

World Congress on

Eating Disorders, Nutrition & Mental Health

September 12-13, 2016 Philadelphia, USA

Positive bodies: Loving the skin you're in- An evaluation of a cognitive behavioral therapeutic group program for women presenting with body dissatisfaction

Vivienne Lewis

University of Canberra, Australia

Body image satisfaction is important, particularly for females, in terms of positive mental health. We know that a poor body image is a key diagnostic criterion for eating disorders and is related to engagement in eating disordered behavior and poorer mental health. The results of a study investigating the effectiveness of a six week cognitive-behavioral group intervention promoting positive body image in adolescent girls and women will be discussed. Fifty-two women aged between 17-54 years completed self-report measures that assessed body image at the commencement of Session One (pre-treatment) and again after the conclusion of Session Six (post-treatment). The results indicated that the program effectively enhanced the body image satisfaction of participants from pre- to post-treatment (namely, on measures assessing the participants' self-esteem, body area satisfaction, body self-surveillance, and body image quality of life). Interestingly, the pre-treatment, high body shame group reported more significant improvements in self-esteem, body image satisfaction, and body image quality of life from pre- to post-treatment in comparison to individuals in the low-moderate body shame group. These results suggest that brief, group based, cognitive-behavioral interventions have the potential to improve body image satisfaction and that such an approach is more effective for individuals who report higher levels of body shame. The program itself will be explained including each week's components as well as participants' open-ended comments on what did and didn't work for them.

Biography

Vivienne Lewis is a Clinical Psychologist specializing in the area of body image and eating disorders both in her clinical practice and research at University of Canberra, Australia. She is the author of 'Positive Bodies: Loving the Skin you're in' a self-help book for people, including both men and women, with body image issues. She is the current Chair of The Australian Psychological Society College of Clinical Psychologists ACT Section and is a strong advocate for celebrating body diversity.

Vivienne.Lewis@canberra.edu.au

Notes: