Beyond Negative Body Image:

Innovative Constructs Carve Paths to Embodied Well-being
Co-Chairs

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Background and Goals

• Much research has focused on negative ways girls and women inhabit their bodies.

• We present 6 positive ways girls and women can inhabit their bodies, the measurement of these constructs, and how they promote embodied well-being.

All presentations can be found on: https://u.osu.edu/tracyletylka/
Why Positive Body Image (PBI)?

• PBI is a unique construct
  – not the same as low levels of negative body image (NBI)
  – not the same as high body satisfaction

• If therapies reduce symptoms of NBI but do not enhance PBI
  – they may result in a neutral body image at best

• Integrating PBI within treatment and prevention
  – will help girls and women appreciate, respect, celebrate, and honor their bodies
  – may make gains more effective and lasting

• “Special series” June 2015 issue of Body Image

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“Research on positive, adaptive, or healthy body image is essential to the future of the field.”

Smolak and Cash (2011, p. 472)

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PBI Constructs and Presenters

- Body appreciation – Tracy Tylka, Ph.D.
- Body Image Flexibility – Jennifer Webb, Ph.D.
- Attunement and Mindful Self-Care – Catherine Cook-Cottone, Ph.D.
- Body Functionality – Jessica Alleva, M.S.
- Resisting Fat Talk – Denise Martz, Ph.D.
- Positive Embodiment – Niva Piran, Ph.D.

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Included in Each Presentation

• How the PBI construct is innovative
• How to measure the PBI construct
• Research on the PBI construct
• Intervention implications of the PBI construct

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Body Appreciation

- Favorable opinions toward one’s body, accepting its unique characteristics, respecting it by taking care of its needs, and perceiving it as beautiful

- Assessed by the BAS (Avalos, Tylka, & Wood-Barcalow, 2005) or BAS-2 (Tylka & Wood-Barcalow, 2015)

- Positively related to indices of adjustment, inversely related to indices of distress

- Protects against reduced body dissatisfaction from thin-ideal media exposure (Andrew, Tiggemann, & Clark, 2015; Halliwell, 2013)

- Predicts intuitive eating and reduced dieting among adolescent girls over a 1-year period

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References


