

The Role of Body Image Dissatisfaction on Feelings of Belongingness and Burdensomeness

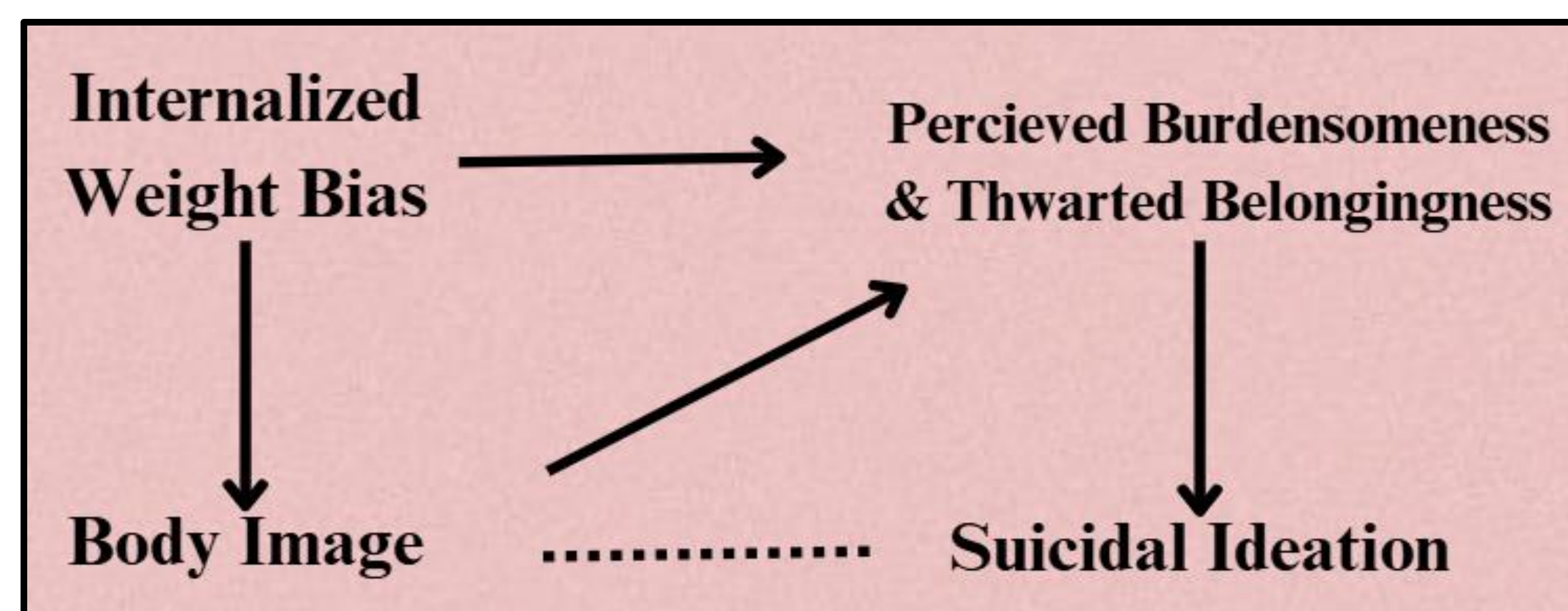
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Background and Literature Review

- Research has shown that societal beauty standards often equate thinness with attractiveness and social acceptance (Brestoff et al., 2011).
- Individuals who do not meet these ideals may face weight bias, leading to self-stigma, body dissatisfaction, and diminished self-esteem (Pearl et al., 2014).
- According to the Interpersonal Theory of Suicide (ITS), thwarted belongingness (TB) and perceived burdensomeness (PB) are key risk factors for suicidal ideation (Joiner, 2005; Van Orden et al., 2010).
- Internalized messages about body weight and appearance can fuel negative self-perceptions, reinforcing feelings of exclusion and unworthiness.
- This may exacerbate feelings of TB and PB, increasing vulnerability to suicidal thoughts.
- Understanding the link between body image dissatisfaction, TB, and PB is critical for addressing mental health disparities and promoting body acceptance.

Factors of Interest

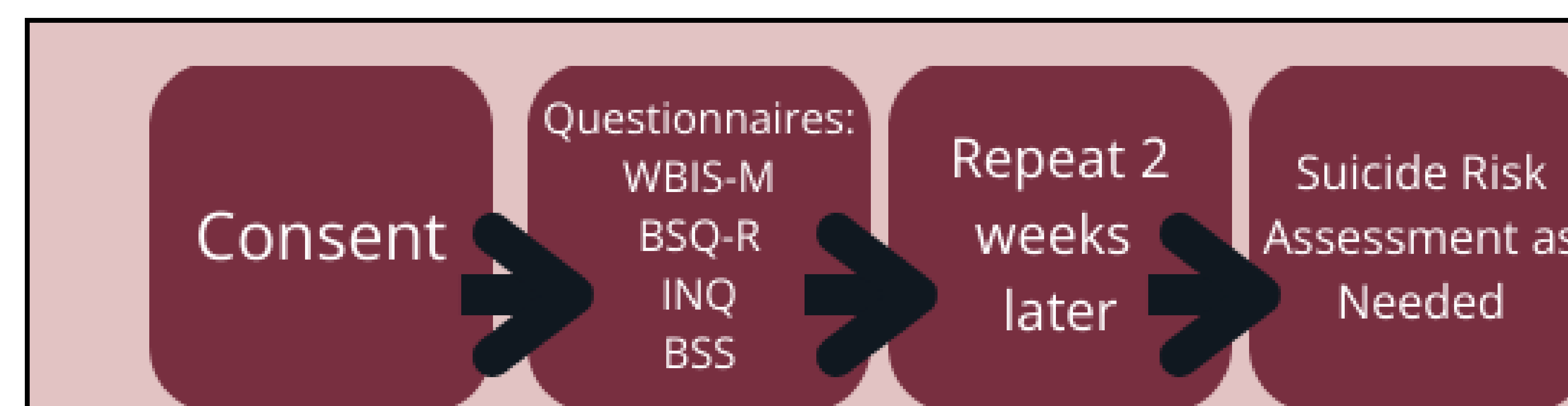


Predicted Findings and Future Research

It is expected that higher internalized weight bias and body dissatisfaction will be associated with increased perceptions of burdensomeness, reduced belongingness, and greater suicidal ideation. These findings would support the Interpersonal Theory of Suicide by highlighting how societal pressures around body weight contribute to mental health risks. Future research should examine these relationships across longer time spans and explore interventions that promote body acceptance and reduce weight stigma to mitigate suicide risk.

Methodology

- This longitudinal survey study will examine the relationships between internalized weight bias, body image dissatisfaction, PB, TB, and suicidal ideation.
- Three hundred adult participants will be recruited from Florida State University.
- Modified Weight Bias Internalization Scale (WBIS-M): Examines participant's attitudes, beliefs, judgments, and stereotypes about themselves based on their weight
- Body Shape Questionnaire (BSQ): measures concerns about body shape
- Interpersonal Needs Questionnaire (INQ): examines TB and PB
- Beck Scale for Suicidal Ideation (BSS): instrument used to assess suicidality
- Data will be analyzed using Pearson correlations and mediation analyses to assess the predictive relationships among the study variables.



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See References

