

Perceived Body Image And Influence Of Tripartite Model On Thin-Ideal Internalization

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Abstract

The purpose of the present study was to investigate the mediating role of media, perceived parental and perceived peer influence separately in the relationship between perceived body image with thin ideal internalization, it also aimed that Media advertisement is a stronger mediator of thin-ideal internalization than perceived parental and perceived peer influence among 400 College and Universities students, housewives and working women within the age range of 18 to 42 (M= 27.5; SD= 5.63) years from various cities of Punjab, Pakistan. The data was collected using self-report questionnaires. Pearson Product Moment Correlation and Structural Equation Modeling using AMOS were carried out to investigate the relationship between study variables and a possible mediating role of media, perceived parental and perceived peer influence. The findings revealed the stronger mediating role of media advertisements in the relationship between perceived body image and thin ideal internalization while perceived peer influence is the second most pertinent mediator for the explanations of that relationship. Moreover, perceived parental influence was neither a significant mediator nor a predictor of thin-ideal internalization for the current sample.

Keywords: Media influence, perceived body image, peer and prenatal influence, thin ideal internalization.

1. Introduction

Thin ideal is one of the principle components of models in Western magazines; in any case, such perfect female thin bodies are convincing but may not be acquired by ordinary women (Sypeck, Gray, & Ahrens, 2004). It is noted that women with either satisfied or dissatisfied perceived body images respond differently to the thin ideal media messages or images (Want, 2009) and women with dissatisfied body image are also more vulnerable to the negative effects of thin ideal body images (Mask & Blanchard, 2011) because after seeing these images they internalize these images as ideal standards of beauty and how a woman should look like. Chen and Swalm (1998) maintain that “body image comprised of

two major components, a perception of weight-related physical appearance and affective feeling and attitude about a body.

For a considerable length of time, there has been a wide understanding that the media assumes an essential part in molding and strengthening the thin ideal, vigorously impacting mental and physical wellbeing of teenagers and young females (Ahern, Bennett, & Hetherington, 2008, Ata, Ludden, & Lally, 2007; Bell, Lawton, & Dittmar, 2007). Moreover, a meta-analysis directed by Grabe, Ward and Hyde (2008) pointed out that body images in the media have strongly affected the levels of thin ideal internalization, distorted body image perception and disorganized eating practices. Media

exposure is also found to be related with thin body internalization (Nouri, Hill & Orrell-Valente, 2011). Despite the fact, these studies recognized that the media depictions of zero-size female body impacted females in negative ways (Sink et al., 2017). Different studies proposed that instead of media influence, parental and peer influence was a vital component that added to the thin ideal internalization through weight loss information, dieting and improvement in physical appearance (Trekels & Eggermont, 2020; Wang et al., 2019; Balantekin, Savage, Marini & Birch, 2014; Thompson & Stice, 2001). However, there existed scarce literature assessing the mediating role of parents, peer, and media conclusively in a single study. Therefore, this study is an attempt at exploring which is the stronger mediator (media, parents, and peers) that better explain the indirect effect in the relationship between perceived body image and thin ideal internalization among Pakistani women. As Taylor et al., (1998) reveal that parents, peer groups and the community as a whole are the major sources of social pressure pertaining to thin body idealization among females. Besides this numerous factors have contributed to the onset and maintenance of thin ideal internalization including genetic factors (Body Mass Index), socio-cultural factors including parents, family, romantic partners, peers and media and psychological factors like low self-esteem, diligence and negative effect resultant from negative perceived body image (Littleton & Ollenclick, 2003). Therefore, the present study focuses on parents, peer and media influence on thin ideal internalization among women. Moreover, Gabriel and Gardner (1999) maintain that social network influence plays a decisive role in one's judgment about body image. Coleman (1980) reveals that both clinical experts and developmental researchers are of the opinion that in the period of adolescence, young people give significant value to their peers' beliefs and behaviors. Newman et al., (2006) argue that peer pressure is stronger on adolescent

and adults because they spend most of their time among peers and their appearance is evaluated by others so, besides their perception of body image, the evaluating remarks by other persuades them to develop unrealistic thin ideal internalization and then they work as an important motivational force behind body shaping behavior of individuals (Jones, 2004). Berg et al., (2007) endorse that the peers' criticism has the stronger effect on women regarding their body shape. Lieberman, Gauvin, Bukowski and White (2001) reveal that perception regarding body dissatisfaction among women is the result of physical appearance and weight-related factors. Owen and Spencer (2013) maintain that in North America females' ideal body figure is highly influenced by their social perception rather than their medically recommended ideal weight. Furthermore, Epstein (1989) points out that peers have a vital influence on personal traits, physical features and behavioral tendencies of women. Swinbourne and Touyz (2007) conclude that eating disorder among females is connected with social anxiety caused by peer groups' influence. Leahey, Crowther, & Mickelson (2007) reveal that female college students' are more conscious about their physical appearance and consistently engaged in comparisons with peers (Tiggemann & Anderberg, 2020; Leahey et al., 2007). McCabe and Ricciardelli (2001) and Paxton et al. (1999) reveal that peer criticism for weight gain and praise for weight loss have the stronger influence on women with high body dissatisfaction. White and Warren (2014) maintain that social appearance anxiety in university female students is directly associated with body checking behavior. Matsumoto, Kumano, and Sakano (1999) maintain that pressure from peers has sometimes more significant effect on adolescent girls to be thin instead of media and family. Therefore, it is concluded that peer groups have a significant influence on females regarding their body image which results in thin body internalization.

Owing to the role of parents regarding unrealistic body ideals, several studies suggest that parents are more concerned about the body shape and weight of their teenage daughter and advise them to keep their bodies thin (Vincent & McCabe, 2000; Byely, Archibald, Graber & Brooks-Gunn, 2000). Thomsen (2002) maintains that men like a thin female body that's why women prefer to be thin and maintain weight. Taylor et al. (1998) reveal that the parents of female students from grade 6 to 10 are more concerned about their weight that results in thin body internalization in the teenager. Neumark-Sztainer and colleagues (2010) discover that mothers have a stronger influence on daughters to do dieting. Similarly, in families where talks related to weight teasing are common, body dissatisfaction and eating disorder are highly reported. Furthermore, Stice, Schupak-Neuberg, Shaw, and Stein (1994) argued that media portrayal of thin body female models had increased the feelings of shame, guilt, and unhappiness among women regarding their body shapes, size and appearance. Qidwai, Ishaque, Shah and Rahim (2010) maintained that depression and low self-esteem among women are common with reference to their body image that was the result of exposure to media ideal thin models. Dohnt and Tiggemann (2006) found a significant connection between frequency of watching thin models on television and increased body dissatisfaction among women. In addition, Mason (2012) argued that media advertisements make women conscious of their body image and physical beauty. Thin ideal internalization leads women to weight management that causes eating disorders (Groesz, Levine, & Murnen, 2002). The pictures of skinny models on cover pages of fashion magazines also create dissatisfaction among females (Mazzeo & Espelage, 2002). Moreover, another study on the effects of appearance vs. non-appearance ads on the young females, Hargreaves and Tiggemann (2002) maintained that those who viewed body image

related commercials were more dissatisfied about their own body image than the females who did not view same commercials. Knauss et al., (2007) had found a strong association between media presentation of thin females and body dissatisfaction among teenage girls. In addition, higher media exposure of thin models in media is also the major cause of body dissatisfaction (Jones, Vigfusdottir, & Lee, 2004). Dittmar (2005) maintains that when women compare their physical appearance with thin models in media, they feel more dissatisfaction regarding their bodies. To sum up, media promotes the culture of thinness and objectification (Alina et al., 2020) that leads to thin ideal internalization among females resulting in body dissatisfaction. Similarly, Berg (2001) reveals that the media, magazine and billboard advertisements are the main source of promoting internalization of extremely thin models as a standard of beauty and success. Trampe et al., (2007) conclude that women, who are unhappy with their body image, are more involved in social comparisons with ideally thin females portrayed by media. Media is the main source of social comparison regarding thin ideal body image because "prospect for social comparison is everywhere, as each day, the social interactions and media bombard us with knowledge about others actions, lifestyles and accomplishments." Fredrickson and Roberts (1997) explore that socio-cultural behavior; media influence and exposure motivate women to internalize common social standards of beauty, thinness, and attractiveness. Moreover, Park (2005) argues that body shape and size presented in media is getting thin day by day that motivates females to be skinny (Park 2005; Hanan et al., 2021). Mills, Roosen, and Vella-Zarb (2011) reveal that body image perception among females is not static but malleable. Viewing the thin body image on media influences females to choose thin and smart body ideal for themselves. Mills, Jadd, and Key (2012) explore that manipulated media images regarding thin body ideals made women

ready to be thinner after believing that many other women are thinner. In addition, Tiggemann and McGill (2004) argue that women often use the thin body ideal as a tool for physical appearance comparison. Discussing the powerful effect of media, several studies conclude that viewing the media images of thin and attractive models causes eating disturbance, body dissatisfaction, obesity, sadness and lower level of self-esteem among women (Dittmar, 2005; Glauret, Rhodes, Fink, & Grammer, 2010; Grabe, Ward, & Hyde, 2008). The connection between exposure to media and thin body internalization, Folger and Reeb (2010) maintain that the females who watch extra thin body images on media have considerably strong effects on body figure dissatisfaction compare to those females who watch neutral body images. Scharrer (2013) maintains that media depictions of women as extraordinary thin and young in the TV programs, fashion magazines, and video games create thin ideal internalization among females (Scharrer, 2013; Scharrer & Blackburn, 2018).

The framework for this study is provided by psychological theories specifically socio-cultural perspective to comprehend the conduct of people and especially break down the part of social qualities influencing the role of cultural values in persuading individual behavior and values (Jackson, 2005). This observation incorporates a difference of hypothetical methodologies which shares that the premise and establishments of social qualities are huge in seeing how people see themselves and how they are seen by others (Jackson, 2005). If the culture gives importance to beauty and attractiveness, the people belonging to that culture will value beauty and attractiveness in oneself as well as others. Stice et al., (1994) have summarized how the society and the surroundings, including individual family, parents, peers and mass media can influence and pressurize an individual to conform to the thin ideal standards and the

resultant internalization of this thin ideal. These internalized pressures adversely affect the eating habits and attitudes of people and result in dissatisfaction with body image in females but if the females do not give importance to these standards and attitudes, it is possible that the societal pressures would not affect their eating habits and attitudes (Stice, et al. 1994). Cafri, Yamamiya, Brannick and Thompson (2005) argue that it is not just about being aware of the thin ideal internalization which is essential; however, it is instilling such models and standards in the public in which a person contemplates how he or she should look like.

The socio-cultural model explains that the contemporary societal norms for thinness in females are frequently inaccessible for a normal female and as the normal female has turned bigger over late years, the perfect of engaging quality has turned out to be progressively more slender (Weisman et al., 1992). As the advanced symbol of magnificence is changed, females in the Western social orders show expanding confirmation of disappointment with their bodies and the weight to match this perfect (Miller & Pumariega, 2001). Moreover, this model has highlighted that the female excellence standards of thinness in Western society are a precise risk factor for the development and expansion of eating habits (Striegel-Moore & Bulik, 2007). It influences at three stages. The first stage incorporates the presentation to the dainty perfect, second stage includes the disguise of the perfect and third stage incorporates the event of a difference between the perfect and the self. All these emerge in the form of body disappointment and disturbed eating practices and states of mind, for example, limitation or restriction (Striegel-Moore & Bulik, 2007) or self-prompted spewing. The public ('s) available slant towards slimness has created a succeeding societal fixation on weight reduction and eating less. Moreover, it has influenced the eating mentalities and practices towards sustenance. Weight fixated health food

nuts and eating disarranged patients share certain obsessive states of mind, for example, grave disappointment with one's body and amazing worry about slenderness, eating less and weight that describe dietary problems (Polivy & Herman, 2002).

The relationship between body weight of children and their parents is known not affected by both hereditary and social elements. However, little is known about the relationship between the weight concerns and weight control practices of parents and their children. Stice et al., (1994) have hypothesized that "thin ideal internalization" for females in Western society results in disappointment with weight and shape. In the light of the fact that the perfect body shape and weight are unattainable for most women. In addition, family, peer, and media burdens to be thin likewise increment or manage body disappointment by over and again reminding females how far away they are from the perfect shape and weight. The broad communications are accepted to urge young women to frame unreasonably thin body ideals, which are unattainable for most females. But only a few studies have established separately the relationship between parents, peers, and media with thin internalization but none of the previous researchers have studied the mediating influence of all three of them independently in explaining the relationship between perceived body image and thin ideal internalization among women.

This study has the following aims: (a) to investigate the relationship between perceived body image, media advertisement, parental influence, peer influence and thin ideal internalization among Pakistani women. (b) To find out the mediating role of media advertisement, parents and peer influence

between perceived body image and thin ideal internalization among Pakistani women.

This study addresses following hypotheses.

- 1) Perceived body image is likely to be positively related to media advertisement, perceived parental influence, perceived peer influence and thin ideal internalization among Pakistani women.
- 2) Media advertisement is more positively related with thin ideal internalization compared to perceived parental and perceived peer influence among Pakistani women.
- 3) Media advertisement will mediate the relationship between perceived body image and thin ideal internalizations among Pakistani women.
- 4) Perceived parental influence will mediate the relationship between perceived body image and thin ideal internalizations among Pakistani women.
- 5) Perceived peer influence will mediate the relationship between perceived body image and thin ideal internalizations.

2. Methods

2.1. Sample

The sample was consisted of 400 Pakistani Women comprising college and Universities students, housewives and working women within the age range of 18 to 42 ($M = 27.5$; $SD = 5.63$) years from various cities of Punjab, Pakistan including Lahore, Multan, Faisalabad, Sialkot, Gujranwala and Rawalpindi. Only those females who have serious physical and psychological ailment were excluded and table 1 showing the demographic characteristics of the Pakistani Women.

Table 1: Demographic characteristics of Pakistani Women (N=400).

Characteristics	f (%)	M	SD
Age (Years)	---	27.5	5.63
Qualification			
Undergraduate	223 (55.80)	---	---
Graduate	177(44.25)	---	---
Marital Status			
Married	280 (70)	---	---
Single	120 (30)	---	---
Employment Status			
Student	195 (48.8)	---	---
Employed	120 (30)	---	---
Housewife	85 (21.3)	---	---
xi) Body Mass Index (BMI)		28.05	3.52
xii) Waist Circumference		32.06	2.92

2.2. Assessment Measures

Body Image: To evaluate women's feelings or attitudes toward their body weight/shape from the past three months a subscale of the Eating Disorders Diagnostic Scale (Stice, Telch, & Rizvi, 2000) was used that comprised of 4 items with a 7-point response format from 0 (not at all) to 7 (extremely). An example item is "Have you had a definite fear that you might gain weight or become fat?" the scaled scores ranges from 0-28. High scores indicate greater body image disturbance. For the present sample, the reliability coefficient is found to be .72.

Parental, Peer and Media Influence: The scale consisted of 15 items including 5 items for

advertisement media Influence, 5 items for parental and 5 items for assessing the peer influence. The participants had to identify the degree of consensus with each statement on a rating scale ranging from 1-5 from strongly disagree to strongly agree. The higher the score the more is the endorsement of that variable of interest. Example item included: thin celebrities in TV ads increased your desire to have similar kind of body for yourself. The scale was found to have an overall reliability value of .80. Furthermore, the Principal Component Factor analysis was conducted using direct Oblimin rotation to assess the factor structure of the scale. Items for the scale were selected on the criteria of having factor loadings of .35 and beyond

(Norman & Streiner, 1994) and the minimum factor loading was .37 and above.

Thin-Ideal Internalization: To measure the degree of the thin ideal internalization, internalization subscale from the Socio-Cultural Attitudes toward Appearance Questionnaire was used in this study (Heinberg, Thompson, & Stormer, 1995). The scale had 8 items including one reverse coded item with a 5-point scale from 1-5 (completely disagree- completely agree). An example item was “Women who appear in TV shows, advertisements and movies project the type of appearance that I see as my goal.” Cronbach’s alpha for the current study was .78. Factor analysis using The Principal Component Factor analysis method with direct Oblimin rotation was employed that revealed a single factor solution and all of the items for the scale were having factor loadings of .35 and beyond (Norman & Streiner, 1994).

Demographic Information Sheet: It is containing information such as age, height, weight, qualification, residence, ethnicity, monthly family income and employment status of the respondents.

2.3. Procedure

Some Participants filled the survey questionnaires online while other were given paper versions of the questionnaires along with a reply-paid envelope for return. The questionnaire pack included an informed consent, information sheet, and a debriefing statement. It took approximately 15 minutes to complete. A researcher with assistants collected the data; first, the research assistants were given a brief description of its objectives, nature, and purpose of research. The researcher along with 9 other research assistants moved to the field to attain responses from Pakistani Women. The directions and information about the study have been

provided to participants before filling the survey. Weight, height, and waist circumference of the participants was measured by the researcher team by using a weighing machine and measuring tape because many of the participants were not sure about their exact weight, height and waist circumference. Yet in the event, if anybody required any sort of clarity; they were tenderly informed about the whole substance of the poll. Additionally, the respondents had an equivalent opportunity to shroud their actual identity as it was discretionary for them to provide their complete names or street number, etc. As per the field action plan the research team started collecting the data from the sampled population in the months of May till August 2015.

3. Results

Before carrying out analysis first the data sheet was checked for any missing data and the analysis revealed that 8% data were missing that was handled through Mean Imputation Method, as it is less than 10% so it did not affect the findings. Furthermore, as the researcher plans to conduct a parametric test for hypothesis testing so the assumption of normality was also assessed by plotting a normal curve on the histogram and also by assessing the skewness and kurtosis levels using SPSS Descriptive/ Explore for skewness and kurtosis. For skewness and kurtosis assessment the standard error for both was given as a default. By dividing the skewness value by the standard error for skewness and repeat the procedure for kurtosis assessment too, the value of z-score for skewness and kurtosis were found to be 2.10 and 1.93 which should be less than 3.3 (Lomax & Hahs-Vaughn, 2013), hence the data was found to be normally distributed. Moreover, the descriptive statistics of study variables for the sample are given in table 2, while Pearson Product Moment Correlation was used to test the relationship between the study variables and the analysis was given in the table 3 below.

Table 2: Descriptive Statistics of Study Variables for current sample (N=400)

Variables	k	M	SD	MIN-MAX
Perceived Body Image	4	17.28	3.32	0-28
Perceived Parental Influence	5	12.09	1.40	5-25
Perceived Media Influence	5	19.01	2.60	5-25
Perceived Peer Influence	5	15.62	1.01	5-25
Thin Ideal Internalization	8	31.45	4.20	8-40

Table 3: Summary of Correlations for Perceived Body Image, Media, parental and peer influence with thin ideal internalization among Pakistani Women (N=400).

Variables	2	3	4	5	6	7
Age (Years)	.30**	.52**	.04	.01	.02	.06
BMI	-	.05	.08	.02	.04	.05
Education		-	.00	.03	.06	.03
Perceived Body Image			.12**	.09*	.06	.20**
Media Advertisements			-	.23**	.42**	.54**
Parental Influence				-	.60**	.34**
Peer Influence					-	.49**
Thin Ideal Internalization						-

Note. **p<.001.

The findings indicated that none of the demographic characteristics of the participants were related with any of the study variables. Moreover, perceived body image was positively related with media advertisement, parental and peer influence and thin ideal internalizations. Moreover, media advertisement was more strongly related to thin ideal internalization

compared to parental and peer influences among Pakistani females. Thus, these results provide support for the study hypothesis 1 and 2.

Additionally, it is hypothesized that media advertisement will mediate the relationship between perceived body image and thin ideal internalization among Pakistani Women. Secondly, parental and peer influence

will also mediate the relationship between body image and thin ideal internalization among Pakistani women. These hypotheses are tested through Structural Equation Modeling with the

help of AMOS based on 2000 bootstrap samples using bias-corrected bootstrap 90% CI for the standardized effects (Preacher & Hayes, 2008). These results are shown in table 4 below.

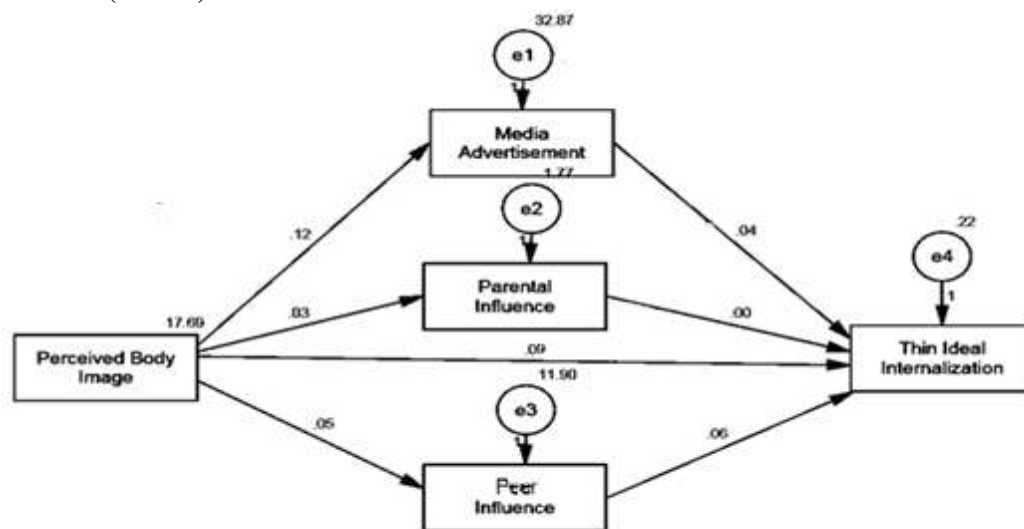
Table 4: Goodness of Fit Indices for Path Analysis in Pakistani Women (N=400).

Model	χ^2	p	df	CFI	NFI	RMSEA (95 % CI)
Initial	29.82	.00	3	.92	.91	.22
Final	3.16	.80	1	1.00	.99	.06

Note. Initial= with all the added parameters of the study, Final= with constraining path Parental Influence thin ideal internalization to zero, CFI=Comparative Fit Index, NFI= Normed Fit Index, RMSEA= Root Mean Square Error of Approximation, CI=Confidence Interval

The above table revealed that the insignificant value of the Chi-square ($\chi^2 = 3.16$, $p=.80$) and various fit indices (CFI, NFI, RMSEA and chi-square) provide a comprehensive indication of excellent fit of the data with the tested model. The paths drawn in the Final Model are explained in Figure below.

Figure 1: Empirical Results from a Complex Multivariate Model Representing Standardized Regression Coefficients displaying the mediational model for media advertisement, parental and peer influence between perceived body image and Thin Ideal Internalization among Pakistani Women (N=400).



Note: A complex multivariate model of 4 endogenous variables and 1 exogenous variable. Completely standardized maximum likelihood parameter estimates. The residual variance (e1, e2, e3, e4) indicate the amount of unexplained variance.

Figure 1 indicates that the overall model adequacy has been statistically fit with chi-square ratio $\chi^2/df = 3.16 (\leq 3)$, (Kline, 2011). Moreover, the direct and indirect paths are analyzed that explained six significant direct paths; body image-media advertisement, ($\beta=.12$, $p<.05$), parental influence ($\beta=.03$, $p<.05$) are significant direct paths, whereas the direct effect of body image with peer influence, ($\beta=.05$, $p=.11$) are non-significant leading to the conclusion that peer influence do not affect the individuals' body image perception than media and parental influence. Furthermore, the direct path from body image to thin ideal internalization ($\beta=.09$, $p<.05$), is significant. Additionally, the direct effect of thin ideal internalization with media advertisement, ($\beta=.05$, $p<.001$), and peer influence, ($\beta=.04$, $p<.001$), is significant while it is not related to parental influence ($\beta=.00$, $p=.40$).

The finding explains the existence of two indirect effects thus providing support for the mediational model. As the indirect effect of perceived body image with thin ideal internalization through media advertisement is significant ($\beta=.08$, $p<.001$), therefore indicated that the development of thin ideal internalizations in Pakistani Women is not only accounted by their perceived body image rather media advertisement is found to be a third variable that explains that association better, hence provides support for the acceptance of the study hypothesis 3. Likewise, the significant indirect effect of body image on thin ideal internalization through Peer influence is also significant ($\beta=.06$, $p<.001$), showing that peer influence is also accounted for as an explanation for the development of thin ideal internalization but the regression weight of

media effect are more pronounced than peer influence on Pakistani women.

4. Discussion

The present study tested proposed models to investigate the mediating role of media, parental and peers influence in the relationships between perceived body image and thin ideal internalization. The findings revealed that those variables were related in both direct and indirect ways, indicating the complex nature of that phenomenon. Like previous studies, the preliminary analysis showed that the body image perception had a significant influence on the internalization of the thin ideal (Dittmar & Howard, 2004; Glaert, Rhodes, Fink, & Grammer, 2010; Miller & Pumariega, 2001; Polivy & Herman, 2002; Striegel-Moore & Bulik, 2007). The current study yielded that the linkage between perceived body image and thin-ideal internalization was partially mediated by media advertisements (Berg, 2001; Dittmar, 2005; Folger & Reeb, 2010; Fredrickson & Roberts, 1997; Grabe, Ward, & Hyde, 2008; Mills, Jadd, & Key, 2012; Park, 2005; Trampe et al., 2007;) and peer influence (Berg et., 2007; Epstein, 1989; Leahey, Crowther, & Mickelson, 2007; Lieberman, Gauvin, Bukowski, & White, 2001; McCabe, & Ricciardelli, 2001; Newman et al., 2006; Owen, & Spencer, 2013; Swinbourne & Touyz, 2007). Moreover, considering the prevailing emphasis on body shape in society, women's assessment of their self-worthiness can largely depend on how they feel about their bodies. Generally speaking, this result implies that women those internalize media images, sometimes face a risk of myopically applying them to their body shape in determining their sense of self (Karsay et al., 2020; Hanan et al., 2017). Furthermore, peers developed self-image helps individuals to develop feelings that they feel more attractive and thinner than they could only be appreciated among their peers because these women judge themselves negatively so they

might experience the illusion that they are lacking in various qualities including physical attractiveness.

5. Conclusion

Overall, the data suggested that besides the influence of other socialization agents, media advertisement is found to be the pertinent explanation for the relationship of perceived body image with the internalization of thin ideals among Pakistani women. Alongside the SEM investigations, this study duplicated the past work, as well, as it directed intervention examinations to elucidate the fundamental way of the relationship between perceived body image and thin ideal internalization. Also, concentrating on the impact of socialization agents other than dietary patterns might add one of the unique perspectives of the existing literature. Dissimilar to different studies utilizing conventional regression analysis, this specific factual procedure gave fit indices which permitted researchers to assess the general model fits and connections among variables simultaneously.

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