

**USSO 290W  
Spring 2022  
Psychological Thesis worksheet**

To complete during class on Tu 2/22

Due to Canvas by 2:30PM on Th 2/24

\*Please answer the **bolded** questions in a different color

**1) Which body image assessment tool did you choose?**

**Male body attitudes scale**

**2) What are the MLA citations** (as you will write on your Works Cited page) **for your 2 journal articles?**

Fong, Zhi Hui, et al. "Dating Apps, Sexual Orientation, and Male Body Image: An Investigation in Singaporean and Swedish Samples." *Psychology of Men & Masculinities*, vol. 23, no. 1, Jan. 2022, pp. 143–49. *EBSCOhost*, <https://doi.org/10.1037/men0000352>.

Griffiths, Scott, et al. "Beach Body Ready? Shredding for Summer? A First Look at 'Seasonal Body Image.'" *Body Image*, vol. 37, June 2021, pp. 269–81. *EBSCOhost*, <https://doi.org/10.1016/j.bodyim.2021.03.004>

3) First article:

a) **What is the title?**

**Dating apps, sexual orientation, and male body image: An investigation in Singaporean and Swedish samples.**

b) Read the abstract to get the highlights of the study.

c) Read the introduction. **What was the purpose of the study?**

**According to current research, dating app users have higher levels of body dissatisfaction than nonusers. However, the majority of these were based on studies of sexual minority men (SMM) or studies that did not take into account the effects of sexual orientation.**

d) Read the methods. **Did they use your assessment tool?**

**yes**

e) Read the discussion. **What was the conclusion of the study?**

**This study, which used samples from Singapore and Sweden, found that sexual orientation both confounds and moderates the relationship between dating app use and male body image.**

f) Read the results.

4) Analyze the assessment tool in the context of the first article:

**a) What was the population?**

**Male in Singapore and Sweden**

**b) How was the assessment tool used?**

**To assess body dissatisfaction, the 24-item Male Body Attitudes Scale (Tylka et al., 2005) with three subscales of muscularity, low body fat, and heightdissatisfaction was used. On a scale of one to ten, participants agreed or disagreed with statements ranging from "never" to "always" (6)**

**c) What were the results of your assessment tool?**

**In the Singapore sample, once sexual orientation was included, dating app use no longer predicted both overall and muscularity dissatisfaction. There were no significant interactions.**

**In Swedish, eating app use predicted body image disturbance, overall dissatisfaction, and height dissatisfaction. However, once sexual orientation was included, dating app use no longer predicted body image disturbance and overall dissatisfaction.**

**d) How did the assessment tool advance the researchers' understanding of body image?**

**It help the researchers a benchmark to collect all data**

**e) What were the strengths of the assessment tool in this study?**

**Get the idea of all tested sample**

**Effective cover all the test sample**

**f) What were the weaknesses of the assessment tool in this study?**

**Sample too small**

5) Second article:

**a) What is the title?**

**Beach body ready? Shredding for summer? A first look at “seasonal body image**

b) Read the abstract to get the highlights of the study.

c) Read the introduction. **What was the purpose of the study?**

**introduce the term "seasonal body image" to refer to within-person variation in body image that occurs throughout the Gregorian seasons of Spring, Summer, Autumn, and Winter. Peaks in body dissatisfaction were observed alongside peaks in four proposed seasonal body image mechanisms.**

d) Read the methods. **Did they use your assessment tool?**

**yes**

e) Read the discussion. **What was the conclusion of the study?**

**introduce and stimulate academic research on seasonal body**

**image, a term used to refer to within-person variation in body**

**image that occurs throughout the Gregorian seasons of**



**Spring, Summer, Autumn, and Winter.**

f) Read the results.

- 6) Analyze the assessment tool in the context of the second article:  
a) **What was the population?**

**Gregorian**

b) **How was the assessment tool used?**

**To represent non-seasonal negative body image, two variables were created: muscularity dissatisfaction and body fat dissatisfaction, both of which are subscales on the Male Body Attitudes Scale – Revised.**

c) **What were the results of your assessment tool?**

**Seasonal body image effects were consistently and reliably observed across all five dependent variables, including participants from both hemispheres.**

**d) How did the assessment tool advance the researchers' understanding of body image?**

**Give researchers a scale and benchmark for their sample**

**e) What were the strengths of the assessment tool in this study?**

**Actively report the results from the tested sample**

**f) What were the weaknesses of the assessment tool in this study?**

**Sample maybe too small**

**7) Compare, contrast, and evaluate**

**a) Was the assessment tool used the same way in both studies?**

**yes**

**b) If not, how were they different?**

**c) Is this tool valid?**

**yes**

**d) Is this tool reliable?**

**yes**

**e) Is this tool a subjectively good assessment of body image?**

**Yes and no, the sample size are still not varied and may not work if doing on a bigger scale with more representative**

**8) Thesis**

- a) If you were creating a study that used your assessment tool, **how would you use it differently than the above articles?** For example, would you change the population, change the questions, change how it was administered?

I think I will introduce more population size

- b) **How would your changes make the tool better?**

**I think so as the tool response will cover more case and more culture of people**

- c) **Create a thesis statement** based on the above questions. Your thesis statement should answer 2 questions:

- i) Is your assessment tool effective, and why or why not
- ii) A summary of your proposed study that would increase the effectiveness of the tool
- iii) For example, "Body Mass Index is not a valid assessment of body image due to its neglect to take into account one's build. This could be improved by adjusting BMI into categories for a slender, medium, muscular, or large frame."

- d) **Thesis:**

**There are pros and cons with Body Appreciation Scale. The former is that the sample size can subjectively report the results without any bias. The later is**

**that Body Appreciation Scale are works only for small sample size and may introduce noise to the dataset when compared to larger sample size.**