

¹Personal Trainers and Characteristics Associated with Body Image Distortion

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³The purpose of this study was two-fold: 1) to explore the extent to which females in the sample reported behavioral and psychological characteristics related to Body Image Distortion (BID) and 2) to determine if personal trainers were more prone to BID than a female control group (non-personal trainers). ⁴Female personal trainers (n = 57, age 22-50 yrs) from 46 fitness gyms and the female control group (n=43, age 22-50 yrs) from schools in the same area completed the Multidimensional Body-Self Relations Questionnaire (MBSRQ). ⁵A MANOVA showed that differences existed between the two groups on the MBSRQ subscales. The main effect differences were for the subscales appearance orientation, $F(1, 89)=5.44, p=.02$ and overweight preoccupation, $F(1,98) = 4.72, p=.03$. No significant differences were found for appearance evaluation ($p>.05$), body areas satisfaction ($p>.05$), and self-classified weight ($p>.05$). These main effect differences showed that personal trainers placed more importance on how they looked and reported more fat anxiety, weight vigilance, dieting, and eating restraints than the female control group. ⁶Although a limited sample was used, the findings suggest that personal trainers should be examined more closely for BID issues and the impact of these issues on others.

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- 1 = Title of presentation submission
- 2 = Name and affiliation of the author(s)
- 3 = First sentence – purpose
- 4 = Next 1-2 sentences – method
- 5 = Next few sentences – results
- 6 = Last sentence – conclusion