

Perceived stress scale(Sheldon Cohen, 1993) :

Cronbach alpha exceeds .7 (Perceived Stress Scale: Reliability and Validity Study in Greece, “ Eleni Andreou, Evangelos C. Alexopoulos”

PSS scores are obtained by reversing responses (e.g., 0 = 4, 1 = 3, 2 = 2, 3 = 1 & 4 = 0) to the four positively stated items (items 4, 5, 7, & 8) and then summing across all scale items. A short 4 item scale can be made from questions 2, 4, 5 and 10 of the PSS 10 item scale.

- 1.In the last month, how often have you been upset because of something that happened unexpectedly?
- 2.In the last month, how often have you felt that you were unable to control the important things in your life?
- 3.In the last month, how often have you felt nervous and stressed?
- 4.In the last month, how often have you felt confident about your ability to handle your personal problems?
- 5.In the last month, how often have you felt that things were going your way?
6. In the last month how often have you found out that you could not cope with all the things that you had to do?
- 7.In the last month, how often have you been able to control your irritations in your life?
8. In the last month, how often have you felt that you were on top of things?
9. In the last month, how often have you been angered because of things that were outside of your control?
- 10.In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

Social Media usage scale(Jenkins-Guarnieri et al.,2013) :

Scores between 0 - 5 , where 0 = strongly disagrees, 5= strongly agree
Cronbach alpha of scale exceeds .7 (Quinlan et al., 2011, p. 114)

- ☐ I feel disconnected from friends when I have not logged into Facebook
- ☐ I would like it if everyone used Facebook to communicate
- ☐ I would be disappointed if I could not use Facebook at all
- ☐ I get upset when I can't log on to Facebook

- ☐ I prefer to communicate with others mainly through Facebook
- ☐ Facebook plays an important role in my social relationships

The ISR dimension is represented by four items, namely:

- ☐ I enjoy checking my Facebook account
- ☐ I don't like to use Facebook (item to be reverse scored)
- ☐ Using Facebook is part of my everyday routine
- ☐ I respond to content that others share using Facebook

Sleep Quality Scale (C. Shin, YI 2006) :

Cronbach alpha of scale ranged from 0.61 to 0.9(YI, SHIN & SHIN, 2006)

Scores are {

1 = Rarely : none or 1-3 times a month

2 = Sometimes : 1-2 times a week

3 = Often : 3-5 times a week

4 = Almost Always 6-7 times a week

}

1. I have difficulty falling asleep
2. I fall into deep sleep
3. I wake up while sleeping
4. I have difficulty getting back to sleep once I wake up in middle of the night.
5. I wake up easily because of noise.
6. I toss and turn.
7. I never go back to sleep after awakening during sleep.
8. I feel refreshed after sleep.
9. I feel unlikely to sleep after sleep.
10. Poor sleep gives me headaches.
11. Poor sleep makes me irritated .
12. I would like to sleep more after waking up.
13. My sleep hours are enough.
14. Poor sleep makes me lose my appetite.
15. Poor sleep makes hard for me to think.
16. I feel vigorous after sleep.
17. Poor sleep makes me lose interest in work or others.
18. My fatigue is relieved after sleep.
19. Poor sleep causes me to make mistakes at work.
20. I am satisfied with my sleep.
21. Poor sleep makes me forget things more easily.
22. Poor sleep makes it hard to concentrate at work.
23. Sleepiness interfere with my daily life.
24. Poor sleep makes me lose desire in all things.
25. I have difficulty getting out of bed.
26. Poor sleep makes me easily tired at work.
27. I have a clear head after sleep.
28. Poor sleep makes my life painful.

Body appreciation scale(BAS; Avalos, Tylka, & Wood-Barcalow, 2005). :

Scores vary from 0(never) to 5(always)

The scale is reliable and valid throughout cronbach alpha result((Zarate, Marmara, Potoczny, Hosking & Stavropoulos, 2021)

Scores are from 0 - 5 {
0 = never - 5 = always}

- 1.I respect my body.
- 2.I feel good about my body.
- 3.On the whole, I am satisfied with my body.
- 4.Despite its flaws. I accept my body for what it is
- 5.I feel that my body has at least some good qualities
- 6.I take a positive attitude toward my body
- 7.I am attentive to my body needs
- 8.My self-worth is independent of my shape or weight
- 9.I do not focus a lot of energy being concerned with my body shaper or weight.
- 10.My feelings toward my body are positive, for the most part
- 11.I engage in healthy behaviours to take care of my body
- 12.I do not allow unrealistically thin images of women presented in the media to affect my attitudes toward my body
- 13.Despre its imperfections, I still like my body

Need to belong scale (Leary, M. R.. (2013)).:

Need to belong scale is associated the desire for acceptance and belonging.(Leary, Kelly, Cottrell & Schreindorfer, 2013)

Instructions: For each of the statements below, indicate the degree to which you agree or disagree with the statement by writing a number in the space beside the question using the scale below:

- 1 = Strongly disagree
2 = Moderately disagree
3 = Neither agree nor disagree 4 = Moderately agree
5 = Strongly agree

1. If other people don't seem to accept me, I don't let it bother me.
2. I try hard not to do things that will make other people avoid or reject me.
3. I seldom worry about whether other people care about me.

4. I need to feel that there are people I can turn to in times of need.
5. I want other people to accept me.
6. I do not like being alone.
7. Being apart from my friends for long periods of time does not bother me.
8. I have a strong need to belong.
9. It bothers me a great deal when I am not included in other people's plans.
10. My feelings are easily hurt when I feel that others do not accept me.



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Research Project Title: How social media usage, stress, sleep, need of belonging to a group influence body appreciation

Study invitation

You are being invited to take part in a research project. Before you decide whether to take part, it is important for you to understand why the research is being conducted and what participation will involve. Please take time to read the following information carefully and discuss it with others if you wish. Ask us if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part.

What is purpose of the project?

Body esteem is a social problem arising throughout teenagers and adults. The purpose of this study is to find out if stress, social media usage, quality of sleep and the need to belong to a group predict the appreciation of a persons body. The result of this study could help people facilitate the cause of this problem and also help them find better and more valid solutions.

Who can take part?

The participants must be students of the University of Westminster London.

Do I have to take part?

No, your participation is entirely voluntary. You can stop taking part at any time without having to provide an explanation.

You can close at any moment the questionnaire website, and your data will not be used.

You can choose to decline answering any question or undertaking any task that is asked of you, even after the study starts.

After the study has finished, you can withdraw your data if you provided enough information to allow your responses to be identified.

Your data can be withdrawn at any point until they have been analysed or until they have been anonymised, by sending a request to w1689677@my.westminster.ac.uk

What will happen to me if I take part?

Nothing will happen to you, the study is safe from an ethical point of view.

How long will it take?

The study will take between 15-20 minutes.

What are the possible disadvantages and risks of taking part?

There are no risks of taking part to the study.

What are the possible benefits of taking part?

The benefits of taking part, would be the help to validate the theory of the project, which could lead to better solutions to fix the issues and finding easier the cause. In this case would mean finding easier the cause and solutions to low body appreciation.

What if something goes wrong?

This research has been approved by the Psychology Research Ethics Working Group at the University of Westminster.

If you would like to make a complaint about this research, please contact:

Professor Dibyesh Anand (Head of School of Social Sciences) - D.Anand@westminster.ac.uk

What will happen to my data?

This research is being conducted in accordance with the University Of Westminster Code Of Practice Governing the Ethical Conduct of Research and the British Psychological Society (BPS) Code of ethics.

If you provide any personally identifiable data it will be treated confidentially and in accordance with the University of Westminster ethical guidelines and British Psychological Society code of human research ethics. Note in exceptional circumstances, the duty of confidentiality may be over ridden by more compelling duties such as to protect the individual from harm.

All data will be securely stored and managed in accordance with the Data Protection Regulation 2018 and the General Data Protection Act 2018.

You will not be personally identifiable in any reports that arise from this study.

Your data may be shared with other members of the research team including the supervisor of the research or those working closely with the supervisor.

Your anonymised data may be used for future research and may undergo secondary analysis. This future research may be unrelated to the goals of this study may be conducted by researchers unrelated to this research project.

What will happen to the results of the research project?

The results of this research would be submitted on the Westminster Blackboard website, where they would finally be marked by different Professors.

Who is organising and/or funding this project?

The project is being organised by Pop Lorenzo, student of the University of Westminster studying Psychology , under the supervision of Dr David Barron. For this project there is no funding.

Please contact the researcher and/or their supervisor at the following email addresses if you have any questions about this research:

Researcher email : w1689677@my.westminster.ac.uk

Supervisor email : david@perdanauniversity.edu.my

Thank you for considering taking part.

In signing this consent form I am indicating that my participation has been explained to my satisfaction and I am agreeing to and understand the following – please initial each box below, as appropriate:

My participation in this research is on an entirely voluntary basis.	
I am able to stop at any point during the process without having to provide an explanation.	
Once I have taken part, I am still able to withdraw my data at any point until the data has been anonymised or analysed as part of the research project. I understand that if I do not provide any identifying information it will not be possible to remove my data after I submit it as it will not be possible to identify	
I do not have to answer all questions or complete all tasks that are presented to me.	
My data will be anonymised and all identifying features will be removed so that my contribution will not be identifiable when reporting this research.	
If I provide any personal identity data this will be treated confidentially and in accordance with the University of Westminster ethical guidelines and British Psychological Society code of human research ethics. It will be securely stored and managed in accordance with the Data Protection Regulation 2018 and the	
The responses that I provide may be shared with members of the research and/or teaching team, and the University of Westminster External Examiner.	
The duty of confidentiality is not absolute and in exceptional circumstances this may be overridden by more compelling duties such as to protect individuals	
My anonymised contribution to this research may be used for future research and may undergo secondary analysis. Future research may be unrelated to the goals of this study and may be conducted by researchers that are unrelated	
I consent to take part in this research study	

**Please
Initial**

Participant's Signature:	Researcher's Signature:
Date:	Date:



Debrief Sheet

Thank you very much for being part of this research, it is of great help.

What was the study about?

The study is about finding if the image of the body and the appreciation of it, can be predicted by social media usage, stress and sleep quality. The importance of this prediction is that finding what predicts low body esteem, could help people find easily the cause of it and ultimately find a better solution to fix it.

What can I do to find out more information or if I would like further support ?

We hope that this study has not raised any uncomfortable feelings. However, if you are worried about your mental health, you may want to speak to your doctor.

To find out more information about the study, papers related to the study can be found on <https://scholar.google.com> .

If you have any questions about the research and wish to discuss them with the researchers please use the following contact email:

Student Researcher: w1689677@my.westminster.ac.uk

Project Supervisor: david@perdanauniversity.edu.my