



INTRODUCTION

- Body image and functionality are relevant factors considered by many athletes
- Athletes also experience significant environmental and social pressure to maintain 'ideal' body compositions
- However, the literature reveals that some athletes have more positive perceptions of their bodies than non-athletes
- Given the positive ratings of athletes' body image, we wanted to examine if setbacks (e.g., injury, COVID-19, performance slumps) affect athletes' body image



METHODS

- 111 postsecondary North American athletes participated in the online survey and were recruited via Prolific ($M_{age} = 21$)
- **Gender:** 76 women, 34 men, 1 non-binary, and 1 did not disclose
- **Nationality:** 69% American and 31% Canadian



MEASURES

- Positive and Negative Affect Scale (PANAS; Watson et al., 1988)
- Setback-Related Anxiety Scale (adapted SIAS; Rex & Metzler, 2016):
 1. *I feel anxious about how my body looks*
 2. *I worry my body will change*
- State Rumination Measure (Puterman et al., 2010)



Athletes' rumination and negative affect in sport predict **anxiety** about **body image** during **sport setbacks**.



RESULTS

We conducted a zero-order correlations test and 2-step hierarchical regression

Regression Analysis Predicting Body Image

	Std. Coeff. B (SE)
Age	-.12 (.13)
Sport Experience	.21* (.07)
COVID-19	.19* (.83)
R²	.08
Age	-.03 (.12)
Sport Experience	.14 (.06)
COVID-19	.16 (.73)
Rumination	.21* (.09)
Positive Affect	-.09 (.03)
Negative Affect	.37** (.04)
R²	.31

	1.	2.	3.	4.	5.	6.
1. Age	-					
2. Sport experience	.118	-				
3. COVID-19	.063	-.122	-			
4. Body image SIAS	-.136	.152	.139	-		
5. Rumination	-.127	.089	.083	.470**	-	
6. Positive affect	.104	.058	.026	.024	-.015	-
7. Negative affect	-.113	.102	.002	.505**	.510**	.186*

* $p < .05$; ** $p = .000$. Sport Experience = duration of playing primary sport (in years); COVID-19 = setback related to COVID-19 pandemic (1 = no, 2 = yes).



SUMMARY & IMPLICATIONS

- Findings highlight the multifaceted aspects that contribute to athlete anxiety about their bodies when facing setbacks
- Athlete rumination and negative affect in the context of sport setbacks accounted for the most variance in terms of body image worries
- Practitioners and coaches working with athletes can be informed about athletes' body concerns during COVID-19 and other related setbacks
- Interventions targeting athlete rumination and negative affect during setbacks are a possible avenue for future research