

EXAMINING PREDICTORS OF SOCIAL PHYSIQUE ANXIETY IN FEMALES
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The purpose of this study was to examine predictors of social physique anxiety (SPA) using a multidimensional model of body image. Self-presentation motives have been cited as important factors contributing to female exercise behaviour (Bane & McAuley, 1998; Crawford & Eklund, 1994; Lantz, Hardy, & Ainsworth, 1997). Three hundred and thirty seven undergraduate females who identified themselves as exercisers completed the Figure Rating Scale (FRS; Stunkard et al., 1982), the Reasons for Exercise Inventory (REI; Silberstein et al., 1987), the Social Physique Anxiety Scale (SPAS; Hart et al., 1989), and descriptive questions relating to the physical characteristics. The sample had a mean age of 20.53 (2.90) years and a BMI of 22.56 (3.23) kg/m². Principal components analysis revealed a 4-factor structure of the REI (weight/appearance management, fitness/health management, mood/emotion management, and socializing). All predictors entered into the regression equation and accounted for 42.6% of the variance in SPA. Significant predictors included the discrepancy score between current shape and the body shape considered attractive to males ($\hat{\beta} = .215$), as well as the exercise motives for weight/appearance management ($\hat{\beta} = .579$) and fitness/health management ($\hat{\beta} = -.134$). These results suggest that *perceptions of physical appearance* are highly associated with social physique anxiety in a female undergraduate sample. Further, the changing 'ideal' female figure is discussed with respect to the emergence of the fitness/health management motive.