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**SOCIAL PHYSIQUE ANXIETY, PREGNANCY  
AND EXERCISE**

A thesis presented in partial fulfilment of the  
requirements for the degree of

Master of Arts

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## **ABSTRACT**

The purpose of this study was to examine SPA and exercise during and after pregnancy. Women enrolled in community ante-natal classes participated in the investigation (Exercisers n = 36; Non-exercisers n = 17). Participants completed the Social Physique Anxiety Scale (SPAS), Reasons for Exercise Inventory (REI), Exercise Behaviours and Preferences Scale and a modified Body Esteem Scale, and provided general demographic and exercise data during pregnancy and 6 weeks and 3 months post-pregnancy. Repeated measures ANOVA indicated that participant reasons for exercise changed significantly over the course of pregnancy from intrinsic to extrinsic, reflecting self-presentational motives. SPA has been found to be positively related to self-presentational motives in previous research, although significant results were not replicated in this study.

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