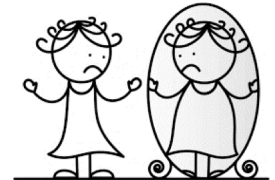


RESEARCH BRIEF

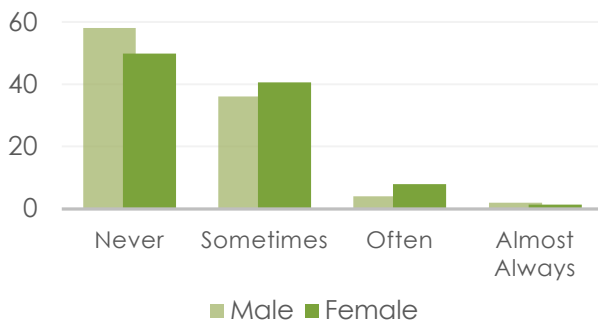
BODY IMAGE SURVEY RESULTS

Thank you to the 295 recent or current students who participated in my Master's thesis study examining the relationship between body image and various academic achievement outcomes. My supervisor, Dr. Daniels, and our team from the Alberta Consortium for Motivation and Emotion (ACME), present here some initial findings that we thought you may find interesting. Any questions or comments can be directed to chazan@ualberta.ca

Body dissatisfaction: When given a chance to rate which body figure looked like their **actual** body and which one looked like their **ideal** body, students overall idealized a smaller body figure. Female body dissatisfaction was slightly higher than male.

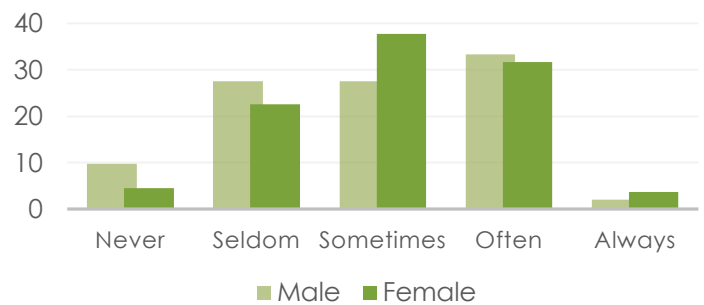


How often do you have difficulty concentrating in class because you are worried about your appearance?



Concentration: 42% of men and 50% of women are at least sometimes preoccupied with their appearance.

I am satisfied with my body.



Satisfaction: 37% of men and 27% of women said they were never to seldom satisfied with their bodies. Suggesting that a significant portion of individuals are unsatisfied with their bodies.

What country did participants come from?

Thank you to all the people who shared the survey link on social media. The survey reached participants all across the globe!

Zoom in on the map to the right to see how far the survey reached. 