

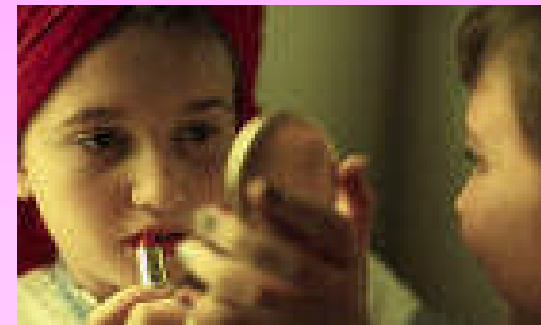
Assessment of Body Image, Appearance Management, and Psychosocial Functioning Among Hispanic Collegiate Females



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Abstract

The majority of our scientific knowledge about the relationship between body image, body weight, eating issues, and physical appearance has mainly focused on Anglo-American female populations and on the clinical extremes of Anorexia and Bulimia Nervosa. The purpose of my research was to examine the usefulness of the Multidimensional Body Self-Relations Questionnaire (MBSRQ, Brown, Cash, Mikulka, 1990) and the Appearance Schemas Inventory-Revised (ASI-R, Cash, Melnyk, & Hrabosky, 2003) with Hispanic/Latina collegiate women on the issues of body image, appearance, psychosocial functioning, and eating issues. Both instruments were administered to undergraduate, Latina women. Subscales and overall means for both the MBSRQ and ASI-R obtained from the present sample differed significantly from the published norms for Anglo and African American women.

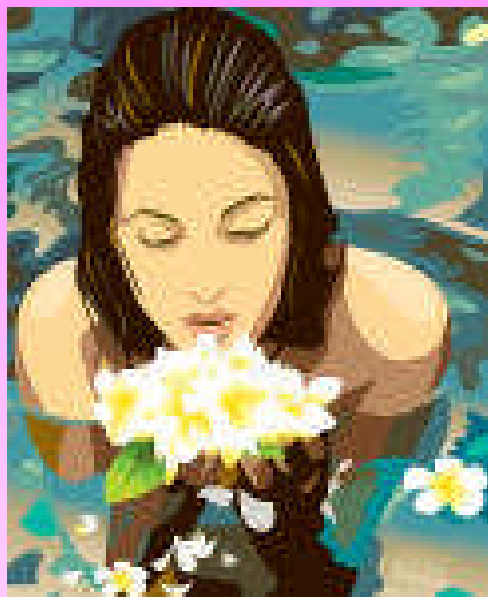
Introduction & Rationale for Study

- Increased public attention on body weight and appearance.
- Negative body image in women has been empirically related to depression (Denniston, Roth, & Gilroy, 1992), anxiety, lowered self-esteem (Thompson & Altabe, 1991), plastic surgery (Pruzinsky, 1996), internalized media and societal ideals (Brown, Cash, Mikulka, 1990), acculturation (Joiner & Kashubeck, 1996 and Perez et al., 2002), exposure to Western societies (Dolan, 1991), and increased spending for items claiming to guarantee weight loss (Brownell & Rodin, 1994).
- Existing empirical research generalized to Anglo-American Middle to Upper-Class adolescent females and young women
- Literature examining these issues with young women of Latina and or Hispanic descent is particularly limited.



Sample

- 100 female undergraduate students recruited from the dance team, cheer team, and sororities
- Private university in the Southwest (<5, 000 enrollment) with a majority of students identified as of Hispanic descent.
- Ages ranged from (18 to 24) years
- 85 Hispanic-Americans, 13 Anglo-Americans, and 2 other or unknown ethnicities.
- Current report is exclusively focused on the Hispanic subsample (n=85). The research was conducted after receiving approval from the university's Institutional Review Board.



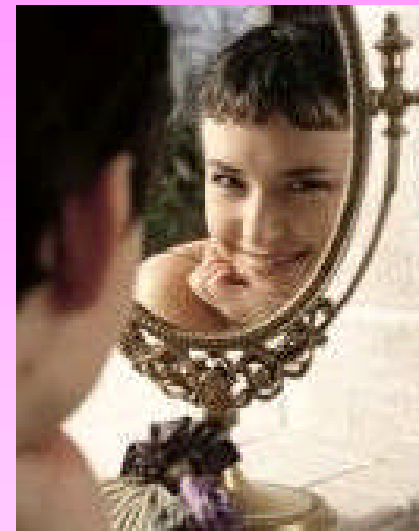
Instruments



- Multidimensional Body Self-Relations Questionnaire (MBSRQ)
 - 69-item self-report inventory
 - Seven Factor Subscales
- Appearance Schemas Inventory-Revised (ASI-R)
 - 20-item self-report inventory measuring appearance management (grooming behaviors) and aspects of psychosocial functioning (social self-presentation, self-esteem, and eating disturbances) using two subscales: Self-Evaluative Salience of Appearance (SESA) and Motivational Salience (MS)

Analysis & Results

- Cronbach's alpha coefficients were calculated to estimate the internal consistency reliability of composite scores and subscales of each instrument.
- The composite scores of both the MBSRQ and ASI-R were found to be adequately internally consistent in the present sample, each with an alpha coefficient equaling .89.
- The comparisons of Means & Standard Deviations (see Table 1 & 2).
- The alpha coefficients for the ASI-R Composite and Self-Evaluation Salience subscale were similar to those reported by Cash, et al, (2004); however, the Motivational Salience subscale is remarkably less internally consistent for the Hispanic sample than reported by Cash et al. (alpha of .78 and .90, respectively).



Comparison of MBSRQ Subscale Means and Standard Deviations in Present Sample to Published Norms

	Brown et al. (1990)		Present Sample		Comparison
	Mean	<i>SD</i>	Mean	<i>SD</i>	<i>t</i>
Appearance Evaluation	3.36	.87	3.12	.82	-2.54*
Appearance Orientation	3.91	.60	3.53	.62	-5.85**
Fitness Evaluation	3.48	.97	3.46	.82	-0.02
Fitness Orientation	3.20	.85	3.64	.70	4.77**
Health Evaluation	3.86	.80	3.42	.72	-5.07**
Illness Orientation	3.21	.84	3.40	.81	2.09*
Body Satisfaction Areas	3.23	.74	3.27	.70	.50
Overweight Preoccupation	3.03	.96	2.62	.99	-3.94**
Self-classified weight	3.57	.73	3.53	.73	-.51

*p < .05, **p < .01

ASI-R Means and Standard Deviations for Women by Race

	Anglo-American		African-American		Hispanic-American	
	Mean	SD	Mean	SD	Mean	SD
Composite ASI-R	3.53*	.62	3.35*	.57	3.43	.60
SESA	3.39*	.70	3.10**	.74	3.31	.61
MS	3.72*	.66	3.73*	.64	3.61	.63

* $p < .05$, ** $p < .01$

Implications for Use of the MBSRQ & ASI-R

- Researchers and clinicians should be cautious when using these measures with Hispanic or Latino individuals due to the differences found from normative samples.
- Findings suggest need for research with larger Hispanic samples to further examine the psychometric properties of these instruments for the population
- Level of acculturation should also be considered as a mediating variable in the relationship between ethnicity and body image
- Future research examining the use in samples of Hispanic men and women outside of the college environment is needed

