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Procedures of the ultra-short-term writing intervention for body dissatisfaction

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Eriko Takahashi¹, Ryotaro Fukuda², Takumi Takahashi³, Taisuke Katsuragawa¹

¹Faculty of Human Sciences, Waseda University; ²School of Medicine, University of California, Davis;

³Student Support Center, Tokyo Denki University



Eriko Takahashi

Waseda University

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We use this protocol and it's working

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Abstract

The present study aims to investigate the influences of self-compassion on body image and well-being among Japanese women, examining the relationships across one-factor, two-factor, and six-factor models of self-compassion. This study suggests that an ultra-short-term psychological intervention aimed at decreasing negative thoughts about appearance while promoting positive thinking can improve body image and well-being among young Japanese women.



Procedures

20m

- 1 Informed consent was obtained from all individual participants included in the study by asking them to clicking on the check item online. 3m
- 2 Participants were randomly assigned to one of the following three groups: decreasing self-criticism (SC) group, decreasing self-criticism and increasing self-kindness (SK) group, and non-intervention (NI) group. 1m
- 3 Participants engaged in an imagery task designed to evoke appearance-focused scenarios. They were instructed to "Imagine that you are at a swimming pool or on a beach, wearing only a swimsuit, with many people around you"—a situation intended to draw attention to their appearance. An illustration of a woman wearing a bathing suit at the beach was presented to aid in visualization. 2m
- 4 Immediately following this, participants were asked, "Think of a scene in which you are in public wearing a bathing suit and answer the following question: How do you feel about yourself right now (at this moment)?" 2m
- 5 Upon completion, we directed them to complete the pre-test which evaluated state body dissatisfaction, state self-esteem, and state emotion. 4m
- 6 Subsequently, the SC and SK groups were asked to describe words that decrease self-criticism (criticisms, denials, and attacks toward one's body and/or physical appearance). The SK group then described words that increase self-kindness (appreciation and compassion towards one body and/or physical appearance). Conversely, the NI group described anything that came to their mind. 4m
- 7 After completing these tasks, participants in all groups answered the post-test which evaluated state body dissatisfaction, state self-esteem, and state emotion. 4m