



Viewing Your Body from the Inside and Out: Body Image, BMI, ideal body size, and interoceptive awareness in women

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Abstract

Objective: This study investigated the intricate relationships between how women view their bodies from the “inside” (interoceptive awareness) and “out” (perceptual body image), and the interplay between these and body image concerns, psychological concerns, BMI, and ideal body size.

Method: A sample of 330 women aged 16-65 ($M = 37.26$, $SD = 11.53$) was recruited online. Participants self-estimated both their own body size and their ideal body by adjusting photorealistic 3D avatars. Attitudinal body image, interoceptive awareness, and psychological concerns were measured using validated psychometric tools. Regression and network-based analyses were conducted to dissect the complex relationships among these variables.

Results: Different network patterns emerged for self-estimated and ideal body size. Three main clusters emerged in both networks: Eating/body concerns, interoceptive awareness, and mood. Notably, self-estimated body size directly linked to self-regulation and eating/body image concerns, while ideal body size linked solely to self-regulation.

Discussion: This study illustrates the intricate interplay among perceptual body image, ideal body size, body image concerns, interoceptive awareness, and psychological concerns. The difference in network connections between the self-estimated body size network and the ideal body size network suggests a complex interplay that warrants further investigation. These findings

accentuate the importance of a holistic approach to address body image disturbances, emphasizing the integration of psychological well-being and interoceptive awareness to promote healthier body image perceptions among women.

Topics: Other

For workshops only

No Answer Given

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