

Who can participate?

- Women between 18-40 years of age
- Knowledge of at least one of the following languages: French, German or English
- With or without concerns about body image and sexual functioning

Advantages of participation:

- Reimbursement of € 50 for participation

Who are we?

Our research group '**Self-Regulation and Health**' (head: Prof. Dr. Claus Vögele) is part of the Integrative Research Unit on Social and Individual Development (INSIDE) at the University of Luxembourg.

Research domain:

- Decision making and self-regulation processes in different clinical patterns
- Eating behaviour and body weight regulation
- Implementation of the research results into practice with the aim to enable development of the intervention practices and effective prevention

www.uni.lu/research/flshase/inside

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□ FACULTÉ DES LETTRES, DES SCIENCES HUMAINES, DES ARTS ET DES SCIENCES DE L'ÉDUCATION

Body image & sexual functioning

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Body Image

The way how we feel about and perceive our physical appearance (**body image**) is heavily affected by often unreachable beauty ideals that are present in our society. As a consequence women may feel under pressure to be thin and slender.

Many women may, therefore, become increasingly **dissatisfied** with their **body** and how they perceive their physical appearance (**body image**). It is currently estimated that up to 38% of women are affected.

Body image dissatisfaction may negatively impact health and health behaviours:

- Radical and risky weight-loss behaviours, like vomiting, taking diet pills, laxatives or diuretics
- Dysfunctional eating behaviours and attitudes
- Risk factor for the development and maintenance of eating disorders, e.g. bulimia nervosa and anorexia nervosa
- Impact on the overall quality of life, resulting in diminished self-esteem, increased stress and depression symptoms



Sexual Functioning



Human sexuality is a connection of drive for sexual contact, physical responses, and behaviours that should result in satisfactory excitation.

In general women satisfied with their sexual life more frequently think about sex, express more interest in sex, engage in more sexual activities, and more often strive for sexual activity compared to women dissatisfied with their sexual life.

Dissatisfaction with sexual life is common and more than half of all women are not content with their actual sexual functioning, which can negatively impact overall well being.

Negative attitudes toward one's body may lead to feelings of shame and embarrassment when the **body is exposed during sexual activities**. As a consequence women may start to avoid sexual contacts and become dissatisfied with sexual life.

This study will provide the basis for a better understanding of the links between negative body image and sexual dysfunction and will also enable the further development of prevention and treatment approaches in this area.

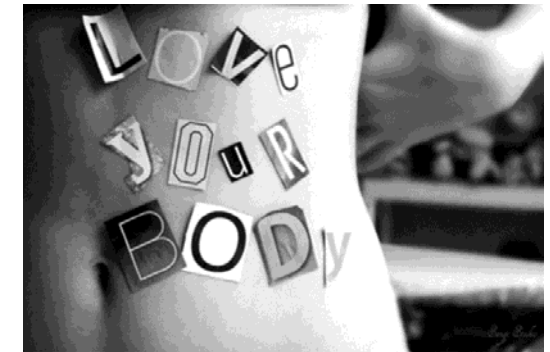
Study

We would like to invite women who are dissatisfied with their bodies and have problems with their sexual life as well as women who are satisfied with their bodies and their sexual life!

https://www.soscisurvey.de/BODYBIAS_SCREENING/

Participation will include two appointments. On the **first day** a detailed diagnostic interview will be conducted and a photo of the full body (without the head) will be taken.

During the **second appointment** you will be asked to look at photos of yourself and pictures of other women's bodies, pictures with erotic content and watch an erotic video clip.



Data protection:

All data obtained from participants will be stored and handled in a manner that will assure anonymity and security of collected information.