

## Body Image: How Satisfied Are Men and Women with Their Bodies?

Purpose: This project is designed to compare men's and women's body image. It is a partial replication of a previous research project.

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 number
  - c. Compute 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:

	<u>Women</u>	<u>Men</u>
Aged 34 or younger	19-24	20-25
Aged 35 or older	21-26	22-27

3. Indicate next to each BMI whether the respondent is underweight, at a healthy weight, or overweight.
4. Compare women's and men's responses to interview questions 4 and 5. Others have 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 women's and men's current and ideal body weights with the BMI ratings you computed. How accurate are their perceptions?
6. Relate your findings to the course material. How does gender shape women's and men's perceptions of their bodies? Are there differences? Why or why not?

Participant A

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Sex \_\_\_\_\_

Age \_\_\_\_\_

Characteristics/Comments

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1. What is your height? \_\_\_\_\_

2. What is your *current* weight? \_\_\_\_\_

3. What is your *ideal* weight? \_\_\_\_\_

4. How would you describe yourself?

1  
Very  
underweight

2  
Underweight

3  
Average

4  
Overweight

5  
Very  
overweight

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

1  
Never

2  
Rarely

3  
Sometimes

4  
Often

5  
Always

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

1  
Never

2  
1-3 days

3  
4-7 days

4  
1-2 weeks

5  
Over 2 weeks

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

1  
Never

2  
1-3 days

3  
4-7 days

4  
1-2 weeks

5  
Over 2 weeks

8. When you exercise, how long do you typically exercise?

1  
Less than 30  
minutes a  
session

2 30-60  
minutes a  
session

3  
More than 60  
minutes a  
session

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Participant B

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Sex \_\_\_\_\_

Age \_\_\_\_\_

Characteristics/Comments

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1. What is your height? \_\_\_\_\_

2. What is your *current* weight? \_\_\_\_\_

3. What is your *ideal* weight? \_\_\_\_\_

4. How would you describe yourself?

1  
Very  
underweight

2  
Underweight

3  
Average

4  
Overweight

5  
Very  
overweight

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

1  
Never

2  
Rarely

3  
Sometimes

4  
Often

5  
Always

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

1  
Never

2  
1-3 days

3  
4-7 days

4  
1-2 weeks

5  
Over 2 weeks

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

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2  
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3  
4-7 days

4  
1-2 weeks

5  
Over 2 weeks

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1  
Less than 30  
minutes a  
session

2 30-60  
minutes a  
session

3  
More than 60  
minutes a  
session

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Participant C

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Sex \_\_\_\_\_

Age \_\_\_\_\_

Characteristics/Comments

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1. What is your height? \_\_\_\_\_

2. What is your *current* weight? \_\_\_\_\_

3. What is your *ideal* weight? \_\_\_\_\_

4. How would you describe yourself?

1  
Very  
underweight

2  
Underweight

3  
Average

4  
Overweight

5  
Very  
overweight

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

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Never

2  
Rarely

3  
Sometimes

4  
Often

5  
Always

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

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4  
1-2 weeks

5  
Over 2 weeks

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1-3 days

3  
4-7 days

4  
1-2 weeks

5  
Over 2 weeks

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1  
Less than 30  
minutes a  
session

2 30-60  
minutes a  
session

3  
More than 60  
minutes a  
session

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Participant D

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Sex \_\_\_\_\_

Age \_\_\_\_\_

Characteristics/Comments

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1. What is your height? \_\_\_\_\_

2. What is your *current* weight? \_\_\_\_\_

3. What is your *ideal* weight? \_\_\_\_\_

4. How would you describe yourself?

1  
Very  
underweight

2  
Underweight

3  
Average

4  
Overweight

5  
Very  
overweight

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

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