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The Relationships between Body Image, Activity Levels and Coping Styles in Women

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In fulfillment of the requirements for Masterate Thesis

2001

## Abstract

This study investigated whether any relationship exists between Activity, Body Image Dissatisfaction and Coping Skills. Three questionnaires were combined to investigate Activity, Body Image Dissatisfaction and Coping Skills. They were presented to participants as a world wide website. Usable answers were submitted by 214 women, aged 18-65. The study did not identify a psychological factor that correlates with exercise non-adherence. Body Image Dissatisfaction and Coping Skills were found to be related. Women's level of exercise was not affected by their body image or coping style. Poor body image is correlated with maladaptive and emotion-focused coping skills. Therefore training in adaptive coping skills might reduce poor body image in women.

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