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# Associations between body dissatisfaction, importance of appearance, and aging anxiety with depression, and appearance-related behaviors in women in mid-life

Carrard, Isabelle

J Women Aging

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<b>Title:</b>	<b>Associations between body dissatisfaction, importance of appearance, and aging anxiety with depression, and appearance-related behaviors in women in mid-life</b>
<b>Year:</b>	2019
<b>Author:</b>	<a href="#">Isabelle Carrard</a> <sup>1</sup> , <a href="#">Marios Argyrides</a> <sup>2</sup> , <a href="#">Xaris Ioannou</a> <sup>2</sup> , <a href="#">Ingela Lundin Kvaalem</a> <sup>3</sup> , <a href="#">Karin Waldherr</a> <sup>4</sup> , <a href="#">Diana Harcourt</a> <sup>5</sup> , <a href="#">Siobhan McArdle</a> <sup>6</sup>
<b>Abstract:</b>	The impacts of body dissatisfaction have been widely studied among adolescent girls, but much less in women in mid-life. In this study, we evaluated the associations between body dissatisfaction, psychological health and behaviors used to manage age-related changes, in an online survey of 331 women aged 45-65. Body dissatisfaction, importance of appearance and aging anxiety were associated with higher depression scores. Moreover, importance of appearance and aging anxiety were associated with the probability of using "anti-aging" behaviors. It seems that with age, for a subgroup of women, the pressure to stay young may be added to that of staying thin.