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PROJECT 11.3

BODY IMAGE: HOW SATISFIED ARE MEN AND WOMEN WITH THEIR BODIES?

Purpose: This exercise is designed to compare men's and women's body image. It is a partial replication of research conducted by Drewnowski and Yee (1987).

Instructions: Using the data sheets on the following pages, interview two women and two men. Describe each participant by indicating his or her sex, age, and social attributes (for example, race or ethnicity, sexual orientation, or social class) at the top of the interview forms. Also indicate other relevant factors. This might include whether your respondent is pregnant, a collegiate athlete, etc.

1. Compute each respondent's Body Mass Index (BMI), which is a standard measure of a healthy weight. This involves the following steps:
   a. Compute weight in kilograms (1 kilogram = 2.2 pounds)
   b. Compute height in meters (1 meter = 39.4 inches), then square that figure
   c. Compute BMI:

   \[
   \text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m)}^2}
   \]
   d. Write this figure at the bottom of each participant's data sheet.

2. Compare each respondent's BMI to the following ranges:

   \[
   \begin{array}{lll}
   \text{Women} & \text{Men} \\
   \text{Aged 34 or younger} & 19-24 & 20-25 \\
   \text{Aged 35 or older} & 21-26 & 22-27
   \end{array}
   \]

3. Indicate next to each BMI whether the respondent is underweight, at a healthy weight, or overweight.
4. Compare men's and women's responses to interview questions 4 and 5. Drewnowski and Yee found that women were more likely to describe themselves as overweight and to be dissatisfied with their bodies than were men. What were your findings?

5. Compare men's and women's current and ideal body weights with the BMI ratings you computed. How accurate are their perceptions?

6. Inspect the dieting and exercise habits of those who wish to lose weight. Men are more likely to exercise to lose weight while women are more likely to diet. What were your findings?
7. Relate your findings to the course material. How is body image related to eating disorders and compulsive exercising in men and women?

Participant A

Sex ____________ Age ____________

Characteristics/Comments______________________________

1. What is your height? ____________

2. What is your current weight? ____________

3. What is your ideal weight? ____________

4. How would you describe yourself?

   1  2  3  4  5
   Very Underweight Average Overweight Very
   underweight overweight

5. How satisfied are you with the shape of your body?

   1  2  3  4  5
   Never Rarely Sometimes Often Always

6. During the past month, how many days have you followed a reduced-
   calorie diet?

   1  2  3  4  5
   Never 1-3 days 4-7 days 1-2 weeks Over 2 weeks

7. During the past month, how many days have you followed an exercise
   program?

   1  2  3  4  5
   Never 1-3 days 4-7 days 1-2 weeks Over 2 weeks

8. During the past month, how long do you typically exercise?

   1  2  3
   Less than 30-60 More than
   30 min./session min./session 60 min./session
Participant B

Sex __________ Age __________

Characteristics/Comments

1. What is your height?

2. What is your current weight?

3. What is your ideal weight?

4. How would you describe yourself?
   1 2 3 4 5
   Very Underweight Average Overweight Very overweight

5. How satisfied are you with the shape of your body?
   1 2 3 4 5
   Never Rarely Sometimes Often Always

6. During the past month, how many days have you followed a reduced-
calorie diet?
   1 2 3 4 5
   Never 1-3 days 4-7 days 1-2 weeks Over 2 weeks

7. During the past month, how many days have you followed an exercise
program?
   1 2 3 4 5
   Never 1-3 days 4-7 days 1-2 weeks Over 2 weeks

8. During the past month, how long do you typically exercise?
   1 2 3
   Less than 30 min./session 30-60 min./session More than 60 min./session
Participant C

Sex ___________________ Age ___________________

Characteristics/Comments________________________________________________________

1. What is your height?  ___________________

2. What is your current weight?  ___________________

3. What is your ideal weight?  ___________________

4. How would you describe yourself?  
   1  2  3  4  5  
   Very Underweight Average Overweight  Very overweight 
   underweight

5. How satisfied are you with the shape of your body?  
   1  2  3  4  5  
   Never Rarely Sometimes Often Always

6. During the past month, how many days have you followed a reduced-calorie diet?  
   1  2  3  4  5  
   Never 1-3 days 4-7 days 1-2 weeks Over 2 weeks

7. During the past month, how many days have you followed an exercise program?  
   1  2  3  4  5  
   Never 1-3 days 4-7 days 1-2 weeks Over 2 weeks

8. During the past month, how long do you typically exercise?  
   1  2  3  
   Less than 30-60 More than 60 min./session
   30 min./session min./session min./session
Participant D

Sex ____________ Age ____________

Characteristics/Comments__________________________________________

1. What is your height? ________

2. What is your current weight? ________

3. What is your ideal weight? ________

4. How would you describe yourself?
   
   1  2  3  4  5
   Very Underweight Average Overweight Very overweight
   underweight

5. How satisfied are you with the shape of your body?
   
   1  2  3  4  5
   Never Rarely Sometimes Often Always

6. During the past month, how many days have you followed a reduced-calorie diet?
   
   1  2  3  4  5
   Never 1-3 days 4-7 days 1-2 weeks Over 2 weeks

7. During the past month, how many days have you followed an exercise program?
   
   1  2  3  4  5
   Never 1-3 days 4-7 days 1-2 weeks Over 2 weeks

8. During the past month, how long do you typically exercise?
   
   1  2  3
   Less than 30 min./session 30-60 min./session More than 60 min./session