

APPEARANCE MATTERS 7 CONFERENCE

June 2016 London, UK

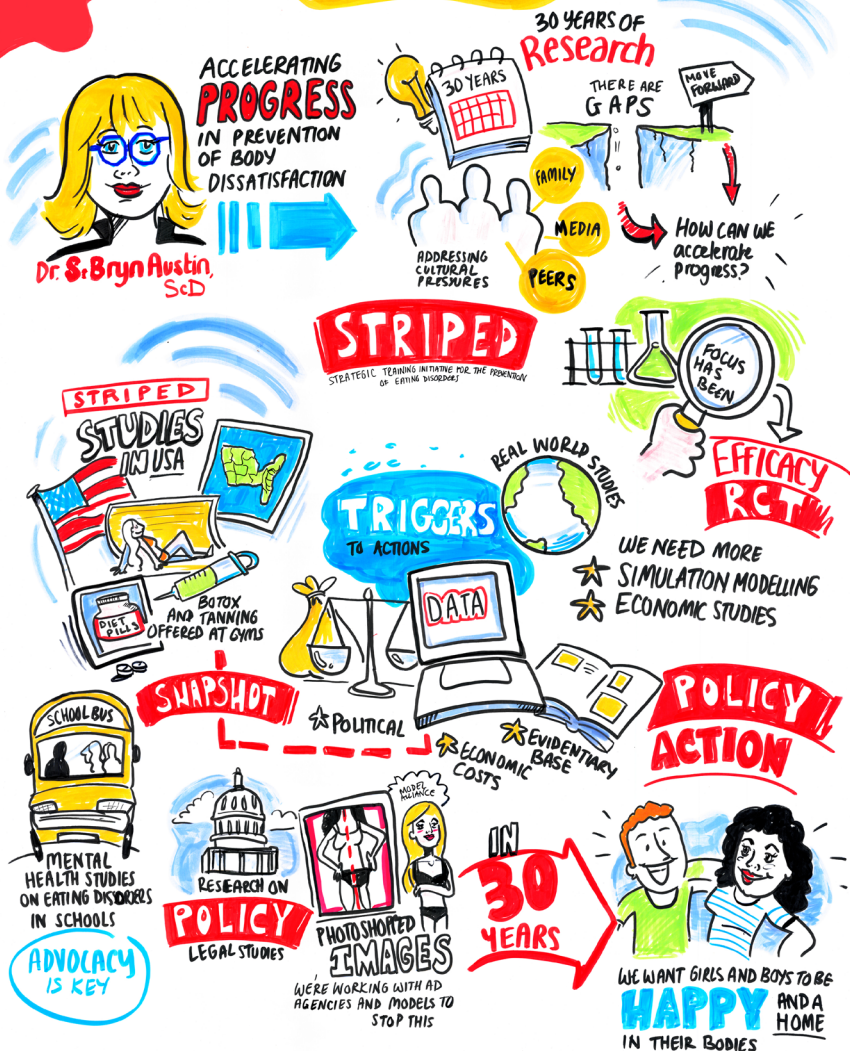
Visual Maps

Created by Eleanor Beer



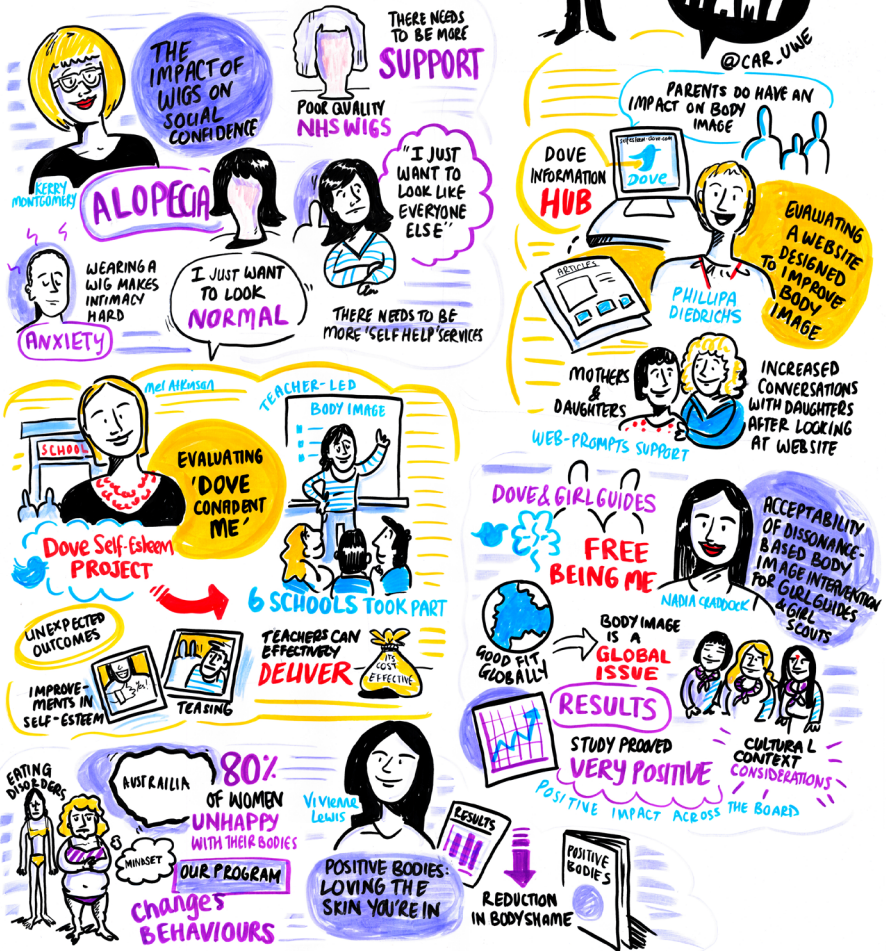
Centre for Appearance Research Appearance Matters 7

Welcome



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INTERVENTIONS TO IMPROVE BODY IMAGE



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OBJECTIFICATION AND EMBODIMENT

TWEET

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MEGAN HURST

SELF-OBJECTIFICATION & EXERCISE MOTIVATION

WHY WOMEN EXERCISE A HOW DOES IT INFLUENCE BI?

APPEARANCE GOALS

GIRLS AWARE OF HOW THEY LOOK IN P.E. CLASSES

GUILT-BASED MOTIVATION IS WORSE

BALANCE

PERFORMANCE CULTURE vs. APPEARANCE CULTURE

FOOD SOURCE OF SHAME?

ADOLESCENT GIRLS' SPORT PARTICIPATION

GIRLS FEELING EMPOWERED?

"ON AND OFF THE PITCH"

GARY HARTLEY - TWITTER

OBJECTIFICATION BODY IMAGE AND MENTAL HEALTH

RESEARCH WITH 399 YOUNG WOMEN

DATA ANALYSIS

HALF REPORTED DEPRESSION

HOW ARE M.H. PRACTITIONERS ASSESSING BODY IMAGE?

JESSICA AULEVA

MASS MEDIA

TRANSMITTING A THIN IDEAL

EXPOSURE TO THE THIN IDEAL

RESEARCH

BODY FUNCTIONALITY

FOCUS ON BODY FUNCTIONALITY LEADS TO BETTER APPRECIATION OF THE BODY

CAROLIN MARTIN

DIFFERENT POSES HELP YOU TO FEEL DIFFERENT

STRIKE A POSE

EXPANSIVE VS. CONSTRICTIVE POSES

BRIEF BODY MANIPULATION AFFECTS BODY SATISFACTION

BODY POSTURE MANIPULATION

DINA HAZOULT

Visible differences in low income countries:

Focussing on acid burns in Bangladesh

95% OF ALL BURNS OCCUR IN LMIC

COOK ON OPEN FIRE

ACID ATTACKS

50% OF ATTACKS HAPPEN ON WOMEN

GENDER-BASED VIOLENCE

AND IS CHEAP

IMPACT OF BURNS IN A LMIC

"THIS IS KARMA FOR WHAT YOU'VE DONE IN THE PAST"

POST-TRAUMATIC STRESS

RELATIONSHIP BREAKDOWNS

DISCRIMINATION

WHAT INFLUENCES RECOVERY?

OPTIMISM vs. FEAR OF BEING JUDGED

PROVISION OF CARE

0 KNOWLEDGE OF 1ST AID IS LIMITED

0 BURNS UNITS IN CITIES

WAYS AHEAD

INCLUSIVE COLLABORATION

PEER SUPPORT

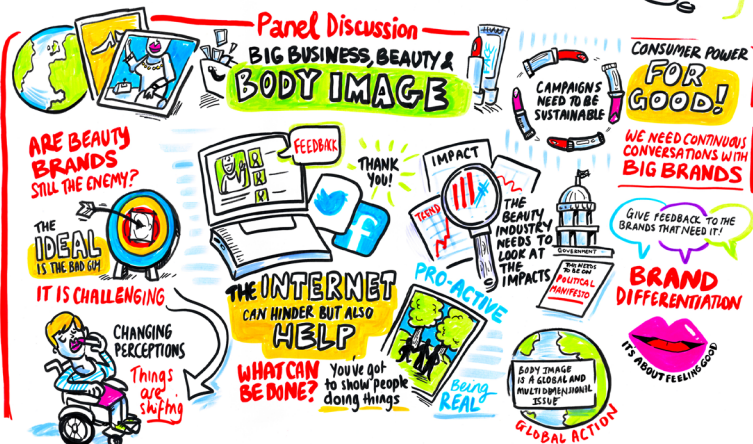
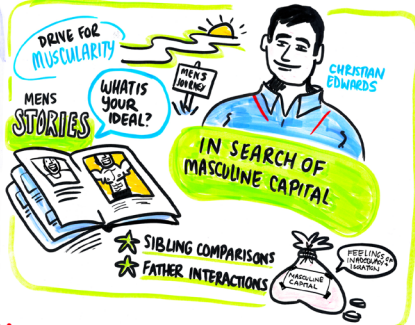
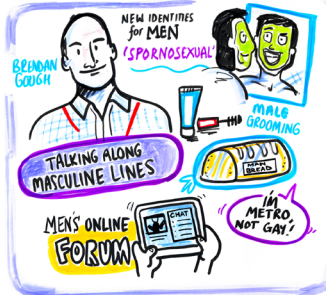
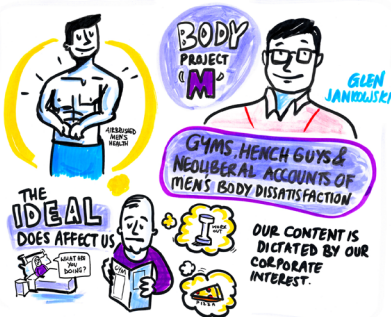
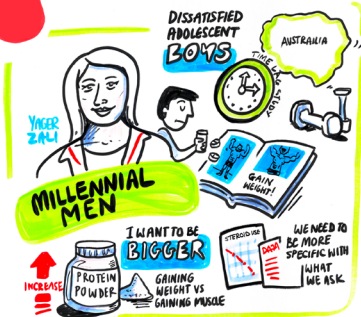
USE SOCIAL MEDIA HELP!

PPI

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MEN AND MASCULINITIES



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PREVENTION AND UNDERSTANDING OF EATING AND DISORDERS

BETH SEIL

BODY IMAGE & EATING DISORDERS AWARENESS WEEK

ACTIVITIES

USED TO INFORM WELLBEING SERVICES

WE'VE ENGAGED DIVERSE COMMUNITIES

WE LEARNED NOT TO TAKE INCLUSION TOO SERIOUSLY!

WE USED SURVEYS

WHERE'S THE PERFECT BODY?

UNIVERSITY OF CAMBRIDGE

EFFICACY OF THE SUCCEED BODY IMAGE PROGRAMME

COGNITIVE DISSONANCE

IMPLICIT VS EXPLICIT ATTITUDES

POSITIVE CHANGE IN BOTH EXPLICIT & IMPLICIT BODY IMAGE ATTITUDES!

EXPERIMENTAL GROUPS

HEALTHY EATING

WE USED ROLE PLAY

SUCCESS! SOCIETY!

MAINA KANT

BIOPEDAGOGY & DIVERSITY

BODIES AT THE INTERSECTION: A PARADIGM SHIFT

POWER IMPACTS PEOPLE DIFFERENTLY

WE NEED TO BOLSTER RESILIENCE

LET'S ACCEPT OUR DIFFERENCES

MY BODY DOESN'T DEFINE ME

Best birthday cake!

ANDREA LAMURE

WE DIAGNOSE AS RISKY ACCORDING TO OUR TIGHTLY DEFINED IDEALS WHICH PREVENTS PEOPLE FROM GETTING HELP

FAT ACCEPTANCE

COFFEE CUP

PERCEPTUAL & ATTITUDINAL DISTORTION

MEASURING BODY SIZE

3D SCANS

BEHAVIOURAL DATA

EYE PATTERNS ANOREXICS

NON-ANOREXICS CONTROL

FIXATION PATTERNS NOT CLINICAL DIAGNOSTICS

ANOREXIC TOWNE

CONTRACTION & LAS

3 GROUPS SCANNED

MARTIN STANDING IN FOR PIERCE CORNEUSEN

USING 3D SCANNED BODIES TO MEASURE BODY SIZE

ANOREXICS OVER-ESTIMATE THEIR BODY SIZE

RESEARCH

DUAL PATHWAY MODEL

KEYNOTE

DEVELOPING AND DISSEMINATING EVIDENCE-BASED BODY IMAGE INTERVENTIONS

WE CONDUCTED FOCUS GROUPS RISK FACTOR STUDIES

LET THE DATA SPEAK!

DATA

PREVENTION PROGRAMS

EFFICACY TRIALS

EXPRESSIVE WRITING WORKED!

HOW TO SUCCEED?

IDENTIFY INTERNAL CHANGERS

GET SCHOOL BUY-IN

WE FOLLOW UP WITH GIFTS AS A GESTURE OF GRATITUDE

THE BODY PROJECT

AFTER PH1

ADOLESCENTS WERE LESS RESPONSIBLY SELECTED BY TEEN BOYS' IMAGERY

TEEN TRAINERS

EDUCATIONAL VIDEO NEEDED!

LESSONS FROM IMPLEMENTATION RESEARCH

COMMUNITY PARTICIPATORY APPROACH

VERY VALUABLE

EDUCATIONAL VIDEO NEEDED!

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SYMPOSIUM
Examining positive body image

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