



The Relationship between Body Image, Personality Factors, and Psychological Well-being

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Background

- ☼ People of all gender identities are impacted by personality factors, body image, and psychological well-being.
- ☼ Body dissatisfaction tends to correlate with worse well-being (Becker et al., 2019).
- ☼ Worse psychological well-being correlates with symptoms of anxiety and depression (Oswalk et al., 2018).
- ☼ Gender-diverse individuals have more body dissatisfaction and report low well-being (Betz et al., 2019; Murnen & Karazsia, 2017).
- ☼ Emotionality and Extraversion have the strongest relationships with body image and psychological well-being (Anglim & Grant, 2016; Arshad & Rafique, 2016).
- ☼ Higher levels of Emotionality are associated with more body dissatisfaction and worse psychological well-being (Kokk et al., 2013, Swami et al., 2008).
- ☼ Higher levels of Extraversion are associated with less body dissatisfaction and higher psychological well-being (Li et al., 2015; Swami et al., 2008).
- ☼ Current research: Examines how body image mediates the relationship between personality factors and psychological well-being.
- ☼ Goal: To examine the relationship between personality factors, body image, and psychological well-being within a queer and gender diverse sample.

Hypotheses

- ☼ H1: Emotionality will be negatively correlated with body image and psychological well-being, such that higher levels of Emotionality will be associated with negative body image and worse psychological well-being.
- ☼ H2: Extraversion will be positively correlated with body image and psychological well-being, such that lower levels of Extraversion will be associated with negative body image and worse psychological well-being.
- ☼ H3: The direct effect of Emotionality on psychological well-being will be mediated by body image shame.
- ☼ H4: The direct effect of Extraversion on psychological well-being will be mediated by body image shame.
- ☼ H5: The patterns of results described in H1-H4 should be the same for Queer-identified participant as for all participants.

Method

- Participants:
- ☼ Combination of students at the College of Wooster who are members of Queer support groups and members of Queer support groups on Facebook.
 - ☼ Total of 100 participants
 - ☼ Ages range from 18 to 74
 - ☼ Variety of genders, sexualities, and races/ethnicities

- Survey and Measures:
- ☼ 78 Questions
 - ☼ 20 questions from HEXACO to measure Emotionality and Extraversion
 - ☼ 24 questions from the *Male Body Attitude Scale* to measure body image
 - ☼ 14 questions from *SF-36* to measure psychological well-being

Results

I ran a bivariate correlation, for all participants, between each of the variables (H1 and H2). The patterns of results for all participants was the same for queer participants.

- ☼ Emotionality negatively correlated with psychological well-being
- ☼ Extraversion negatively correlated with body image
- ☼ Extraversion positively correlated with psychological well-being

Table 2

Intercorrelations Between Variables for All Participants

| Measure | M | SD | Emotionality | Extraversion | Body Image | Psychological Well-Being |
|--------------------------|-------|-------|--------------|--------------|------------|--------------------------|
| Emotionality | 3.59 | .65 | - | -.60 | .08 | -.35** |
| Extraversion | 2.75 | .69 | | - | -.40** | .42** |
| Body Image | 3.39 | .80 | | | - | -.38** |
| Psychological Well-being | 42.41 | 20.24 | | | | - |

Note: Table 2 displays the means and standard deviations for each measure used in the questionnaire and correlations between each measure that was used with all the participants. N = 100 Each number with ** indicates the correlations is significant at the 0.01 level.

Emotionality, Extraversion, and body image were entered into two regression models predicting psychological well-being

All Participants:

- ☼ Higher levels of Emotionality and body image associated with a decrease in well-being
- ☼ Higher levels of Extraversion were associated with an increase in well-being

Table 4

Regression Coefficients of Well-Being with All Participants

| Measure | B | β | SE |
|---------------|--|---------|------|
| Emotionality | -9.66 | -.308* | 2.64 |
| Extraversion | 9.00 | .306* | 2.69 |
| Body Image | -5.91 | -2.55* | 2.32 |
| Model summary | $R^2 = .324, F(3, 96) = 15.36, p < .001$ | | |

Note: N = 100. * $p < .05$. Table 4 displays the linear regression model predicting psychological well-being with all participants.

Queer Participants:

- ☼ Higher levels of Emotionality were associated with a decrease in well-being
- ☼ Higher levels of Extraversion were associated with an increase in well-being
- ☼ Body image was not associated with well-being

Table 5

Regression Coefficients of Well-Being with Queer Participants

| Measure | B | β | SE |
|---------------|--|---------|------|
| Emotionality | -8.63 | -.30* | 2.77 |
| Extraversion | 11.59 | .46* | 2.64 |
| Body Image | -3.08 | -.141 | 2.34 |
| Model summary | $R^2 = .396, F(3, 65) = 14.22, p < .001$ | | |

Note: N = 68. * $p < .05$. Table 6 displays the linear regression model predicting psychological well-being with all participants.

Additional Results

To investigate the relationship between personality factors (Emotionality and Extraversion), body image, and psychological well-being (H3 and H4), mediation analyses were performed for all participants and queer participants.

All Participants and Queer Participants:

- ☼ Emotionality directly negatively predicted well-being
- ☼ Emotionality did not predict body image
- ☼ Body image negatively predicted psychological well-being with Emotionality
- ☼ No indirect effect of Emotionality on psychological well-being
- ☼ Extraversion directly positively predicted well-being
- ☼ Extraversion negatively predicted body image

Queer Participants:

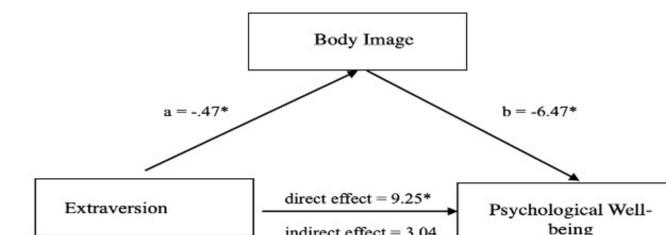
- ☼ Body image did not affect psychological well-being with Extraversion
- ☼ No indirect effect of Extraversion on psychological well-being

All Participants:

- ☼ Emotionality negatively correlated with psychological well-being
- ☼ Body image negatively predicted psychological well-being with Extraversion
- ☼ Indirect effect of Extraversion on psychological well-being**

Figure 2

Mediation of Extraversion, Body Image, and Psychological Well-Being for all Participants



Note: Figure 2 displays the direct and indirect effects of Extraversion on Well-Being for all participants. * Significant value of $p < .05$

Discussion

- ☼ Examines the relationship between personality factors body image, and psychological well-being in a queer sample.
- ☼ There were correlations between the personality factors body image, and psychological well-being.
- ☼ Personality factors and body image were associated with psychological well-being in regressions.
- ☼ Body image only mediated the relationships between Extraversion and well-being when all participants were included.
- ☼ Results somewhat aligned with previous research.
- ☼ Limitations: various ways to measure psychological well-being, data collected at the height of the Omicron variant coronavirus surge, did not address social media, lack of time, money, and participants.
- ☼ Future research needs to be more gender, sexuality, race, and ethnicity inclusive.
- ☼ This study represents the future of research and being more gender and sexuality inclusive.