

Appearance Matters 11 Scientific Programme*

*may be subject to change

March 2026

TUESDAY 9 JUNE 2026 City Hall, College Green, Bristol				
12:00-13:00	REGISTRATION POSTER SESSION 1 SET-UP			
13:00-14:45	OPENING ADDRESS Welcome: Professor Beth Daniels Remembering Professor Emeritus Thomas F. Cash: Professor Tracy Tylka KEYNOTE ADDRESS Dr Zali Yager			
14:45-15:30	COFFEE BREAK POSTER SESSION 1 VIEWING			
15:30-16:30	<p style="text-align: center;">Session 1: <u>Short Talks</u> Aesthetic & Reconstructive Procedures</p> <p>B. Nash, et al. Designing Beauty: Aesthetic Practitioners as Cosmetic Gatekeepers</p> <p>A.M. Hermans, et al. The Symbolic Power of Natural Beauty: A Qualitative Inquiry into the Practices of Cosmetic Surgeons and Aesthetic Doctors</p> <p>H. van Bavel, et al. Shaping Decisions, Shaping Bodies: Clinicians' Roles in Female Genital Cosmetic Surgery in Belgium and the Netherlands</p> <p>H. Lewis-Smith, et al. "Perfect on TikTok?" Experimental Effects of Influencer Portrayals of Cosmetic Procedures on Young Women's</p>	<p style="text-align: center;">Session 2: <u>Short Talks</u> Body Image 1</p> <p>S. Sathyapal, et al. "That Invalidated Me, Like I'm Not Worth Loving": Experiences of Body Shaming in Close Relationships among Indian Women</p> <p>N. Behrend, et al. Body Appreciation serves as a Mediator between Age and Intuitive Eating Facets: Results from a Representative Sample of Women from Germany</p> <p>S. Ryan, et al. Body-Related Emotions Across the Lifespan: Modelling Age-Related Trends in Shame, Guilt, and Pride</p> <p>D. Lindner, et al. Menopause Symptom Severity and Body Satisfaction:</p>	<p style="text-align: center;">Session 3: <u>Short Talks</u> Interventions & Service Provision 1</p> <p>S. Cerea, et al. Effects of Yoga on Positive Body Image and Interoceptive Awareness in Young Women: A Randomized Controlled Trial with an Active Control Group</p> <p>J. Traxler, et al. Efficacy of a Web-Based Intervention to Reduce Self-Stigma and Promote Acceptance in Individuals with Chronic Skin Disease: Findings from the HautKompass® RCT</p> <p>P. Granfield, et al. Developmental Differences in a Teacher-Led Body Image Program: Lessons from a Pragmatic Controlled School Trial</p>	<p style="text-align: center;">Session 4: <u>Short Talks</u> Health Promotion, Public Health & Social Policy</p> <p>G. Ashdown-Franks, et al. Physical activity as a site of weight stigma in higher-weight girls</p> <p>K. Irvine, et al. Round Two of "Breaking Rule #1 Talking about 'Fat Club" - a Quantitative Follow Up</p> <p>T. Nagpal, et al. Weight Culture in Kinesiology Undergraduate Programs: Summarizing the Perspectives of Current Students and their Suggestions to Enhance Inclusion</p> <p>T. Schirmer, et al. Decolonizing and Destigmatizing an Australian Child Health Promotion Program</p>

Sensitivity label: Students, Staff and Guests

	<p>Acceptance of Cosmetic Procedures, Risk Perception, and Self-Objectification</p> <p>S. Cooney, et al. An Inner View of the Outer Self: Self-Objectification as a Mediator in the Relationship between Body Image and Attitudes toward Aesthetic Procedures in Irish Adults</p>	<p>Investigating the Mediating Roles of Attitudes Toward Menopause and Aging, Self-Compassion, and Psychological Flexibility</p> <p>P. Longhurst, et al. A Qualitative Study of Positive Body Image among Asexual Individuals</p>	<p>N. Kelly, et al. Remote-Delivered, Single Session Approaches to Preventing and Improving the Consequences of Negative Eating- and Appearance-Related Events</p> <p>H. Lewis, et al. Co-Produced Recommendations for Adapting The Body Project Intervention for Autistic Participants with or without ADHD: The EDAC x TBP Project</p>	<p>L. Bruce, et al. From Support to System Change: CLAPA's Move into Campaigning and the Fight for Equal Access to Dental Care</p>
16:45-18:00	<p>WORKSHOP 1 <i>Pre-registration required</i> Early Career Researchers</p>			

<p>WEDNESDAY 10 JUNE 2026 City Hall, College Green, Bristol</p>				
08:00-09:00	<p>REGISTRATION POSTER SESSION 2 SET-UP</p>			
09:00-10:30	<p style="text-align: center;">Session 5: <u>Symposium</u></p> <p style="text-align: center;">Inclusive Research in Action: Challenges and Benefits</p> <p style="text-align: center;">Convenor: Christine Ramsey-Wade</p> <p>E. Daniels, et al. Transforming Psychological Research Practices: Guidelines for Designing and Conducting Inclusive Research</p> <p>C. Ramsey-Wade, et al. Co-Production in Mindfulness Research: The Missing Piece</p> <p>T. Tran, et al. Cultural Adaptation of Expand Your Horizon - A Body Functionality</p>	<p style="text-align: center;">Session 6: <u>Symposium</u></p> <p style="text-align: center;">Leveraging the Power and Reach of Influencers and Celebrities to Tackle Body Image and Appearance Concerns</p> <p style="text-align: center;">Convenor: Nicole Paraskeva</p> <p>E. Guest, et al. Exploring the Experiences of Influencers and Content Creators with Visible Differences: A Qualitative Photo-Elicitation Interview Study using Reflexive Thematic Analysis</p>	<p style="text-align: center;">Session 7: <u>Full-Length Talks</u></p> <p style="text-align: center;">Visible Difference</p> <p>K. Montgomery, et al. Exploring Family Planning and Reproductive Decision-Making in Individuals with Inheritable Conditions that Affect Appearance</p> <p>E. Waite, et al. Exploring the Intersectional Experiences of LGBTQIA+ Young People with Visible Differences: "Feeling Like an Outsider in a Group of Outsiders"</p>	<p style="text-align: center;">Session 8: <u>Full-Length Talks</u></p> <p style="text-align: center;">Developmental Perspectives</p> <p>L. Norton, et al. High shape and weight importance in adolescence relates to worse body image in the first perinatal period</p> <p>I. Pritchard, et al. Identifying Developmental Windows for Future Intervention: Differences in Appearance Satisfaction Across Year Levels and Gender in Australian Schools</p>

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	<p>Appreciation Intervention - for Young Vietnamese Women with Internalized Weight Stigma</p> <p>S. Smith, et al. “I didn’t realise how much I needed this until after we met”: Utilising Participant Action Research to Explore Medical Traumatic Stress in Adults with Congenital Craniofacial Conditions</p>	<p>K. Garbett, et al. Listen your Way to Body Confidence? Findings from a Pilot Randomised Controlled Trial to Evaluate a Podcast Episode and Supplementary Journal to Improve Body Image among Millennial Women</p> <p>S. Haywood, et al. A Mixed-Method Exploration of Adolescent Girls’ Perspectives on Influencer-Led Body Image and Mental Health Support</p> <p>R. Onafuye, et al. Female Fitness Influencers on Instagram: Understanding the Content Posted on Reels, Stories, Feed Posts and Hashtags Related to Body Image</p>	<p>J. Stucke, et al. Visible differences as a major factor for psychosocial burden and participation limitations in skin diseases: a qualitative study in ichthyosis</p> <p>H. Lewis-Smith, et al. Accepting your Body after Cancer', A Group-Based Online Intervention for Women Treated for Breast Cancer: A Feasibility Randomised Controlled Trial</p>	<p>L. Vankerckhoven, et al. Going Beyond Appearance: Embodiment Throughout Adolescence and its Associations with Identity Functioning and Eating Behaviors</p> <p>L. Hanson, et al. It’s a Doll’s World: How Children’s Internalised Sociocultural Ideals Influence Doll Choice and Gendered Play</p>
10:30-11:15	<p>COFFEE BREAK POSTER SESSION 2 VIEWING</p>			
11:15-12:30	<p>KEYNOTE ADDRESS Phyllida Swift</p>			
12:30-13:30	<p>LUNCH POSTER SESSION 3 SET-UP</p>			
13:30-15:00	<p>Session 9: <u>Symposium</u> Developing and Implementing Evidence-Based Interventions to Support Adults whose Lives are Impacted by Visible Difference Convenor: Diana Harcourt</p> <p>P. Tollow, et al. Remote Versus In-Person High-level Psychological Support for Visible Difference:</p>	<p>Session 10: <u>Symposium</u> Cognitive and Perceptual Approaches to Understanding Body Image Disturbance Convenor: Ian Stephen</p> <p>I. Stephen, et al. Girl Look at that Body: I Work Out. The Perceptual and Cognitive Mechanisms Underlying Body Size and Shape Misperception</p>	<p>Session 11: <u>Symposium</u> Beyond Whiteness and Thinness: Body Image, Appearance Concerns, and Social Media Use in Adolescents and Young Adults of Color Convenor: Sharla Biefeld</p> <p>S. Biefeld, et al. Unpacking the Weight of Appearance: Anti-Fat Bias and Beauty Ideals in Racially Diverse Youth</p>	<p>Session 12: <u>Full-Length Talks</u> Sports & Exercise</p> <p>P. Gray, et al. Promoting Positive Body Image in the Personal Training Setting</p> <p>E. Gardiner, et al. Health for EVERYbody: Recommendations for Size-Inclusive Health Promotion Practice</p>

	<p>Insights from UK Specialists</p> <p>E. Waite, et al. Evaluating Loving ACTION: A Podcast Series Aimed at Supporting Adults with Visible Differences to Navigate Intimacy and Romantic Relationships</p> <p>M. Thornton, et al. The Visible Difference Parenting Toolkit: Evaluating a Co-Produced ACT-Based Intervention for Parents/Carers of Children with Appearance-Affecting Conditions or Injuries</p> <p>C. Clement, et al. Developing TIDES: A Tool to Identify Support Needs and Resources for Adults with Visible Differences</p>	<p>L. Hanson, et al. Mirror, Mirror on the Wall: What do Children Look at in the Mirror?</p> <p>L. Boothroyd, et al. Effects of 2D vs 3D Avatar Exposure on Women’s Perceived Ideal Body Weight</p> <p>K. Irvine Methods of Assessing Perceptual Body Image - The Role of Personalised Models, VR, Perspective, and Mode of Presentation</p>	<p>L. Monique Ward, et al. Social Media, Racialized Appearance Concerns, and Well-being among Adolescent Girls of Color in the U.S. and England</p> <p>E. Daniels, et al. Appearance-Focused Social Media Behaviors and Body Image Concerns in Racially Diverse Adolescents in the U.S. and England</p> <p>B. Ladd, et al. Navigating Beauty Standards in a Eurocentric Landscape: A Qualitative Exploration of Emerging Adult Black Women’s Experiences with Media and Body Image</p>	<p>F. Zucchelli, et al. How Functional is ‘Functional Fitness’ Really? Exploring the Creep of Appearance Motives in Online Functional Fitness Accounts</p> <p>K. Schneider, et al. Empowered or Judged? Exploring Women’s Body Image in Gym Spaces</p>
15:00-15:45	COFFEE BREAK POSTER SESSION 3 VIEWING			
15:45-16:45	<p style="text-align: center;">Session 13: <u>Short Talks</u> Body Image 2</p> <p>M. Tang, et al. From Appearance-Based Teasing to Dismorphic Concerns: The Role of Self-Related Vulnerabilities and Cognitive Biases</p> <p>I. Krug, et al. Touching Grass: Real-Time Effects of Nature Exposure on Cognition, Mood, and Body Image</p> <p>Q. Zhu, et al. Performing Natural Beauty: A Cross-Platform Comparison of Douyin and TikTok</p>	<p style="text-align: center;">Session 14: <u>Short Talks</u> Interventions & Service Provision 2</p> <p>A. Norman, et al. FacIT@Home: User Testing of an Online Self-Help Tool for Adults with Visible Differences</p> <p>J. Webb, et al. Positive Embodiment-Promoting Attitudes and Practices Differentially Predict Burnout and Thriving among North American Yoga Professionals</p> <p>A.M. Chamorro, et al. Facilitating Change: Evaluating the Impact,</p>	<p style="text-align: center;">Session 15: <u>Short Talks</u> Research Methods, Theory, Measurement & Ethics</p> <p>V. Coulbeck, et al. Rethinking Body Image Programming in Canada: Expert Perspectives and Insights from an Environmental Scan</p> <p>I. Tremonte, et al. A Unique Approach to Explore Connections between Appearance and Functionality of the Body</p> <p>E. Williams, et al. Exploring the Impact and Benefits of</p>	<p style="text-align: center;">Session 16: <u>Short Talks</u> Social & Cultural Influences</p> <p>J. Fardouly, et al. Resetting the Instagram Algorithm: Experimental Evidence on Its Impact on Young Women’s Body Image and Wellbeing</p> <p>E. Rich, et al. Digital Entanglements of Body Surveillance: The Regulation of Embodied Femininity in Networked School Cultures</p>

	<p>C. Houlihan, et al. Tackling Social Media Literacy to Prevent Body Image Concerns in Young People: The BodyKind Online Education Program</p>	<p>Acceptability, and Feasibility of a School-Based Body Image Intervention Among Programme Facilitators</p> <p>E. Evans, et al. Can a Group Based, Peer-Led, Cognitive Dissonance Perfectionism Intervention (the Perfectionism Project) Increase Body Esteem and Reduce Eating Disorder Risk Factors, and how does it Compare to the Body Project?</p> <p>C. Mahon, et al. A Mixed Methods Process Evaluation of BodyKind - a School-Based Intervention to Improve Adolescent Body Image</p>	<p>Qualitative Research in Aesthetic Medicine</p> <p>S. Griffiths, et al. How Accurate Are Self-Reports of Social Media Use? Comparing Subjective and Objective Data</p> <p>J. Chan, et al. Dismantling the Ivory Mirror: Reflexivity as an Antiracist Tool for Body Image Research</p>	<p>T. Thornborrow, et al. Perceptual Body Image and Media Influence among 7-11-year-old Children in Argentina, Colombia, Spain, and the U.K: A Mixed-Methods Cross-Cultural Study</p> <p>A.M. Chamorro, et al. Indigenous Body Image amid Rapid Social and Economic Change: A Reflexive Thematic Analysis of Wayuu Narratives</p> <p>A. Beccia, et al. Prospective Associations Between Neighborhood Deprivation and Appearance- and Weight-Related Concerns Among US Youth</p>
17:00-18:00	<p>Session 17: <u>Roundtable Discussion</u> Shaping Evidence-Based Policies: Insights from the Australian National Taskforce on Social Media, Body Image, and Eating Disorders</p> <p>Convenors: Hannah Jarman, Jasmine Fardouly, Siân McLean</p>	<p>Session 18: <u>Roundtable Discussion</u> On the Surgical Table: Risk, Consent, and the Space for Regret</p> <p>Convenors: Cleo Cintrón, Georgia Karalioliou, Lisa Rubin</p>	<p>Session 19: <u>Roundtable Discussion</u> Identifying International Research Priorities for Body Image and Appearance-Related Research for the Next Five Years: A Priority Setting Roundtable Discussion</p> <p>Convenors: Ciara Mahon, Beth Daniels, Amanda Fitzgerald</p>	<p>Session 20: <u>Roundtable Discussion</u> De-centring the Default: Recognising and Resisting Hidden Norms in Body Image Research</p> <p>Convenors: Phaedra Longhurst, Jamie Chan, Liam Cahill</p>
19:00-00:00	<p>CONFERENCE DINNER We The Curious, 1 Millennium Square, Anchor Road, BS1 5DB <i>Pre-registration required</i> Doors open 19:00, dinner served 19:30</p>			

THURSDAY 11 JUNE 2026

City Hall, College Green, Bristol

08:00-09:00	REGISTRATION			
	POSTER SESSION 4 SET-UP			
09:00-10:15	WORKSHOP 2 <i>Pre-registration required</i> Research with Impact Dr Zali Yager			
10:15-11:00	COFFEE BREAK			
	POSTER SESSION 4 VIEWING			
11:00-12:30	<p style="text-align: center;">Session 21: <u>Symposium</u> Rethinking Surveillance: Challenges and Future Directions for Measuring Appearance-Related Constructs among Populations Convenor: S. Bryn Austin</p> <p>A. Beccia The Politicization of Appearance- and Eating-Related Data</p> <p>E. Compte Expanding the Lens: Measuring Muscularity and Appearance Enhancement in Global Surveillance Systems</p> <p>A. Raffoul Leveraging Collective Action to Improve Public Health Surveillance of Appearance-Related Data</p> <p>A. Meadows Who Remembers Weight Stigma? When Short Scales Miss the Bigger Picture</p>	<p style="text-align: center;">Session 22: <u>Symposium</u> Rethinking the Active Body: Conceptual Innovations at the Intersection of Body Image and Physical Activity Convenor: E. Pila</p> <p>C. Sabiston, et al. Embodiment and Exclusion in Youth Sport: Understanding the Conditions that Undermine Body Inclusivity</p> <p>K. Huellemann, et al. Compassionate Self-Responding as an Antidote to Gendered Body Threats in Physical Activity</p> <p>R. Calogero, et al. Now Tuning In: A Review of the Evidence for Attuned Exercise as a Form of Positive Embodiment</p> <p>S. Adler, et al. State Embodied Movement: Introducing A Multidimensional Momentary Construct</p>	<p style="text-align: center;">Session 23: <u>Full-Length Talks</u> Social Media</p> <p>S. Mclean, et al. Social Media Literacy as a Buffer against Thin-Ideal Exposure: Intervention and Moderation Effects in Young Women</p> <p>R. Rodgers, et al. Curating Confidence: Qualitative Experiences with Body Positive Social Media</p> <p>J. Fardouly, et al. Evaluating Support for Social Media Regulations to Improve Body Image Across the United Kingdom, United States, and Australia</p> <p>S. Griffiths, et al. Algorithmic Boundary Collapse: How TikTok Blurs Eating Disorder Recovery and Pro-Eating Disorder Content</p>	<p style="text-align: center;">Session 24: <u>Full-Length Talks</u> Identities</p> <p>L. Lin, et al. Beyond the Binary: Exploring the Body Ideals of Gender Queer Individuals</p> <p>P. Longhurst, et al. Researchers' Understandings and Challenges to Neuronormativity in Body Image Research: A Mixed-Methods Study</p> <p>A. Fabienne, et al. The Influence of Religious Beliefs on Body Image in Rural Nicaragua</p> <p>J. Chan, et al. "Trapped in an Echo Chamber of Whiteness": Exploring Real-World Barriers in Understanding and Challenging White Supremacy in Body Image Research in the Global North</p>
12:30-13:30	LUNCH			
	POSTER SESSION 5 SET-UP			

<p>13:30-14:30</p>	<p>Session 25: <u>Short Talks</u> Disordered Eating & Weight-Related Issues</p> <p>A. Kirwan-Jones. Neurodivergent Experiences of Eating and Body Image: Understanding the Mechanisms Behind Eating Distress in Autistic, ADHD, and AuDHD Individuals</p> <p>A.J. Ferreira, et al. How do People with Lived Experience of Anorexia Nervosa and Mental Health Professionals Working with People with Eating Disorders Conceptualise Recovery?</p> <p>J. Langdon-Daly, et al. "There's Hope in my Humanity" The Impact of Helpful and Unhelpful Therapist Behaviours on Engagement & Change in Psychological Therapies for Eating Disorders: A Grounded Theory</p> <p>J. Langdon-Daly, et al. The Impact of School-Based Healthy Eating Education on Adolescent Girls' Diet and Body Image: A Reflexive Thematic Analysis</p> <p>A.M. Narain, et al. Investigating the Associations between Food insecurity, Negative Body Image and Eating Disorder</p>	<p>Session 26: <u>Short Talks</u> Interventions & Service Provision 3</p> <p>K. Kelkar, et al. Effects of a One-Week Instagram Detox and Mindfulness Intervention on Body Image Concerns: An Experimental Short-Term Longitudinal Study</p> <p>L. Boothroyd, et al. 'Soy Como Soy': A 3-Month Pilot Study of a School-Based Media Literacy and Body Image Programme for Colombian Adolescents</p> <p>M. Barona, et al. Roles, Responsibilities and Perceived Support: A Qualitative Analysis of Parents' Experiences Navigating their Child's Outpatient Eating Disorder Treatment</p> <p>C. Somani, et al. Investigating dentist's perceptions of appearance-related distress in children with enamel defects</p> <p>H. Jarman, et al. Evaluating a Whole-of-Primary School Body Image Program: Effectiveness and Implementation</p>	<p>Session 27: <u>Short Talks</u> Social Identities</p> <p>L. Cahill, et al. Body Image, Gender Congruence, and Quality of Life in Trans Men: A Mixed-Methods Study</p> <p>L. White, et al. Disordered Eating in Autistic Transgender and Nonbinary Adults: A Qualitative Study</p> <p>G. Mycock, et al. "I wanna Live in a World where Change is Possible": Co-Designing Guidance for Inclusive Eating, Exercise, and Body Image Psychopathology Outreach Resources for Men</p> <p>K. Thomas, et al. Exploring the Roles of Gender Identity and Neurodivergence in the Development of Eating Disorders among Trans and Gender Diverse People: A Large-Scale Qualitative Study</p> <p>K. Bogart, et al. "It's Harder to Set Boundaries when it's so Obvious": Disclosing Apparent Disabilities</p>	<p>Session 28: <u>Short Talks</u> Interventions & Service Provision 4</p> <p>L. Norton, et al. The Body Blocks Randomised Controlled Trial: Enhancing Educators' Competence and Knowledge in Positive Body Image Promotion</p> <p>L. Zuest, et al. Reducing Anti-Fat Bias Among Kinesiology Students: A Randomized Controlled Trial of the WIT FITS Intervention</p> <p>A. Ciao, et al. Widening the Lens on Risk and Resilience: Changes in Novel Outcomes within Diversity-Focused Body Image Interventions</p> <p>G. Williams, et al. Eating Disorder Treatment and Service Experiences of Gender Diverse and Neurodivergent Adults</p> <p>A. Underwood, et al. Reconnect: Developing a CFT-Informed Body Image Group for Breast Cancer Survivors</p>
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	Risk in the UK: A Cross-Sectional Analysis			
14:30-15:15	COFFEE BREAK POSTER SESSION 5 VIEWING			
15:15-16:30	IGNITE SESSION Appearance Research and Practice: Looking to the Future Organised by Kerry Montgomery, Nicole Paraskeva and Kat Schneider Ignite speakers: To be announced			
16:30-17:00	CONFERENCE CLOSE Awards presentation Closing address			