

# Exploring resilience as a moderator of social media appearance activity and body image concerns in adolescents

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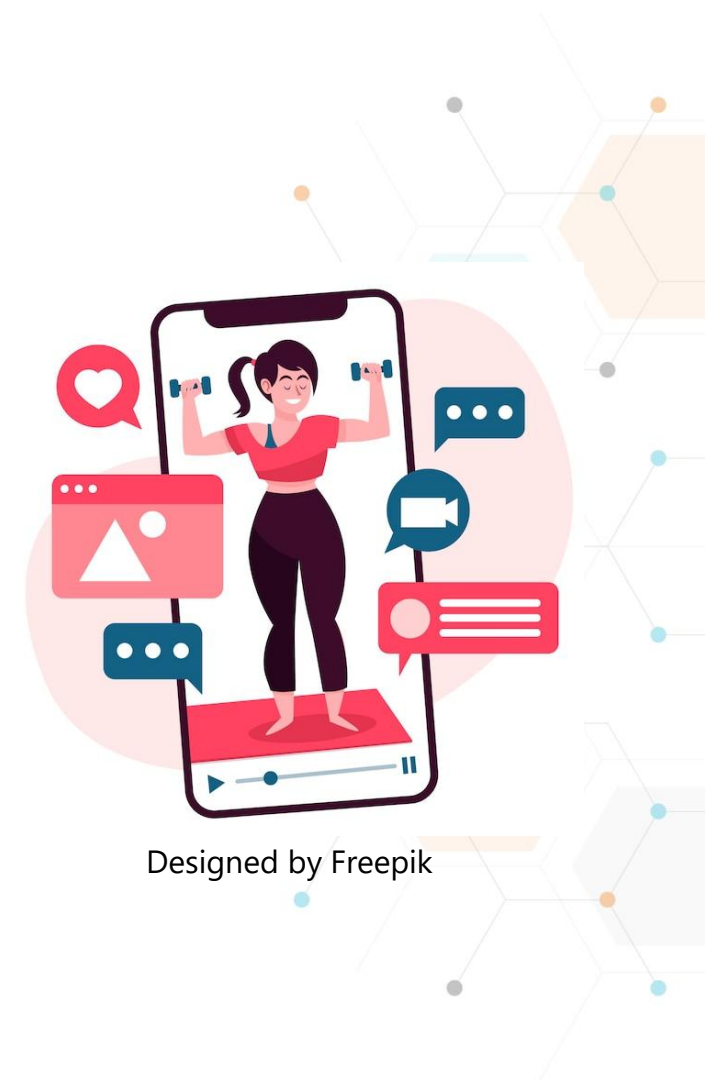
# Background

## Appearance activity on social media

Body-ideal images, fitness- and dieting-related posts

**Own** liking, commenting, posting, sharing

Browsing **friends'** activities



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# Background

## Appearance activity on social media

Body-ideal images, fitness- and dieting-related posts

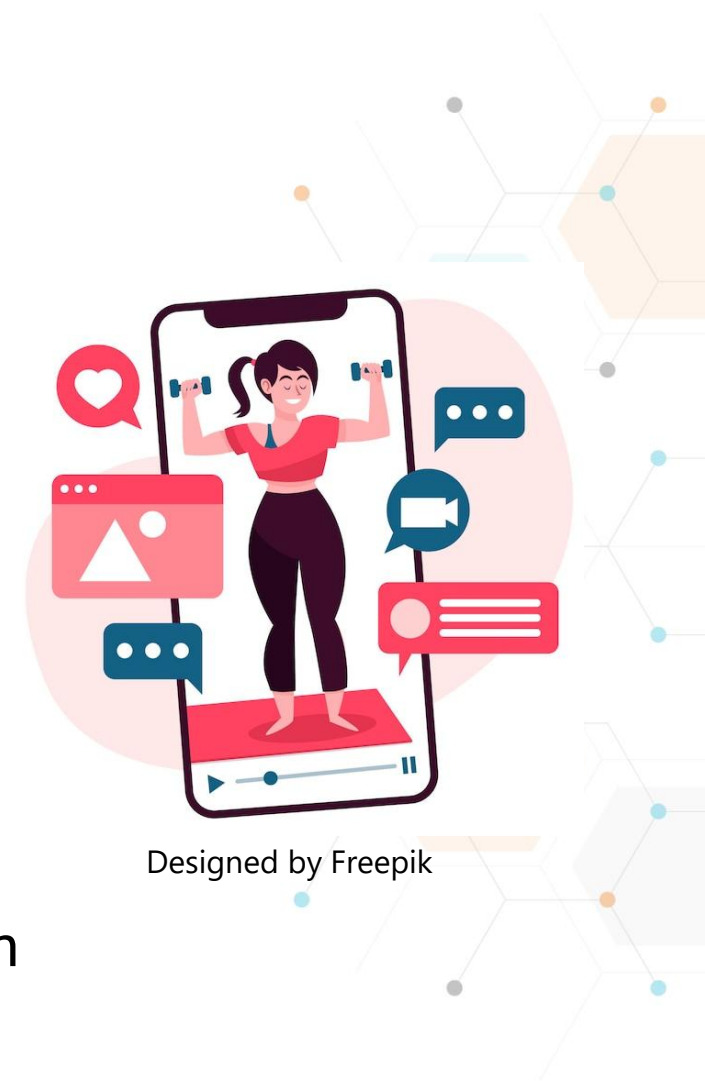
**Own** liking, commenting, posting, sharing

Browsing **friends'** activities

## Body image concerns

Decreased body esteem, heightened self-objectification

Triggered by idealized bodies





# Resilience as a buffer

## Resilience to media ideals

Employing protective strategies against idealized bodies in media

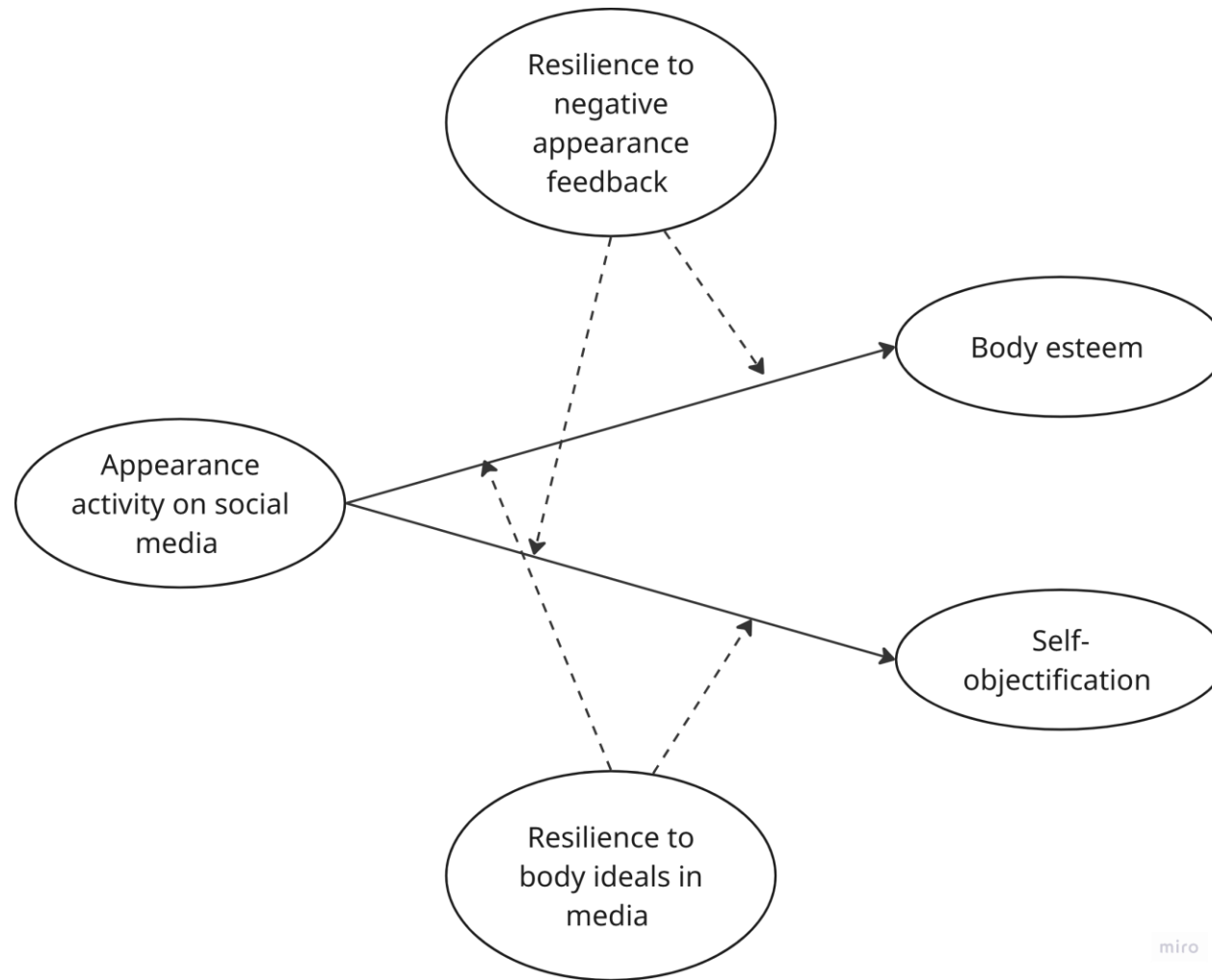
## Resilience to negative appearance feedback

Employing protective strategies against negative remarks on one's body

e.g. distracting oneself, reshifting attention to something positive



# This study





# Participants and procedure

927 adolescents aged 15 to 19 ( $M = 16.97$ ,  $SD = 1.19$ , 59% girls)

Data from nine high/vocational schools and seven grammar schools

Preregistered exploratory study





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# Measures

## Appearance activity on social media

Social Media Appearance Preoccupation Scale (Zimmer-Gembeck et al., 2021)

3 items (own activities) + 3 items (browsing friend's activities);  **$\omega t = .82$**

*e.g., When on social media I post, comment on, share, or like content about what and when to eat*

## Body esteem

Body-Esteem Scale for Adolescents and Adults (Mendelson et al., 2001)

9 items;  **$\omega t = .91$**

*e.g., I like what I look like in pictures*



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# Measures

## Self-objectification

Self-Objectification Beliefs and Behaviors Scale (Lindner & Tantleff-Dunn, 2017)

14 items; **wt = .88**

*e.g., When I look in the mirror, I notice areas of my appearance that I think others will view critically*

## Resilience to media ideals and to negative appearance feedback

Positive Body Image in Adolescents Scale (Maes et al., 2021)

2 + 4 items; **wt = .90; .78**

*e.g., If I am confronted with body ideals (e.g., slim or muscular bodies) in the media, I (would) try to distract myself with other things I like about the media*





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## Main effects

		95% CI					
		<i>B</i>	<i>SE</i>	$\beta$	Lower	Upper	<i>p</i>
<i>Girls</i>	Self-objectification						
	Appearance activity	.20	.07	<b>.21</b>	.07	.35	<b>.005</b>
	Resilience – feedback	-.41	.08	<b>-.36</b>	-.50	-.23	<b>&lt;.001</b>
	Resilience – ideals	.19	.04	<b>.34</b>	.21	.47	<b>&lt;.001</b>
	Body esteem						
	Appearance activity	-.19	.06	<b>-.19</b>	-.30	-.07	<b>.002</b>
	Resilience – feedback	.32	.07	<b>.27</b>	.16	.38	<b>&lt;.001</b>
	Resilience – ideals	-.13	.03	<b>-.22</b>	-.32	-.12	<b>&lt;.001</b>
<i>Boys</i>	Self-objectification						
	Appearance activity	.38	.10	<b>.34</b>	.19	.50	<b>&lt;.001</b>
	Resilience – feedback	-.18	.09	<b>-.16</b>	-.31	-.01	<b>.036</b>
	Resilience – ideals	.18	.07	<b>.16</b>	.04	.28	<b>.009</b>
	Body esteem						
	Appearance activity	-.05	.08	-.04	-.19	.11	.580
	Resilience – feedback	.21	.08	<b>.21</b>	.06	.35	<b>.008</b>
	Resilience – ideals	-.21	.07	<b>-.20</b>	-.32	-.08	<b>.001</b>



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# Moderated effects

## Moderation by resilience to negative appearance feedback

**Non-significant** for body esteem (girls:  $B = 0.07$ ,  $p = .354$ ; boys:  $B = 0.17$ ,  $p = .060$ )

**Nonsignificant** for self-objectification (girls:  $B = -0.10$ ,  $p = .299$ ; boys:  $B = 0.08$ ,  $p = .487$ )

## Moderation by resilience to media ideals

**Significant** for body esteem (girls:  $B = -0.29$ ,  $p = .008$ ; boys:  $B = -0.41$ ,  $p = .002$ )

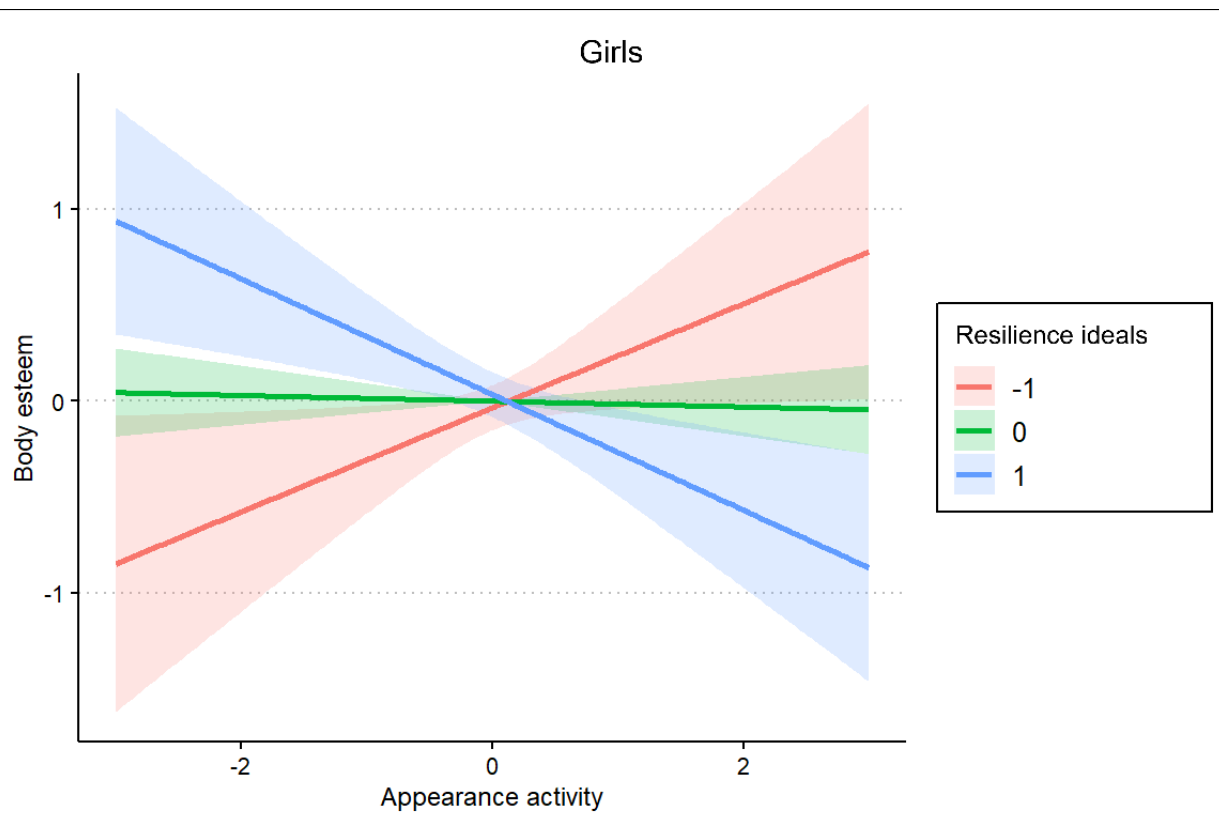
**Significant** for self-objectification (girls:  $B = 0.40$ ,  $p = .008$ ; boys:  $B = 0.45$ ,  $p = .005$ )

# Simple slopes

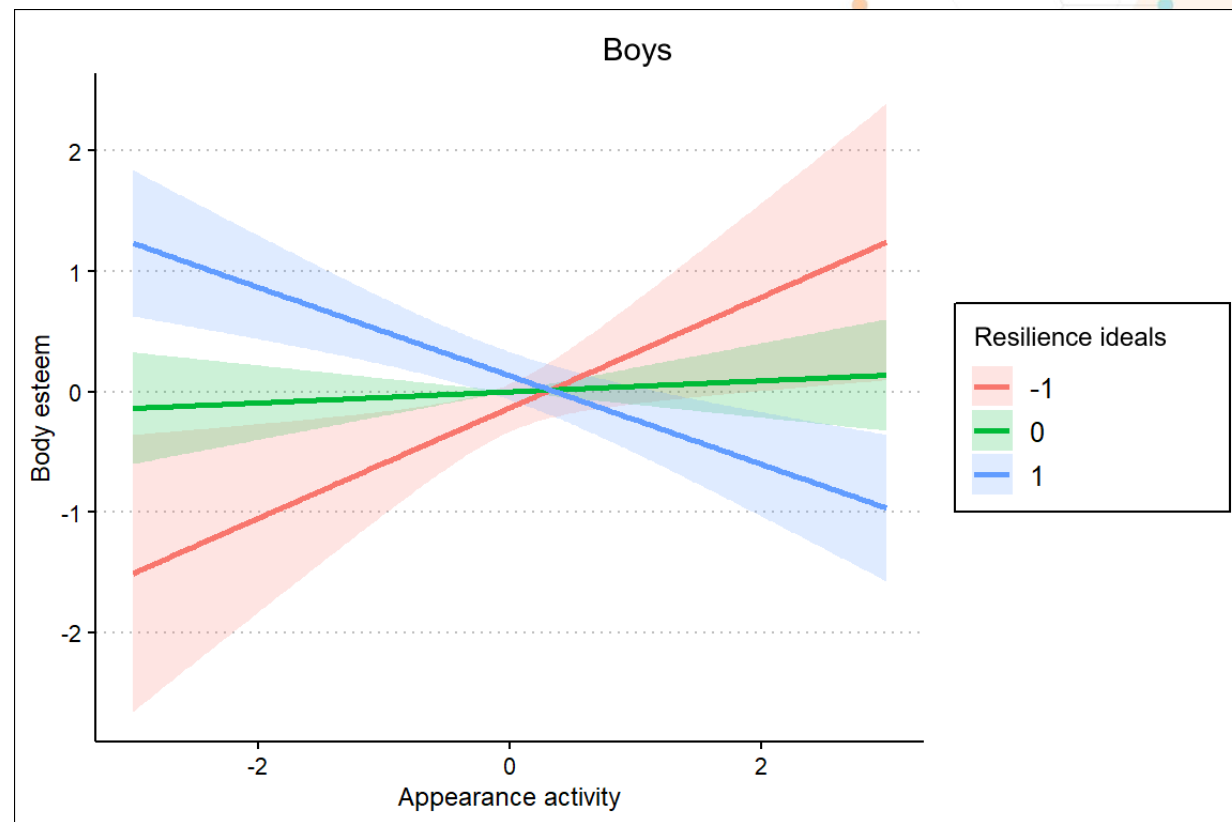
	<u>Girls</u>			<u>Boys</u>		
	<i>B</i>	<i>SE</i>	<i>p</i>	<i>B</i>	<i>SE</i>	<i>p</i>
Body esteem						
- 1 SD	<b>0.27</b>	0.13	<b>.036</b>	<b>0.46</b>	0.19	<b>.017</b>
<u>Mean</u>	-0.01	0.04	.703	0.05	0.08	.560
+ 1 SD	<b>-0.30</b>	0.10	<b>.002</b>	<b>-0.37</b>	0.10	<b>&lt;.001</b>
<u>Self-objectification</u>						
- 1 SD	<b>-0.43</b>	0.18	<b>.018</b>	<b>-0.48</b>	0.24	<b>.046</b>
<u>Mean</u>	-0.03	0.05	.566	-0.02	0.10	.832
+ 1 SD	<b>0.37</b>	0.13	<b>.005</b>	<b>0.43</b>	0.13	<b>.001</b>

# Body esteem

Girls

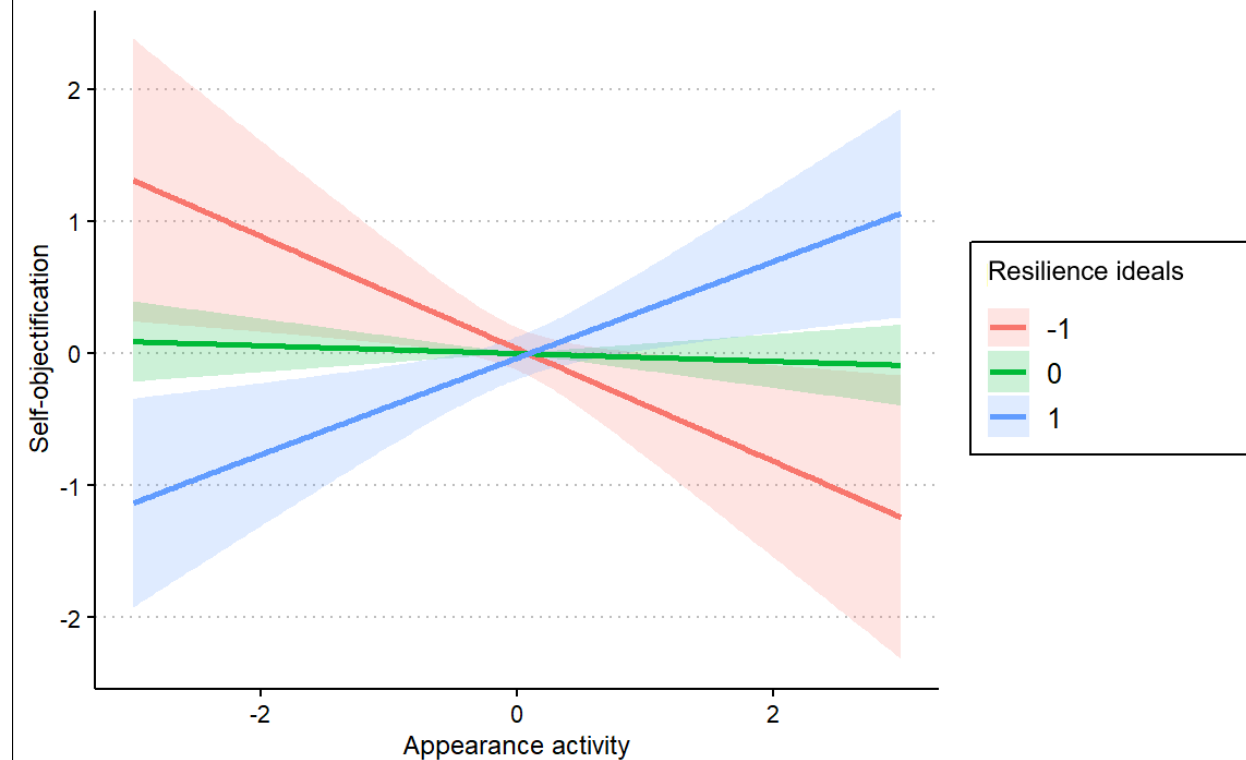


Boys

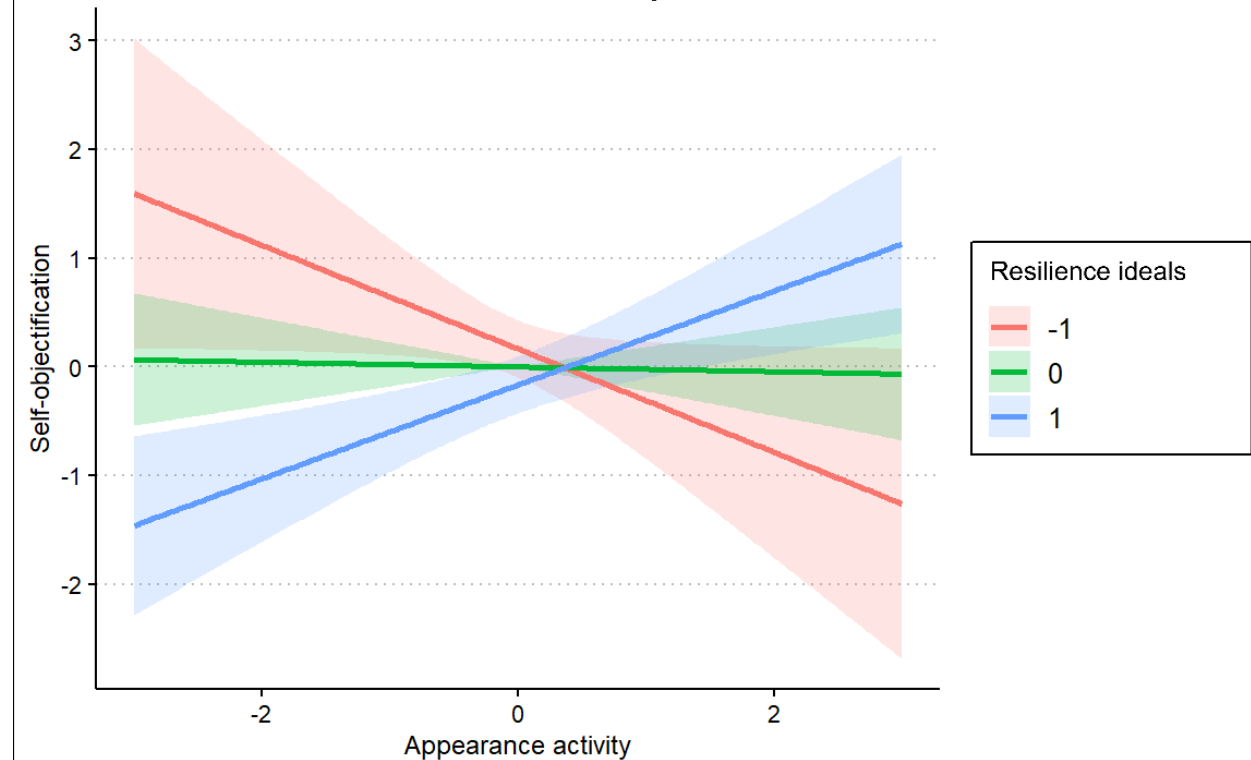


# Self-objectification

Girls



Boys





# Conclusions

Preliminary exploratory evidence that **resilience to media ideals** might play ambiguous role

**Coping with media ideals** more important than negative feedback on social media?

**Reverse pathway** from body image to appearance activities

**Measurement** of resilience

Associations **similar between girls and boys**



# Thank you for your attention



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