

PROJECT 11.3

BODY IMAGE: HOW SATISFIED ARE MEN AND WOMEN WITH THEIR BODIES?

Purpose: This exercise is designed to compare men's and women's body image. It is a partial replication of research conducted by Drewnowski and Yee (1987).

Instructions: Using the data sheets on the following pages, interview two women and two men. Describe each participant by indicating his or her sex, age, and social attributes (for example, race or ethnicity, sexual orientation, or social class) at the top of the interview forms. Also indicate other relevant factors. This might include whether your respondent is pregnant, a collegiate athlete, etc.

1. Compute each respondent's Body Mass Index (BMI), which is a standard measure of a healthy weight. This involves the following steps:
 - a. Compute weight in kilograms (1 kilogram = 2.2 pounds)
 - b. Compute height in meters (1 meter = 39.4 inches), then square that figure
 - c. Compute BMI:
$$\frac{\text{Weight (kg)}}{\text{Height (m)}^2}$$
 - d. Write this figure at the bottom of each participant's data sheet.
2. Compare each respondent's BMI to the following ranges:
3. Indicate next to each BMI whether the respondent is underweight, at a healthy weight, or overweight.

	<u>Women</u>	<u>Men</u>
Aged 24 or younger	19-24	20-25
Aged 35 or older	21-26	22-27

7. Relate your findings to the course material. How is body image related to eating disorders and compulsive exercising in men and women?

Reference: Drownowski, Adam, & Yee, Doris K. (1987). Men and body image: Are males satisfied with their body weight? *Psychosomatic Medicine*, 49, 626-634.

Participant A

Sex _____

Age _____

Characteristics/Comments _____

1. What is your height? _____

2. What is your *current* weight? _____

3. What is your *ideal* weight? _____

4. How would you describe yourself?

1	2	3	4	5
Very underweight	Underweight	Average	Overweight	Very overweight

5. How satisfied are you with the shape of your body?

1	2	3	4	5
Never	Rarely	Sometimes	Often	Always

6. During the past month, how many days have you followed a reducedcalorie diet?

1	2	3	4	5
Never	1-3 days	4-7 days	1-2 weeks	Over two weeks

7. During the past month, how many days have you followed an exercise program?

1	2	3	4	5
Never	1-3 days	4-7 days	1-2 weeks	Over two weeks

8. During the past month, how long do you typically exercise.

1	2	3
Less than 30 min./session	30-60 min./session	More than 60 min./session
