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| Title of Research: | The Relationship Between Self-Body Image and Depression |
| IRB Reference #: | 14-033 |
| Dates of Data Collection: | 04/08/2014 – 04/18/2014 |
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| Procedure: | In this survey subjects were asked to take three surveys and answer a few demographics questions. Subjects took the Beck Depression Inventory to measure their levels of depression (Beck, Steer, & Carbin, 1988); to measure self-body image subjects took two surveys: the Body Parts Satisfaction Scale (Berscheid, 1973) and the Body Self Relations Questionnaire (Winstead & Cash, 1984). The purpose of this survey is to gain a more complete understanding of the factors affecting depression and self-body image. Subjects were a part of the Answers University community or the Reddit Community ages 18 and older. |
| Research question and results: | The purpose of this survey is to gain a more complete understanding of the factors affecting depression and self-body image. We are expecting that the relationship between depression and self-body image will be consistent across culture and ethnicity while a stronger correlation between Depression and self-body image will be found in women and a weaker correlation among men. |
| Further Reading: | Beck, A. T. (1976). Cognitive therapy and the emotional disorders.  Beck, A. T., Steer, R. A., & Carbin, M. G. (1988). Psychometric properties of the Beck Depression Inventory: Twenty-five years of evaluation. Clinical psychology review, 8(1), 77-100.  Berscheid, E., Walster, E., & Bohrnstedt, G. (1973). The Happy American body: A survey report. Psychology Today, 7(6), 119-131.  Emery, G., Hollon, S. D., & Bedrosian, R. C. (Eds.). (1981). New directions in cognitive therapy: A casebook. Guilford Press.  Noles, S. W., Cash, T. F., & Winstead, B. A. (1985). Body image, physical attractiveness, and depression. Journal of Consulting and Clinical Psychology,53(1), 88.  Secord, P. F., & Jourard, S. M. (1953). The appraisal of body cathexis: body-cathexis and the self. Journal of Consulting Psychology, 17(5), 343. |