer physical appearance comparisons $\rightarrow$ inflexible eating style (Ferreira et al., 2015)

• **Moderating Effects**
  - body dissatisfaction $\rightarrow$ disordered eating (Ferreira et al., 2011; Sandoz et al., 2013)
Research findings: our lab

• Self-Compassion and Intuitive Eating in College Women (Schoenefeld & Webb, 2013)

• Affect Regulation Model of Positive Body Image (Webb, Butler-Ajibade, & Robinson, 2014)

• A Bridge Between Body Dissatisfaction and Body Appreciation (Webb, 2015)
Clinical implications

• Clinical Sample (Butryn et al., 2013)
  • Improvements in body image flexibility were related to reductions in disordered eating symptoms.

• Non-clinical Sample (Mandavia et al., 2015)
  • Full defusion was associated with more positive post-intervention ratings (e.g., decentering, discomfort, believability)
Clinical implications: Future Directions
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- MIND-BATCH Lab Research Team Members
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Thank you! 😊
References


