

# Efficacy Trial of an Innovative Group Theories and Practices and Body Image Academic Initiative for College Students

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**Receive date:** June 15, 2018; **Accepted date:** June 27, 2018; **Published date:** June 29, 2018

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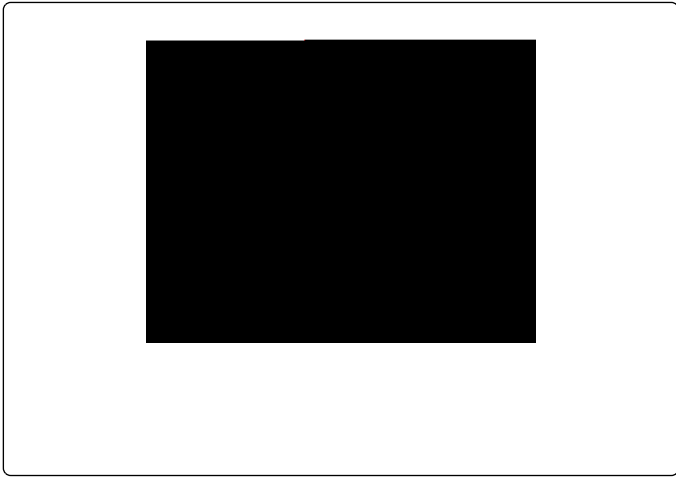
Study design and ethical standards

9	Group leading approaches and coping with contract violation	Mindfulness, self-regulation techniques.	Monitor the usage of self-care activities and self-regulation strategies used during this week.
10	Facilitators skills	Mirror exposure training	Self-monitoring of body image and perceptions during the week
11	Participants' resistance	Mirror exposure training	Practice mirror exposure at home and report on its impact.
12	Addressing resistance	Creating self-body contour	Choose pictures of yourself from different ages and explore the main values that were important to you at each age
13	Closing up	Where you are today on the body image scale and what are your plans for the future? Good-bye letter to the group.	Write a good-by letter to the preoccupation with appearance.

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Measurement	Cut-off points and comparison means for classifying scores	Intervention group N=72	Control group N=65	p
Self-esteem (Rosenberg scale)	Score of 20 or more=extremely high (Yager et al.) [8]	23.57 (4.8)	23.55 (5.4)	p=0.98
Body Appreciation Scale (BAS)	3.46 (0.76) (Kosmidou et al.) [21]	3.65 (0.75)	3.43 (0.7)	p=0.13
Body Image States Scale (BISS)	5.11 (1.10)	5.10 (0.54)	5.09 (1.3)	p=0.12
Body Shape Preoccupation (BSQ-34)	Score <80- no shape concern 80-110-mild concern Over 140- marked concern (Coyne et al.) [22]	78.5 (34.6)	80.6 (33.2)	p=0.41
Body Esteem Scale (Mendelson)	2.33 (0.61) (Kosmidou et al.) [21]	2.13 (0.64)	2.11 (0.7)	p=0.56
Mean EDI scores	Danish population (Rouveix et al.) [18] _____ population (Avalos et al.) [17]	-	-	-
EDI2_Drive for thinness	3.76 (5.5)			
	5.1 (5.61)	4.48 (5.16)	4.93 (6.1)	p=0.65
	0.8 (2.1)			
EDI2_Bulimia	1.86 (2.9)	1.6 (2.5)	1.8 (3.5)	p=0.67
	8.78 (8.2)			
EDI2_Body dissatisfaction	8.29 (7.64)	6.5 (6.6)	6.25 (6.7)	p=0.83
	2.22 (4.1)			
EDI2_Ineffectiveness	3.43 (4.33)	2.26 (3.9)	2.5 (3.7)	p=0.63
	2.81 (3.4)			
EDI2_Perfectionism	5.66 (3.93)	6.38 (4.2)	5.12 (3.8)	p=0.77
	1.63 (2.7)			
EDI2_Distrust	4.03 (3.5)	2.19 (2.8)	1.68 (2.0)	p=0.24
	3.0 (3.9)			
EDI2_Introceptive awareness	4.05 (4.42)	3.20 (3.7)	3.65 (3.4)	p=0.49
	2.4 (2.9)			
EDI2_Fear of growing	5.9 (4.0)	3.0 (3.15)	3.49 (3.3)	p=0.38
	2.31 (3.8)			
EDI2_Asceticism	5.4 (3.58)	2.34 (2.3)	2.69 (2.7)	p=0.38
	1.8 (3.3)			
EDI2_Impulsiveness	4.0 (4.66)	1.97 (3.3)	2.03 (3.1)	p=0.91
	2.54 (3.2)			
EDI2_Lack of confidence	3.11 (3.44)	2.0 (2.4)	1.98 (2.5)	p=0.97





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**Citation:** Golan M, Ahmad WA (2018) Efficacy Trial of an Innovative Group Theories and Practices and Body Image Academic Initiative for College Students . J Community Med Health Educ 8: 619.

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