

ORAL PRESENTATION

Open Access

Happy Being Me: outcomes of a peer-based body dissatisfaction prevention intervention in young adolescent girls

Sian McLean*, Susan Paxton, Eleanor Wertheim

From 2013 ANZAED Conference: Inspiring Change: Person and Context
Melbourne, Australia. 23-24 August 2013

This study aimed to examine body dissatisfaction and risk factor outcomes following participation in Happy Being Me, a 6-lesson peer-based prevention intervention for young adolescent girls. Participants were 491 female year 7 students randomly allocated to the Happy Being Me intervention condition (N=295) or control condition (N=196). Self-report questionnaire data was collected at baseline, post-program, and 6- and 12-month follow-up. Preliminary data analyses for the incomplete sample indicate baseline to 6-month follow-up improvements for internalisation of the thin ideal ($F = 5.38$ (1, 332), $p = .021$), appearance comparisons ($F = 10.21$ (1, 312), $p = .002$), and media literacy ($F = 15.98$ (1, 327), $p < .001$) in the Happy Being Me intervention condition relative to the control condition. Reductions in the intervention condition were not significantly different from the control condition for weight and shape concern ($F = 0.28$ (1, 313), $p = .599$) or body dissatisfaction ($F = 2.48$ (1, 313), $p = .116$). Twelve-month follow-up data will be presented for the complete sample. The results from this study provide preliminary evidence for positive outcomes following participation in a classroom delivered multi-component peer-based body dissatisfaction prevention intervention.

This abstract was presented in the **Prevention** stream of the 2013 ANZAED Conference.

Published: 14 November 2013

doi:10.1186/2050-2974-1-S1-O33

Cite this article as: McLean et al.: Happy Being Me: outcomes of a peer-based body dissatisfaction prevention intervention in young adolescent girls. *Journal of Eating Disorders* 2013 **1**(Suppl 1):O33.

* Correspondence: s.mclean@latrobe.edu.au
School of Psychological Science, La Trobe University, Australia

Submit your next manuscript to BioMed Central
and take full advantage of:

- Convenient online submission
- Thorough peer review
- No space constraints or color figure charges
- Immediate publication on acceptance
- Inclusion in PubMed, CAS, Scopus and Google Scholar
- Research which is freely available for redistribution

Submit your manuscript at
www.biomedcentral.com/submit

