

# Psychological flexibility, social appearance anxiety and body appreciation in Turkish youth

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## SOCIAL APPEARANCE ANXIETY

- Fear of negative consideration due to one's overall appearance.
- Shared risk factor for the development of social anxiety disorders and eating disorders.
- Contributes to the development and maintenance of eating disorders (Koskina et al., 2011).

## RESULTS

Pearson correlation of the main variables

|                           | PF     | BA     | SAA   | BMI |
|---------------------------|--------|--------|-------|-----|
| Psychological Flexibility | 1      |        |       |     |
| Body appreciation         | .31**  | 1      |       |     |
| Social appearance anxiety | -.50** | -.56** | 1     |     |
| Body Mass Index           | .002   | -.23** | .15** | 1   |

## BODY APPRECIATION

- A manner of acceptance, and care toward one's body's characteristics regardless of culturally determined norm of beauty.
- Related to self-esteem, optimism, self compassion and well-being (Avalos et al., 2005).



## Multiple regression

DV: Social appearance anxiety

|                           | B     | Standard Error (B) | Beta | t      | p    |
|---------------------------|-------|--------------------|------|--------|------|
| Constant                  | 71.89 | 1.911              |      | 37.620 | .000 |
| Psychological flexibility | -.463 | .023               | -.37 | 20,134 | .000 |
| Body appreciation         | -.780 | .034               | -.44 | 23,252 | .000 |
| Body mass index           | .156  | .053               | .052 | 2.925  | .003 |

## PSYCHOLOGICAL FLEXIBILITY

- The ability to maintain and modify behavior in a way that involves open contact with opinions and feelings, and that is compatible with one's values and goal.
- Acceptance and Commitment Therapy (ACT) is an approach which is focused on increasing psychological flexibility.
- Psychological flexibility is associated with better mental health and psychological well-being (Kashdan & Rottenberg, 2010).

## CONCLUSION

- Social appearance anxiety was negatively related to body appreciation, and psychological flexibility.
- BMI was positively related to social appearance anxiety due to social expectations to be slim and weight-based social discrimination.
- Psychological flexibility, BMI, and body appreciation explained 43.5 % variance of the social appearance anxiety.
- Further research should examine whether increasing psychological flexibility and body appreciation can lead to a decrease in social appearance anxiety and therefore minimize adult's risk of developing social anxiety disorders and eating disorders.

## OBJECTIVES

- The present study aimed at investigating the relationship between social appearance anxiety, psychological flexibility, and body appreciation in Turkish young adults.



## METHODS

Participants:

- 1903 participants (50.8 % F & 49.2% M)
- Age : M: 27.70 SD: 5.36
- BMI : M: 24.16 SD: 4.30

Measurements:

- Demographic form
- Social appearance anxiety: Social Appearance Anxiety Scale; SAAS
- Psychological flexibility: Acceptance and Action Questionnaire-II ; AAQ-II
- Body appreciation: Body Appreciation Scale-II ; BAS-II

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