

Viewing Your Body from the Inside & Out

Body Image Concerns & Interoceptive Awareness in Norwegian Women

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Background

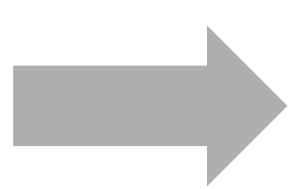
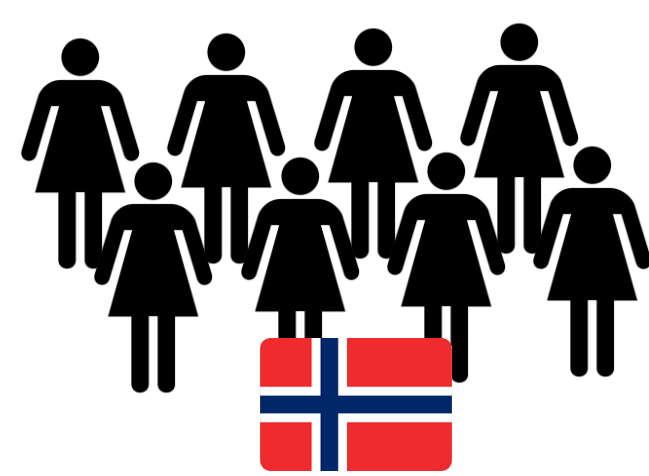
Eating disorders, Body Image & Interoceptive Awareness

- Between **700 000 - 1.250 000** individuals in the UK have an eating disorder, costing **£9.4 billion** a year.
- Even more struggle with **eating- and body image concerns**, which impacts physical & mental health, and has been associated with developing an eating disorder.
- Half of eating disorder patients do not respond to current evidence-based treatments.
- Thus, it is important to explore both the factors affecting body image and how these interact.
- One such factor is **interoceptive awareness** (the inner sense of the internal state of one's own body).

Aim

Explore the relationships between different types of body image, interoceptive awareness, and psychological concerns in Norwegian women.

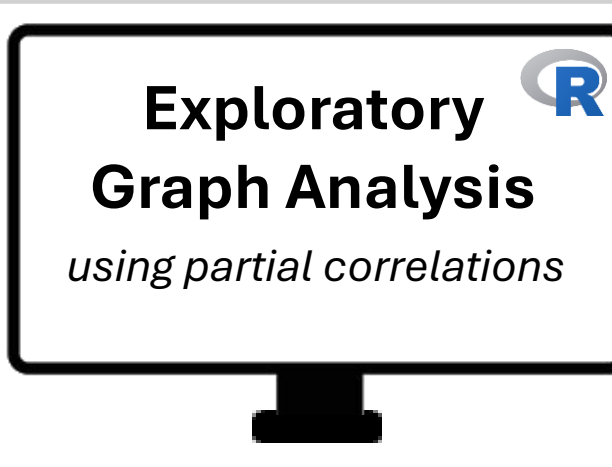
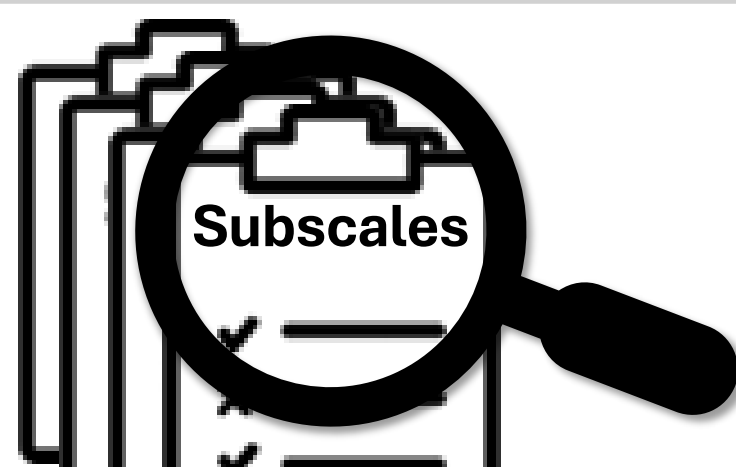
Method



Adjust the figure to your...

1. Own body size
2. Ideal body size

Analysis



Results

Three main clusters

Interoceptive Awareness

Emotional Distress

Body Image Concerns

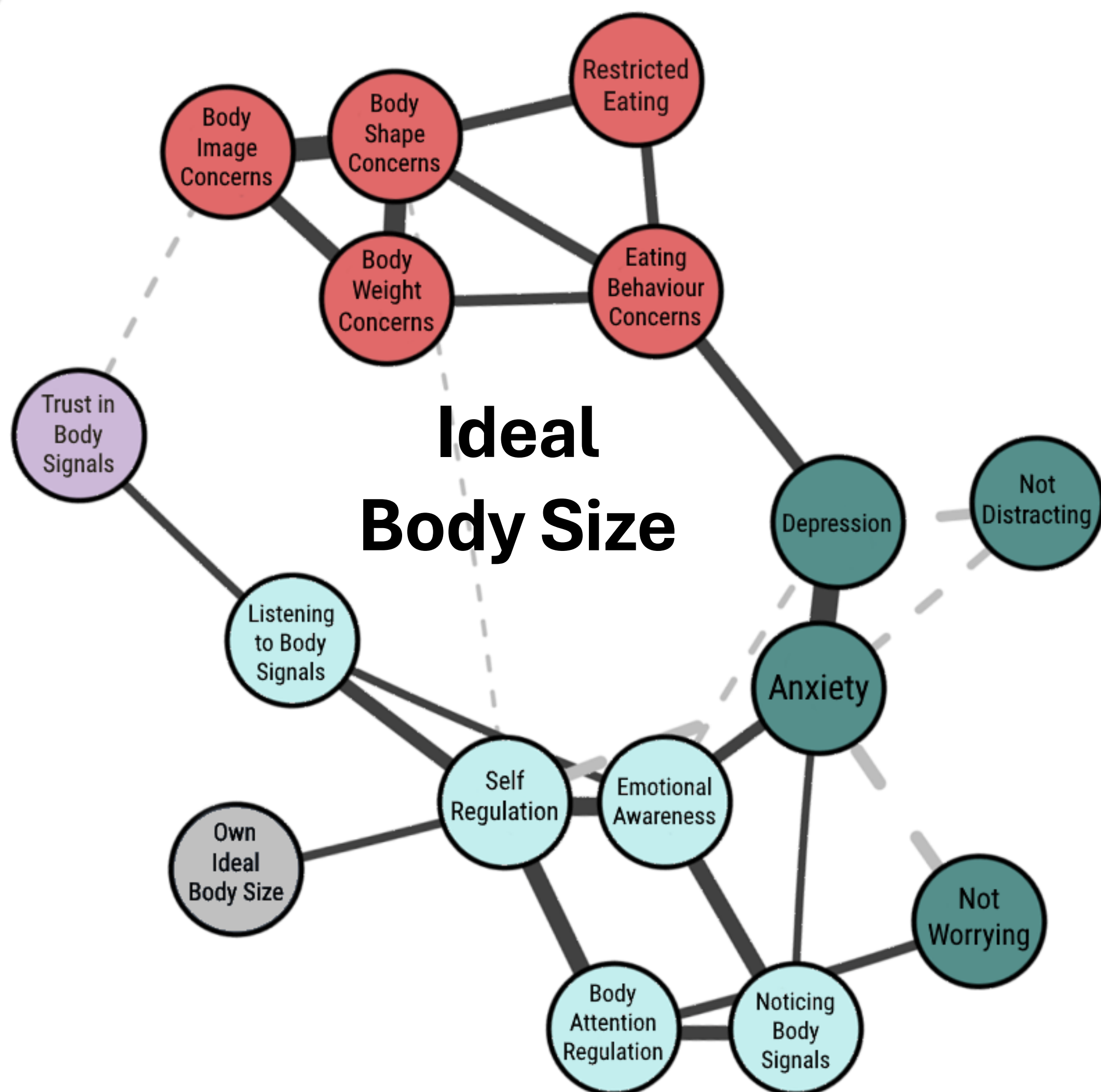
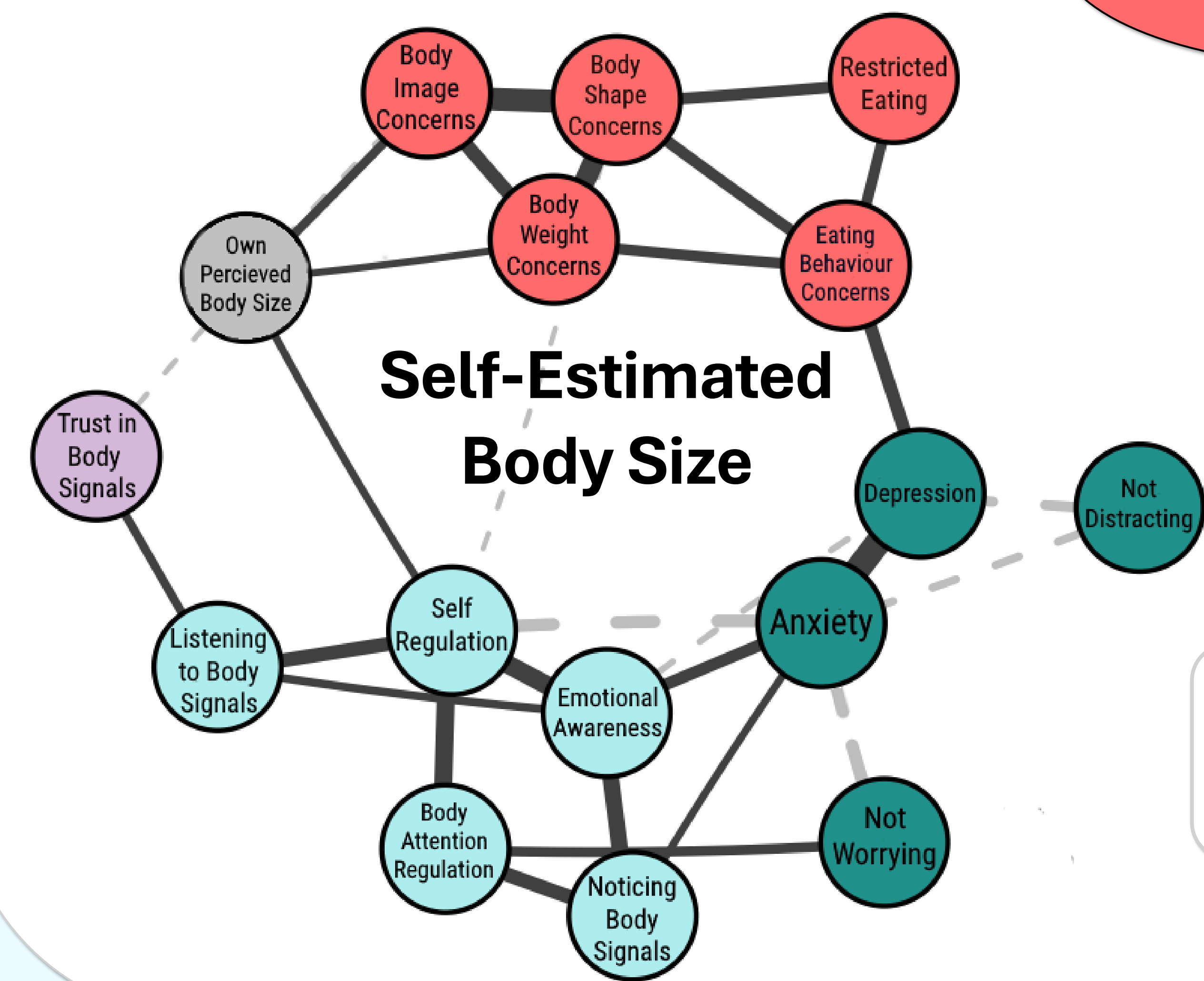
Self-Estimated Body Size

Ideal Body Size

Correlations

— = +

- - - = -



Discussion

- Self-Regulation** is relevant for both the Ideal- and the Self-Estimated Body Size network.
- NB: Network models are **correlational**.
- Interoceptive Awareness subscales (MAIA-2) do not all cluster together in either network.
- The **three main clusters may be utilised as factors** in future analyses.

Cited Works

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