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Winter 3-20-2020

The HEALTHY Athlete Body Image Project

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Recommended Citation

Hirsch, K. E., Muir, I. I., Chandler, K. J., & Loughead, T. M. (2020). The HEALTHY Athlete Body Image Project. Retrieved from <https://scholar.uwindsor.ca/research-result-summaries/97>

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The purpose of this study was to examine the effectiveness of a body image intervention on youth female athletes' body image perceptions. *The Body Project* (Stice et al., 2006), developed originally for university women, was adapted to meet the needs of a youth athlete population. Participants included 33 female soccer players between 11-14 years of age ($M_{age} = 12.58$, $SD = 1.09$). During a 4-week intervention, participants attended weekly educational workshops aimed to challenge societal pressure to achieve a sport-specific body ideal. Participants completed measures at pre- and post-intervention to assess thin-ideal internalization and pressures (SATAQ 4-R; Schaefer et al., 2017), body esteem (BESAA; Mendelson et al., 2001), functional and aesthetic body image (EIS; Abbott & Barber, 2009), fat teasing (Fat Teasing While Playing Sport Scale; Slater & Tiggemann, 2011), and fat talk (FTQ; Royal et al., 2013). Significant improvements at post-intervention were reported for thin-ideal internalization ($p = .012$), body satisfaction ($p = .007$), fat teasing ($p = .026$), and fat talk ($p = .006$). Non-significant differences were reported for physical self-perceptions as measured through silhouette drawings; however, self-perceptions were healthy at pre-intervention. Additionally, focus groups were conducted at 1-week post-intervention to gather participants' perceptions of the intervention. Participants were satisfied with the intervention because they were able to share body-related thoughts, practice scenarios to challenge societal pressures, and enhance team cohesion. Moreover, participants provided applied recommendations for future intervention implementation, including conducting the educational workshops before practice, shorter and more frequent meeting sessions, additional hands-on activities, and full team involvement for each session. These findings support the efficacy of this intervention in promoting body image in female youth soccer athletes.