BODIES-IN-MOTION

An Evidence-Based Program to Support Positive Body Image
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PRESENTATION OBJECTIVES

- Describe the Bodies-in-Motion program
  - Rationale
  - Approach
  - Structure
- Present the Bodies-in-Motion evaluation
  - Participants
  - Procedures
  - Findings
- Share campus level implications
BODIES-IN-MOTION PROGRAM: RATIONALE

We believe that all female athletes deserve to view and treat their bodies with positivity, appreciation, and compassion.
CONCEPTUAL FRAMEWORK

Adapted From "Body image and sports/athletics" by T. Petrie and C. Greenleaf, 2012 in T. F. Cash (Ed.) Encyclopedia of Body Image and Human Appearance (Vol 1.) (pp. 160-165).
BODIES-IN-MOTION PROGRAM: APPROACH

Cognitive Dissonance

Mindful Self-Compassion
## BODIES-IN-MOTION PROGRAM: STRUCTURE

Intro Session, Four 75-Minute (Face-to-Face, Experiential, Discussion-Based) Sessions, Workbook, Social Media

<table>
<thead>
<tr>
<th>Session Title</th>
<th>Sample Content</th>
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<tbody>
<tr>
<td><strong>1</strong> Seeing Is Believing: Understanding How We Come to View and Assess Our Bodies as Women and as Athletes</td>
<td>Sociocultural and sport-related body pressures, body duality, mindfulness, mindful breathing</td>
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<tr>
<td><strong>2</strong> ‘I Am Not Who I Think I Am’: Examining Our Body Attitudes as Women and as Athletes</td>
<td>Internalization, affect, body attitudes and affirmation, self-kindness, mindful walking</td>
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<td><strong>3</strong> Taking it One Day at a Time: Ways to Become a Body Self-Advocate</td>
<td>Mindful self-compassion to counter body ideals</td>
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<td><strong>4</strong> Bodies-in-Motion: Celebrating the Female Athlete for Life</td>
<td>Body celebration and activism, skill transfer</td>
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BODIES-IN-MOTION PROGRAM: PERSONNEL TRAINING & PROTOCOL

• Program Leader Training
  • Women professionals or advanced doctoral students with diversity of educational background/expertise
  • 3 Parts (Approx. 6 to 8 Hours)

• Research Assistant Protocol
BODIES-IN-MOTION EVALUATION: PARTICIPANTS & PROCEDURES

- 9 NCAA Member Institutions
- 146 Female Collegiate Athletes
- 88 Program Participants
- 58 Wait-List Controls

This project was approved by the IRB.
PRE-POST PROGRAM EVALUATION: MAJOR FINDINGS

Sport-Related & General Body Pressures

- SP-Appearance & Performance
- SP-Coach & Sport About Weight
- GP-Lose Weight
- GP-Thin Body
- GP-Exercise
- GP-Be Attractive
- GP-Perfect Body

0 0.5 1 1.5 2 2.5 3 3.5

- Intervention
- Control
PRE-POST PROGRAM EVALUATION: MAJOR FINDINGS

Internalization of Thinness & Muscularity Pressures

3.1  3.2  3.3  3.4  3.5  3.6  3.7  3.8

Internalization-Thinness

Internalization-Muscularity

☆ = Statistically Significant Difference
PRE-POST PROGRAM EVALUATION: MAJOR FINDINGS

Weight, Body, & Shape Concerns

0 1 2 3 4 5

Shape Concerns
Weight Concerns
Satisfaction-Face
Satisfaction-Body
Body Shame
Body Appreciation
Situational Body Concerns

- Intervention
- Control
PRE-POST PROGRAM EVALUATION: MAJOR FINDINGS

Negative & Positive Affect

Anxious
Angry
Ashamed
Sad
Confident
Happy
Proud
Enthusiastic

0 1 2 3 4 5

Intervention
Control
PRE-POST PROGRAM EVALUATION: MAJOR FINDINGS

Self-Compassion & Mindfulness

0 1 2 3 4 5

Self-Compassion

Mindfulness

干预组
控制组

干预组 vs. 控制组
PRE-POST PROGRAM EVALUATION: MAJOR FINDINGS

Eating Behaviors

- Dietary Intent
- Dietary Restraint
- Eating Concerns

0 0.5 1 1.5 2 2.5

Intervention
Control
PROGRAM IMPRESSIONS:
MAJOR FINDINGS

Program Impressions

Objectives Were Met

Program Leader Was Effective

Would Recommend to Other Female Athletes

Scale = 1, strongly disagree to 4, strongly agree
PROGRAM IMPRESSIONS: THINGS I LIKED BEST

Growth
Positivity
Honesty
Athlete-Connection
Support
Strategies
Community
Mindfulness
Discussion
Self-Compassion
PROGRAM IMPRESSIONS: MOST IMPORTANT THING I LEARNED

- Mindfulness
- Positive-Focus
- Body-Awakening
- Beautiful
- Self-Compassion
- Don’t-Change
- Not-Alone
- Proud
- Strong
Findings suggest that *Bodies-in-Motion* is effective in promoting positive affect and positive views of the body, possibly through increases in mindfulness and self-compassion; all of which help female athletes refute, and cope more effectively with, pressures related to body, weight, and appearance.
CAMPUS LEVEL IMPLICATIONS

BIM Program Leaders

BIM Athlete Participants

BODIES IN MOTION

Teammates

Athletic Dept. Coaches & Staff
THANK YOU!