



CATÓLICA

FACULDADE DE EDUCAÇÃO
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PORTO

IMPACTO DA EXPOSIÇÃO AOS MÉDIA NA PERCEÇÃO CORPORAL E REGULAÇÃO EMOCIONAL: UM ESTUDO ÉTNICO-RACIAL

Dissertação apresentada à Universidade Católica Portuguesa
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- Especialização em Psicologia Clínica e da Saúde -

Ana Catarina de Aguiar Teixeira

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IMPACT OF MEDIA EXPOSURE ON BODY PERCEPTION AND EMOTIONAL REGULATION: A RACIAL-ETHNIC STUDY

Dissertation submitted to the University Catholic Portuguese for obtaining the Master's
degree in Psychology

- Specialization in Clinical and Health Psychology -

Ana Catarina de Aguiar Teixeira

Written under the supervision of
Professor Doctor Patrícia Oliveira-Silva

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List of Abbreviations

AW – African Women

CDRS – Contour Drawing Rating Scale

CR – Cognitive Reappraisal

EDE-Q – Eating Disorder Examination Questionnaire

EDS – Everyday Discrimination Scale

ER – Emotion Regulation

ES – Emotional Suppression

EW – European Women

HLW – Hispanic-Latino Women

QRE – Emotional Regulation Questionnaire

SATAQ-4 – Sociocultural Attitudes Towards Appearance Questionnaire

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RESUMO

A presente investigação tem como objetivo avaliar o impacto da exposição aos média a ideais de beleza padronizados e como isso afeta a satisfação corporal e a regulação emocional, considerando com quatro categorias étnico-raciais num grupo de jovens mulheres em Portugal. Para responder à questão de investigação e averiguar este impacto, recorreu-se ao uso de instrumentos de autorrelato compilados num questionário virtual administrado a 124 mulheres entre os 18 e os 39 anos. Os principais resultados apontam para um elevado grau de exposição aos média e uma elevada satisfação corporal, independentemente da categoria étnico-racial. No que se refere à capacidade de regulação emocional, os resultados demonstram uma frequência da supressão emocional como estratégia prioritária de regulação emocional. Do ponto de vista prático, este estudo exploratório foi realizado para colmatar a falta de estudos nesta área em Portugal e apresenta como recomendações futuras priorizar o aumento de investigações para implementar estratégias de mitigação do impacto deletério que a disseminação de ideais de beleza pode ter em indivíduos de várias origens étnico-raciais. Essa linha de investigação busca aumentar a consciência sobre a importância da literacia relacionada com os riscos e potencialidades dos média e o seu impacto a nível da satisfação corporal em jovens mulheres.

Palavras-Chave: Satisfação Corporal, Regulação Emocional, Média, Étnico-Racial

ABSTRACT

The present research aims to assess the impact of media exposure to standardized beauty ideals and how this affects body satisfaction and emotion regulation, considering four racial-ethnic categories in a group of young women in Portugal. To answer the research question and investigate this impact, it was used self-report instruments compiled in a virtual questionnaire administered to 124 women between 18 and 39 years old. The main results point to a high level of media exposure and high body satisfaction, regardless of racial-ethnic category. Regarding emotion regulation ability, the results show a frequency of emotional suppression as a prioritized strategy of emotion regulation. From a practical point of view, this exploratory study was conducted to fill the lack of studies in this area in Portugal and presents as future recommendations to prioritize increased research to implement strategies to mitigate the deleterious impact that the dissemination of beauty ideals may have on individuals of various racial-ethnic origins. This line of research seeks to raise awareness about the importance of literacy related to the risks and potentialities of media and its impact on body satisfaction in young women.

Keywords: Body Satisfaction, Emotion Regulation, Media, Racial-Ethnic

INTRODUCTION

Due to the existing social pressure, there is a growing preoccupation to obtain an aesthetically perfect body that can correspond to society's beauty standards (Fallon et al., 2014). Thus, the body has become a general concern, and this trend covers all sectors of modern society. However, due to this constant concern, body dissatisfaction and negative body perception are risk factors for the developing severe problems (Baker et al., 2019). Nowadays, the use of media, played a highly influential role in young women, regardless of age, gender, ethnicity, profession, and social class, also influencing individual perception and behavior (Ventola, 2014). In addition to this factor, and according to the literature, it is also found that ethnic minority women are socialized in environments where their natural attributes are considered less attractive than the ones selected by the media (e.g., thin, and slender body, light skin, straight hair), which mainly characterize the standard of European women. Nevertheless, it should be noted that most of these women do not fit into a pattern implicitly considered ideal (Grabe & Hyde, 2006). Several factors may be contributing to the regulation of the media's potential deleterious impact, one of them is the emotional regulation skills. According to Gorlach et al. (2016), difficulties dependent on the emotional regulation process may be associated with disorders related to body dissatisfaction and eating disorders. Yet, the literature shows that some individuals may show difficulties in the process of identifying their own emotional experience, as well as in the process of adopting appropriate emotion regulation strategies (Aldao et al., 2010).

In the present research, we aimed to explore how the impact of media exposure to standardized beauty ideals (1) affects body satisfaction, and consequently, interferes with changing eating behaviors, and (2) how it relates to emotional regulation ability, according to four racial-ethnic categories, in a group of young women living in Portugal.

From a practical point of view, this research seeks to contribute to the awareness of how the media can increase body dissatisfaction in all women and how they intend to implement demanding beauty standards that sometimes do not correspond to reality. Furthermore, the review of the literature showed that the studies addressing ethnic issues are international, with no references to women living in Portugal. Thus, this research aims to extend this study to the various racial-ethnic groups living in the country. In this way, it's expected to give voice to young women living in Portugal and consequently being involved in a society where appearance is the priority and where beauty ideals are globalized to the point that they are unattainable for most of the women (e.g., DeBraganza & Hausenblas, 2010; Pieterse, 2019).

THEORETICAL FRAMEWORK

Satisfaction-Dissatisfaction

Body dissatisfaction, and an individual's subjective negative self-assessment of their own physique, can be conceptualized in three ways: (1) as a discrepancy between the individual's perception of body size and actual body size; (2) as a disparity between the perception of their actual body size compared to their idealized body size; and (3) as the feeling of dissatisfaction about their body size and shape and negative feelings and cognitions about their body (Williamson et al., 1993; Heider et al., 2018).

It is important to emphasize that body satisfaction and body dissatisfaction can coexist alongside one another – a continuum. For example, a person may be able to perceive high levels of overall body dissatisfaction while at the same time reporting high levels of body satisfaction with certain areas (Thompson et al., 1999; Quittkat et al., 2019). In addition, although body dissatisfaction is a significant predictor of the development of eating disorders and the possibility of comorbidity with another mental illness, this also can affect healthy people without any mental illness (Dunkley et al., 2010; Mond et al., 2013; Quittkat et al., 2019).

For some time, it was assumed that body dissatisfaction was directly related to eating disorders (Odgen, 2010). However, it is now known that body dissatisfaction and eating disorders can follow independent courses, because there are other factors such as weight, size, and shape, that can contribute to increased body dissatisfaction and not be directly related to an eating disorder (Odgen, 2010).

Body dissatisfaction, shape-weight concerns, and weight-related stigma have been found to be associated (Calugi & Grabe, 2020). In fact, studies showed that a high percentage of the overweighted population are dissatisfied with their body weight and desire to be thinner (Moreno-Domínguez et al., 2019), with women more dissatisfied than men. According to Grabe et al. (2008), the pressure to lose weight is ultimately exerted by the individual's surrounding context, ranging from sociocultural pressure to social level pressure (e.g., family members, peers, spouses, and the media). For example, in the study lead by Stice (2002), it was concluded that, due to this pressure, the thin ideal internalization and the excessive importance attributed to appearance might lead to the promotion of risk behaviors such as the adoption and abuse of restrictive diets, excessive physical exercise and, sometimes, even resorting to plastic surgery.

Comparing genders, Ogden (2010), concluded that females tend to internalize greater dissatisfaction with body size and shape than males, although males are not entirely unaffected.

The sociocultural approach and media exposure

As the literature concludes, the development of body dissatisfaction and its negative impacts ultimately have a justification derived from sociocultural models. These models precipitate social pressure, and their main thrust is the need the individual feels to conform to unrealistic standards of body shape (Homan et al., 2012; Sonmez & Turanci, 2017).

The culture of western society emphasizes the standard of beauty based on a thin and slender ideal body. Yet, this type of beauty ideal is ubiquitous and unattainable for most women without resorting to risky options, such as indiscriminate dieting and excessive exercise (DeBraganza & Hausenblas, 2010). Racial-ethnic minority women are socialized in environments where their natural characteristics are considered less attractive by the media than the EW, and even most of the EW, does not fit in this model implicitly assumed ideal (Grabe & Hyde, 2006). Due to this constant exposure, the remaining women from other racial-ethnic categories tend to internalize these beliefs in different degrees, which may affect how they perceive their own bodies (Grabe & Hyde, 2006).

In this sense, the media end up playing a significant and deleterious role since they message for large audiences and, precisely because of their broad reach and a strong capacity for persuasion, become a powerful and effective way of transmitting these sociocultural ideals (Tiggemann, 2005). Another example of a potentially harmful media practice is the constant use of digital modification in advertisements used by various media (e.g., magazines, social networks). This practice has reinforced concerns about unrealistic ideals achieved solely using digital modification tools, which makes the ideal even less attainable for women, with an even more detrimental effect on the public's body satisfaction (Tiggemann & Brown, 2018). Not surprisingly, these perfect, unattainable body images have generated much criticism from both public health professionals and the academic community. More recent studies have shown that prolonged exposure to unrealistic body images in the media, for example, those that are digitally modified, can significantly contribute to the internalization of thinness as the ideal and societally expected body shape for women (e.g., Fardouly & Vartanian, 2015; Lewis et al., 2020; Morton et al., 2020).

Beauty standards and body image in different racial-ethnic categories

Body dissatisfaction is significantly related to women's physical, mental, and sexual health, affecting them throughout their lives (Ramseyer, 2017). According to Harper and Choma (2019), beauty standards are racialized with common characteristics and associated with European individuals in many parts of the world. According to the same authors, European

Women (EW) are typically characterized by their slim and tall bodies, long straight hair, and lighter skin. These ubiquitous representations that shape much of the media content to which women of all cultures and age groups are constantly exposed. Consequently, these women tend to internalize this unitary beauty standard once they grow up with the present stimuli (Harper & Choma, 2019).

African Women (AFW), according to Agberia (2006), are recognized by variations in their body shape, a curvy shape, naturally curly or bald hair type, darker skin color and more protuberant lips. In this culture, it is believed that the thinness ideal is not as present as in other cultures. According to cultural history, when girls reached puberty, they began to be fed to appear more well-nourished and healthier as a way of being prepared for marriage (Agberia, 2006). Although, in general, AFW have higher levels of body satisfaction when compared to EW, it is not safe to say that they are free from experiencing body dissatisfaction (David et al., 2002; Franko & Strieger-Moore, 2002). In fact, several studies show that, when included in a culture where European ideals are dominant, AFW tend to internalize these concepts of thinness and report to feel better with long hair and a thinner and more toned body shape (Makkar & Strube, 1995; Roberts et al., 2006; Akinro & Mbunyuza-Memani, 2019). On the other hand, it should also be noted that cultural factors may also be protective factors for body image satisfaction in AFW. For example, the study by Franko and Strieger-Moore (2002) concluded that there are differences in attitudes towards physical appearance and the stigma attributed towards weight gain and obesity between AFW and EW, as AFW tend to consider themselves more attractive, even when they assess themselves as overweight. The same study also highlights that AFW tend to value qualities such as smile, style, attitude, and the ability to project pride and confidence (Franko & Strieger-Moore, 2002). This attitude has been associated with the ideals established in their own culture that leads to the acceptance of different types of bodies in favor of the idealization of thinness. Another protective factor in this group involves the support of their spouses. In the case of heterosexual AFW, the low body dissatisfaction in relation to EW, may also be associated with the fact that men of their ethnicity tend to prefer physically more structured women than men of another ethnicity, thereby putting less pressure on women (Patel & Gray, 2001).

Although AFW are less prone to high levels of body dissatisfaction, e.g., less likely to express their desire to be physically thin and less prone to develop eating disorders when compared to EW (Arora, 2003), this doesn't imply that they are protected from society's constant messages about how a woman's ideal appearance should be (James et al., 2001). In fact, some authors argue that extreme body image dissatisfaction and eating disorders in AFW

may be associated with the assimilation of mainstream culture and the acceptance of ideals of external cultural attractiveness. This, because as there is increased pressure to meet these standards related to other aspects of their physical appearance than just body size and shape, but also hair texture and skin color (Kelch-Oliver & Ancis, 2011).

The literature has extensively explored the body dissatisfaction differences between EW and AFW, but now it is necessary to compare them with other racial-ethnic categories with differences. Some studies found specific factors that influence Asian Women (AW) and their body perception. One study highlights that AW have similar levels of body dissatisfaction as EW (Grabe & Hyde, 2006), largely due to a marked dissatisfaction between their weight and body shape (Iyver & Haslam, 2003). Other factors are the unhappiness caused by their distinct racial characteristics such as eye shape, eyelid size, face, and nose shape. Some women even report a desire for even lighter skin (Evans & McConnel, 2003). But when compared to EW and Hispanic-Latino Women (HLW), AW's body dissatisfaction levels are higher when assessed by focusing on specific body parts, such as breast size and eye shape.

Other studies have also shown that AFWs have an increased fear of gaining weight (Yates et al., 2004) and this is substantiated through cultural influences, since, according to Evans and McConnel (2003), AFW are more likely to internalize the European standard of beauty, characterized by thinness, compared to other racial-ethnic categories.

When it comes to HLW, Schooler and Lowry (2011) showed that this group is significantly influenced by their respective cultures. Although most HLW value curvy bodies, large breasts, round faces, and a plump body shape, there is a greater concern with weight control when compared to other ethnicities. Constant weight concern represents a risk factor for eating disorders and increases the probability of developing depression (Ferguson et al., 2011). Another factor contributing to body dissatisfaction in HLW seems to be the tendency to present what has been called the "dual identify" phenomenon, that is, the identity that emerges through media messages and the actual identity of own body (Schooler & Lowry, 2011). In other words, an attempt to balance the values and attitudes concerning the own body provided by one's own culture with those passed on by the dominant culture or from other ethnicities.

However, it is emphasized that society plays a vital role in how women of all racial-ethnic categories internalize beauty ideals and how this affects their mental health. The contemporary objectification theory offers a sociocultural perspective on the development and maintenance of mental health risks in women (Fredrickson & Roberts, 1997). This theory warns a women's sexual objectification process in interpersonal, and media-based situations (Aubrey & Frisby, 2011), serving as examples, excessive exposure of sexualized images of women,

suggestive comments, and sexual assault. According to Schaefer et al. (2018), in the face of these behaviors and exposures, women tend to prioritize their appearance and internalize the observed ideals to fulfill male and societal expectations. This perspective is known as self-objectification (Shaefer et al., 2018). This phenomenon is assumed to affect all racial-ethnic categories. But it seems to be especially relevant AFW, who can also be affected due to the historical influences of slavery and racism today. In addition to body shape and size, AFW are judged by skin tone, which has constituted as a predictor of self-objectification and shame (Watson et al., 2012).

The issue of the globalization of western beauty standards and the resulting pressure continues to grow exponentially, shaping the world according to trends, thereby making it difficult for young women to define and remain within their own cultural identities (Pieterse, 2019).

Psychological implication: Emotion Regulation

A very relevant aspect is the direct relationship between body image and mental health. For example, some authors have argued that body appreciation is related to several factors associated with psychological well-being, including self-esteem, healthy coping mechanisms, positive affect, and optimism which provides a level of resilience to the detrimental effects of media exposure on women's self-image (Jauregui & Rios, 2011; Avalos et al., 2015; Tylka & Kroon Van Diest, 2015). Individuals with higher body valuations report fewer depressive symptoms and higher self-esteem.

In recent years, emotion regulation (ER) has received a great deal of attention (Lopes et al., 2005; Naumann & Svaldi, 2021; McComb & Mills, 2021) with studies showing the relationship between deficits in ER or the predominant application of maladaptive ER strategy used in individuals with body dissatisfaction and eating disorders (Berking et al., 2008; Grolach et al., 2016).

The process of ER can be defined as an attempt to decrease, intensify, or simply maintain the emotion, depending on the goals of the person and can change the level to which the components of the emotional response harmonize as the emotion unfolds (Gross & Thompson, 2009, p. 8). Therefore, difficulties in using adequate ER strategies seem to represent a potential risk factor in developing psychopathologies (Aldao et al., 2010). Thus, ER is, in turn, a consequence of both heightened emotional vulnerability and an inability to regulate emotions (Linehan, 1993). However, some individuals have difficulty identifying their own emotional experience.

Concerning the ER strategies, those differ depending on when they emerge throughout the process that generates them. Thus, there are two main types of strategies: strategies that precede emotional activation, e.g., strategies focused on the antecedents of the responses, and strategies that follow emotional activation, e.g., strategies focused on the responses (Veloso et al., 2011). Also, according to one of the main authors in this area, these two strategies are differentiated by the fact that the former aims at modifying future emotional responses and the latter objectively aims at managing the emotions generated (Gross et al., 2006). To modulate the impact of an emotionally demanding stimulus, individuals generally use a particular ER strategy, called emotional suppression (ES) (Gross, 2008). ES is the strategy focused on emotional responses and is conceptualized as a form of response modeling, which focuses on inhibiting emotionally expressive behavior (John & Gross, 2004). Another strategy called cognitive reappraisal (CR) is associated with strategies focused on the antecedents of emotional responses. It is defined as a cognitive change that aims to construct a situation potentially capable of inducing an emotion, thus allowing changing its emotional impact (John & Gross, 2004).

Culturally, ER implies that one goes beyond individual ER, which is referred to as social emotion regulation, e.g., when the agent of this regulation is the social environment itself. It is concluded that culture plays a key role in this regulation (Gross, 2013). However, several studies (e.g., Novin et al., 2009; Soto et al., 2011) compare cultural preferences for the specific use of ER strategies. In independent cultural contexts (e.g., Western cultures) there is a stronger preference for CR than for ES, in contrast to interdependent cultural contexts (e.g., Eastern and Southern cultures), for which cognitive reappraisal is not a preference. These predilections are influenced by cultural models (Soto et al., 2011). These authors highlighted those individuals from independent cultural contexts, demonstrated that the use of ES is inversely related to the use of CR, implying that they use one or the other strategy more readily. Also, there are findings of a positive correlation between the use of ES and CR in individuals from interdependent cultural contexts, suggesting the use of both strategies to regulate emotions (Matsumoto et al., 2008). In sum, differences in ER across cultures or racial-ethnic categories may indicate the role of the different contexts play in determining the effectiveness of certain ER strategies and the outcomes associated with their use (Matsumoto et al., 2008).

The ER skills and individual's predominant strategy may vary depending on the racial-ethnic background since the most valued relationships differ between sociocultural contexts (Markus & Kitayama, 1991). Thus, Gross (2013) proposes that cultural ER can be initiated by

the individual himself or by his social environment and can be conscious and voluntary or automatic and effortless.

According to studies developed in this area, the thin ideal is mainly associated with EW, giving room for the “fear of fat” to set in and lead to the development of eating disorders (Littlewood, 2004). On the other hand, HLW are shown to have a higher degree of weight tolerance and body image satisfaction than the EW, implying a lower incidence of weight-related concerns and eating disorders (David et al., 2002). In the HLW culture, the ideal of a body with curves is more conceivable and this becomes a protective factor against the risk of developing eating disorders (Franko et al., 2012). Finally, when AW experience overweight and do not meet cultural ideals of being slender and feminine, this is defined as a risk factor for developing stricter standards of thinness and harmful attempts to lose weight, leading to eating disorders (Cheng, 2014).

Thus, and given the presented literature review this research will focus on assessing the impact of exposure to media exposure on body satisfaction and emotional regulation. The study is an exploratory study involving comparing three ethnic-racial groups of young women living in Portugal.

METHOD

This exploratory study will observe the measurable effects among the variables established for the study, namely, body satisfaction, media exposure, emotional regulation and cultural/ ethnicity is performed.

Objectives

Due to the relevance of the research, mentioned above, and the fact that the literature has a gap concerning results on the comparison between racial-ethnic categories regarding body satisfaction, media impact and ER, especially in Portugal, this exploratory study intend to analyze the respective themes.

The main objective of this research encompasses two important dimensions and consists in understanding how the impact of media exposure to standardized beauty ideals, (1) affects body satisfaction and (2) how it relates to emotional regulation ability, according to four racial-ethnic categories, in a group of young women living in Portugal.

However, the present research formulates specific objectives, namely:

1. To characterize the rate of media exposure for each of the four racial-ethnic categories;
2. To evaluate if there is a statistically significant relationship between the rate of media exposure and body satisfaction for the total sample and each of the subgroups;
3. To assess whether there are significant differences between the four racial-ethnic categories in the self-report on body satisfaction;
4. To evaluate whether there are differences in the most frequently used ER strategies comparing the four racial-ethnic categories;
5. Regarding body shape, to assess whether there is a preference in relation to the culture from which the participant descends or in relation to the culture in which she is embedded;
6. To assess if there is a statistically significant relationship between perceived discrimination and body perception.

Participants

This research will focus on, is young women as this group is more likely to be vulnerable to body image issues and frequent exposure to the media (Mitchison & Mond, 2015).

However, the sampling group will follow the principles of the non-probability sampling process, e.g., by convenience. This methodological option is justified by the fact that the inclusion of participants is governed by previously established inclusion and exclusion criteria

(Almeida & Freire, 2003). As inclusion criteria, we assumed for this study that the participants would have to be female; ages between 18 and 40 years old; and, at least, descend from one of the parents of the racial-ethnic categories included in the study (due to the existence of a variety of common marriages between several racial-ethnic categories, thus making this study less conservative). On the other hand, as exclusion criteria, the participants who presented signs or have eating disorders were not included. Given these exclusion criteria, it is important to emphasize that the research does not intend to focus on the psychopathological analysis of eating disorders but to assess the screening of associated symptoms, critically analyzing how body dissatisfaction as well as ethnic and cultural differences can trigger the development of these disorders.

It is also important to justify the principles that governed the definition and organization of the participants in racial-ethnic categories. Since the definition is not something consensual, being a matter of disparities at the European level, the intention for the present research is to use a formulation that characterizes the racial-ethnic composition of the population in Portugal (INE, 2019). However, even though the proposal presented by the Working Group that aimed to include the racial-ethnic categories in the 2021 National Censuses (INE, 2019), was refused for reasons of the complexity of the issue, for this research it was chosen to follow this model since it was not refused for the way that racial-ethnic categories were organized.

That said, the participants will be organized into four groups, and, prior to data collection, each racial-ethnic category defined as follows:

- A. **Racial-Ethnic Category: European Women** – in this group were included all women who considered in their descent, Portuguese origin, Western European origin, and Eastern European origin.
- B. **Racial-Ethnic Category: African Women** – the second group includes women who in their descent showed Angolan, Cape Verdean, Guinean, Mozambican and São Tomense origin.
- C. **Racial-Ethnic Category: Asian Women** – this group includes women of Chinese, Macanese, Timorese, Indian, Goan, Pakistani, Bangladeshi, and Nepali descent.
- D. **Racial-Ethnic Category: Hispanic-Latino Women** – this last group includes women who in their descent consider themselves to be from countries in Latin America, Central or South Latin America, and in their descent are not considered Spanish (Suarez et al., 2002).

Regarding the definition of the last group, it is safeguarded that currently no homogeneous entities are found, and these two terms embrace many nationalities and cultures. Due to the

inconsistency of the literature, and in order not to bias the present study, the delimitation for the selection of this group was made based on the authors cited above in the text and by the fact that there is variability among members of these communities regarding how they prefer to identify themselves (Santiago-Rivera et al., 2002).

The present research has a sample with a total of 124 females' participants. The age of the participants ranges from 18 to 39 years old, with a mean of 23.91 and a standard deviation of 3.98. The sociodemographic characterization of general sample is presented in detail in the following Table 1.

Table 1

Participants' sociodemographic characterization

Variable	Frequency in number (%)
Civil Status	
Single	199 (96)
Consensual Union	3 (2.4)
Married	1 (0.8)
Habilitations	
High School	29 (23.4)
University Education (Bachelor's Degree)	62 (50)
University Education (Masters)	28 (22.6)
University Education (PhD)	3 (2.4)
University Education (Post-PhD)	1 (0.8)
Profession	
Student	64 (51.6)
Working-Student	15 (12.1)
Employee (for others)	29 (23.4)
Employee (self-employed)	6 (4.8)
Unemployed	10 (8.1)
Nationality	
Portuguese	89 (71.8)
Other	33 (26.6)
Racial-ethnic category	

European	94 (75.8)
African	15 (12.1)
Other	14 (11.3)

Instruments

The following instruments were used to obtain the necessary data for this study:

1. Eating Disorder Examination Questionnaire (EDE-Q; Fairbur & Berling, 1994; Portuguese version translated and adapted by Machado et al., 2014), used to assess questions related to the exclusion criteria;
2. Sociocultural Attitudes Towards Appearance Questionnaire (SATAQ-4; Heiberg et al., 1995; Portuguese version translated and adapted by Barra et al., 2019);
3. Emotional Regulation Questionnaire (QRE; Gross & John, 2004; Portuguese version translated and adapted by Vaz & Martins, 2009);
4. Contour Drawing Rating Scale (CDRS; Francisco et al., 2012);
5. Everyday Discrimination Scale (EDS; William et al., 1993; Portuguese version translated and adapted by Freitas et al., 2015).

In addition, a Sociodemographic Questionnaire (See Appendix A) was developed with the purpose of obtaining a more detailed characterization of the participants, using variables such as ages, education and profession, questions related to the inclusion criteria (e.g., nationality and racial-ethnic category identified), questions about eating behaviors, physical exercise and the relationship and impact of the media (e.g., daily/ weekly contact, topics viewed and social networks).

Eating Disorder Examination Self-Report Questionnaire. The Eating Disorder Examination Questionnaire (EDE-Q; Fairbur & Berling, 1994), translated and validated for the Portuguese population (Machado et al., 2014), is a self-reported measure that assesses behaviors and attitudes related to eating disorders. Thus, participants will be assessed for the last 28 days, consisting of 22 closed-ended response items where participants are asked about the frequency and attitudes related to episodes considered psychopathological. The responses are quoted using a Likert scale of 7 points, (0-6, where 0 corresponds to “No day”, and 6 means “Every day”), where the highest scores will be indicators of characteristics related to eating disorders. This instrument also has four sub-scales, restriction, concern with form, concern with weight, and concern with eating (Luce & Crowther, 1997). In the Portuguese version, this instrument has

good psychometric characteristics (internal consistency with a *.97 Cronbach alpha*) and a good ability to differentiate individuals with and without diagnosis (Machado et al., 2014).

Sociocultural Attitudes Towards Appearance Questionnaire. The Sociocultural Attitudes Towards Appearance Questionnaire (SATAQ-4), developed by Heiberg et al. (1995) and translated to Portuguese by Barra et al. (2019), is an instrument used in the evaluation of sociocultural pressure and influence of the media in relation to the body and internalization of the beauty pattern. This questionnaire consists of 22 questions, with answers on a Likert-type scale from 1 (I totally disagree) to 5 (I totally agree). SATAQ-4 is divided into 5 sub-scales: general internalization of socially established standards; internalization of the athletic body; the pressure exerted by the family; pressure exerted by colleagues and pressure exerted by the media (Barra et al., 2019). The final score is obtained through the sum of the answers, which can vary between 30 and 150 points and the score represents proportionally the influence of sociocultural aspects on body image (Barra et al., 2019). Regarding psychometric data and validation for the Portuguese population, the only one validated now was through a multigroup analysis. Thus, the translation of the original version of this instrument was performed by four native translators, two Portuguese and two Brazilian, with knowledge of the cultural context of the country and the constructs of the instruments and, later, retro translated by a native English speaker with knowledge in Portuguese and working in Psychology and Health (Barra et al., 2019). That said, as Content Validity Index (CVI), it is equivalent to 80%, adjustments were made according to the experts' comments. Regarding reliability, this was evaluated, and its result was a Cronbach alpha of *.70*. Although the validation of this instrument encompassed several groups, Brazilians, Portuguese and Mozambicans, this version was reconciled and considered as finalized and fit for use (Barra et al., 2019).

Everyday Discrimination Scale. The Everyday Discrimination Scale developed by Williams et al. (1997) and translated and adapted for the Portuguese population by Freitas et al., (2015) is suitable to assess the frequency of perceived discrimination not only in people from a group subject to prejudice (e.g., racism), but also in people who may be victims of discrimination based on some characteristic (e.g., race, gender, sexual orientation, weight) (Freitas et al., 2015). The instrument comprises 11 items on a Likert response scale ranging from 0 to 6 points (0 corresponds to never and 5 to almost always). If participants indicate any item with a frequency higher than 3 (sometimes; sometimes/ year), they will have to indicate the characteristic they consider to be the main reason for unfair treatment. The items in the

Portuguese version have satisfactory values ($\lambda > 0,521$) and a high correlation between them ($r = .701$) (Freitas et al., 2015).

Emotional Regulation Questionnaire. This questionnaire was initially developed by Gross and John (2003) and later adapted to Portugal by Vaz & Martins (2009). The objective of ERQ is to create a method for evaluating emotional regulation strategies and understanding individual differences in the use of ER strategies in specific situations, to understand the implication of using different emotional regulation strategies in individuals with different trajectories (Vaz & Martins, 2009). Thus, this questionnaire is a self-reporting measure consisting of ten items that are assessed on a 7-point Likert Scale (1 “I totally disagree” to 7 “I totally agree”). This instrument is also composed of two sub-scales, (a) Cognitive Reappraisal, which integrates six items and (b) Emotional Suppression, composed of four items. The high results obtained in each of the subscales reflect a greater use of the specific emotional regulation strategy (Vaz & Martins, 2009). In the Portuguese version of this instrument, the psychometric characteristics were evaluated in relation to sensitivity, factor validity of the construct and fidelity of the results, that is, internal consistency and temporal stability. In the analysis of the sensitivity of the results it was concluded that all the response categories are represented in all items, demonstrating that all of them have sensitivity to distinguish participants. The respective scales (Cognitive Reappraisal and Emotional Suppression), patented values of -1 and +1, certifying the normality of the distributions. Regarding the validity of the construct, the statistical tests elaborated confirmed the factorizability of the matrix of correlations, being this of 49.64% of variance. Only one item was not integrated into the same scale when compared to the original version. In internal consistency, *Cronbach's alpha* calculation pointed to values of .76 on the Cognitive Re-evaluation scale and .65 on the Emotional Suppression scale. Finally, in temporal stability the results were significant, values of 0.44 ($p < .001$) for the Cognitive Re-evaluation scale and 0.53 ($p < .001$) for the Emotional Suppression scale (Vaz & Martins, 2009).

Contour Rating Drawing Scale. To evaluate participants' satisfaction and body perception, the Contour Rating Drawing Scale (CDRS; Francisco et al., 2012) will be used. This instrument was validated for the Portuguese population by Francisco et al. (2012). Concerning its psychometric characteristics, the evaluation of the instrument's reliability was carried out through the analysis of temporal stability. Thus, the results point to an association of high magnitude ($r = .91, p < .01$), which is higher than the original study ($r = .78, p < .001$),

assuming a strong temporal stability. This instrument comprises two sequences of nine images (one sequence for the female gender and another for the male). The images are ordered and numbered from the figure with the smallest volume (1) to the most voluminous figure (9). Here, the participant must select the figure that considered to be the ideal body image for her and the figure that considered to represent their real body image. The difference between the current and ideal image determines the level of body satisfaction. Values equal to zero indicate that the participant is satisfied with her body image; negative values indicate body dissatisfaction and desire to present a less voluminous silhouette; and finally, positive results show that the participant is also dissatisfied with her body image and desires to a more voluminous silhouette (Francisco et al., 2012).

Procedures

Data collection. The data was obtained through a Questionnaire prepared on the Qualtrics^{XM} platform. Before providing any response, participants read the informed consent, safeguarding ethical and deontological issues (See Appendix B), and accepted participating in this study. In addition, the informed consent section described and explained the purpose of this study, as well as the detailed description of how the questionnaire was organized and the principal investigator's contact. The database was exported to the IBM SPSS program (version 27) for further analysis.

Data analysis. Although initially four subgroups of racial-ethnic categories were defined, it was necessary to readjust the research since it was not possible to reach any participant of Asian origin, after data collection. Thus, the study proceeded to compare only three racial-ethnic categories (European, African and Hispanic-Latino). This adjustment in the research will be further detailed later as a possible limitation in the study. To establish group allocation, a reformulation of the racial-ethnic categories was carried out, namely, the nationality criteria referred to by the participant and the definition mentioned earlier were considered. However, in cases of ambiguity in the definition of the racial-ethnic category, it was decided to classify the participant according to her reported nationality. Nonetheless, it is important to **mention** that the descriptive statistical analysis will first be presented for the entire sample. Then, after applying the exclusion criteria to the participants, participants who met the exclusion criteria will be removed from the subsequent statistical analyses.

RESULTS

Concerning the sociodemographic characterization of the sample, most of participants reported practicing exercise or some type of physical activity, corresponding to 54%. The most representative modalities mentioned by the participants were going to the gym (10.5%), running (5%), and dancing (3.2%).

Regarding satisfaction with body image, overall, the sample presents a good level of satisfaction with their image, 58.8% ($Mdn = 3$, $IQQ = 2$). However, see Figure 1 for the distribution of the various levels of satisfaction.

It was important to understand where the participants stand in relation to the culture in Portugal, and it was found that 56.4% of them identify with the Portuguese culture ($Mdn = 3$, $IQQ = 1$). Figure 2 shows the distribution of the participants according to the level at which they identify with the Portuguese culture.

Figure 1

Values related with body satisfaction for the total sample

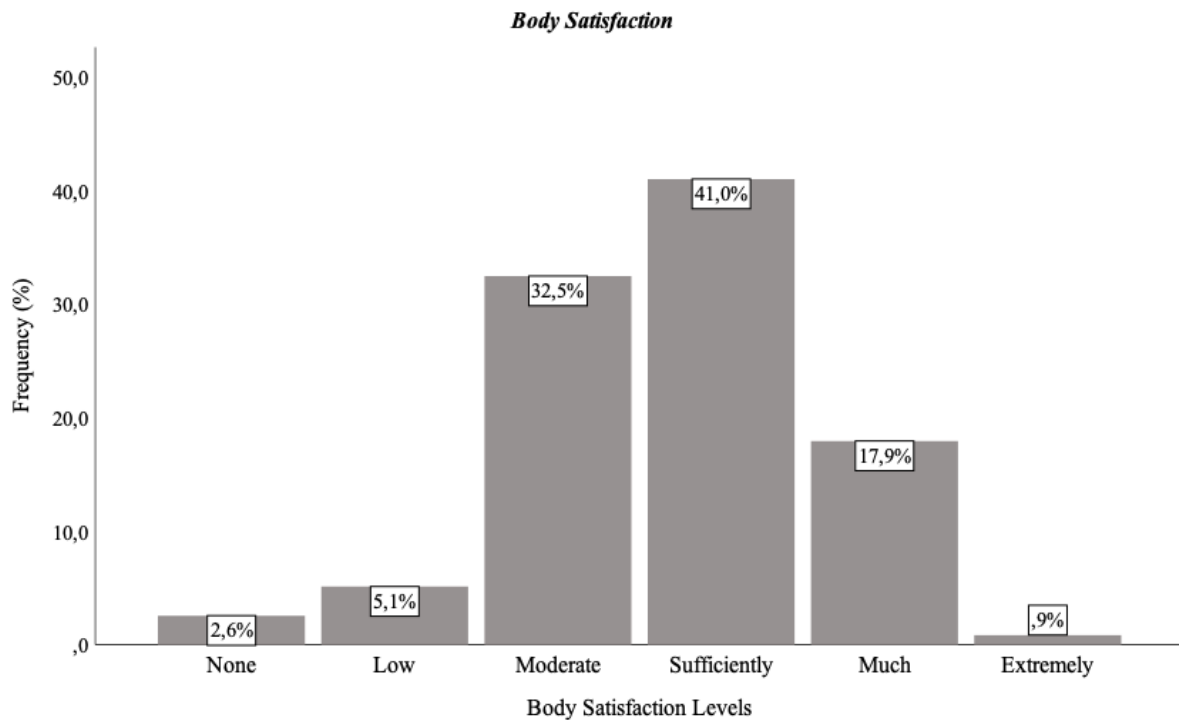
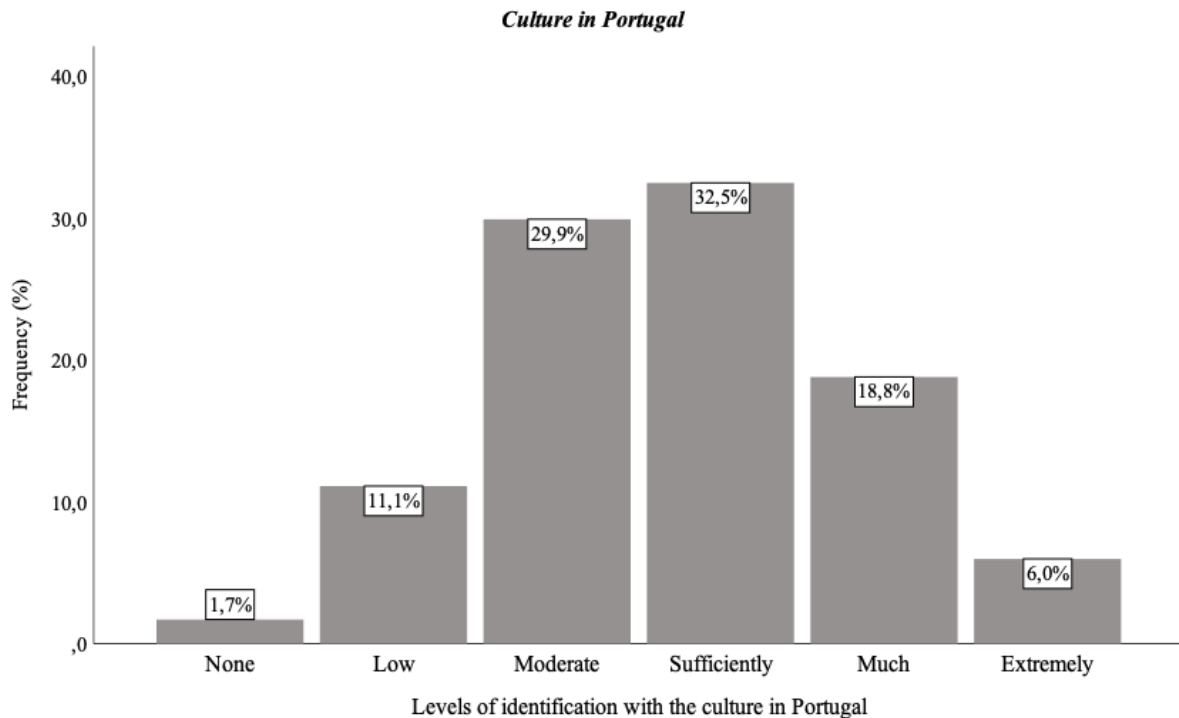


Figure 2

Values related with the level of identification with the Portuguese culture



But, when asked whether the participants identify with the body shape characteristic of the European racial-ethnic category, that is, a thin, slender, and toned body, the participants, generally, showed that they do not fit this pattern. As can be seen in Table 2, the values are very similar, yet the lowest part of the scale stands out, suggesting that most participants do not consider this body shape as their body shape.

Table 2

Identification with the European-like body shape

	N	%
None	16	12.9%
Low	19	15.3%
Moderate	39	31.5%
Sufficiently	26	21%
Much	15	12.1%
Extremely	2	5.6%

It was found that 22.6% of the participants reported that the ideals of beauty standardized by society have influenced or influence their own vision of the body “extremely”, while about 29% consider that these ideals as having a “significant” impact on their vision of the body; 19.4% said feeling a “reasonable” influence; and only 11.3% reported no influence at all.

Regarding the level of exposure to the media, a set of the study’s instrument’s variables were used to create a compound variable, namely, (i) the time spent by participants watching television; (ii) the frequency of use of social networks; (iii) the frequency of sharing and publishing photos online; (iv) the frequency with which participants buy fashion/ beauty magazines; and (v) the frequency that the participants try to adopt the lifestyles of people they follow on social networks. On average, it was found that the participants spend about 1 to 2 hours a day watching television (50.8%), and only 1 participant (0.8%) indicated that she did not have an account on any social network. The characterization by item of the variable level of social media exposure is described in Table 3.

Table 3

Characterization of the exposure to social networks

Item	Frequency in number (%)			
	0	1	2	3
Social network use during the week	1 (.8)	6 (4.8)	34 (27.4)	81 (65.3)
Social network use during weekends	1 (.8)	9 (7.3)	31 (25)	82 (66.1)
Sharing photos and/ or videos	5 (4)	76 (61.3)	38 (30.6)	4 (3.2)
Posting photos online	4 (3.2)	91 (73.4)	26 (21)	1 (.8)
Buying fashion/ beauty magazines	99 (79.8)	22 (17.7)	2 (1.6)	0 (0)
Adoption of lifestyles promoted on social networks	32 (25.8)	64 (51.6)	26 (21)	1 (.8)

Notes. The scale used was 0 (never), 1 (sometimes), 2 (often), 3 (always).

Another important factor for the characterization of this sample is ER. Thus, Table 4 presents the distribution of the participants in the two subscales of the ERQ plus their total score. The results obtained, it is concluded that the CR strategy is the one that participants use

more, demonstrating greater emotional control under challenging situations, for the total sample.

Table 4

Analysis of the ERQ Instrument (Gross & John, 2003; Vaz & Martins, 2009)

	Mean (SD)	Min-Max
ERQ subscales		
Cognitive Reappraisal	23.11 (6.23)	5 - 35
Emotional Suppression	13.98 (4.95)	4 – 26
Total Score	37.03 (9.12)	9 – 57

The exclusion criteria for this study were signs of symptomatology or even the presence of an eating disorder. Therefore, it was necessary to use the instrument EDE-Q (Fairbur & Berling, 1994; Machado et al., 2014) to evaluate if any participant met these criteria and, if so, to exclude them from the total sample. Considering the to the instrument’s total score and each of its subscales, it was used a cut-off scores of 2.12 for the total score and 1.49, 1.37, 2.63 and 2.12, respectively, for the Restraint, Eating Concern, Weight Concern and Shape Concern subscales.

After that, 40 participants were excluded. The mean age in the sample is 23.83 years ($SD = 3.886$), ranging from 18 to 39 years old, Table 5 shows the final distribution of the 84 participants into the racial-ethnic categories, as well the sociodemographic characterization of each racial-ethnic category in detail.

Table 5

Participants’ sociodemographic characterization by racial-ethnic categories

	European Women (<i>n</i> = 60; 71.4%)	African Women (<i>n</i> = 12; 14.3%)	Hispanic-Latino Women (<i>n</i> = 12; 14.3%)
Age (years) <i>M (SD)</i>	22.85 (2.04)	24.25 (4)	28.33 (6.9)
Exercise – M (SD)	0.5 (0.5)	0.5 (0.5)	0.33 (0.49)
Yes	30 (50%)	6 (50%)	8 (66.7%)
No	30 (50%)	6 (50%)	4 (33.3%)
Frequency in number (%)			

Civil Status			
Single	60 (100)	12 (100)	10 (83.3)
Consensual Union	0 (0)	0 (0)	1 (8.3)
Married	0 (0)	0 (0)	1 (8.3)
Habilitations			
High School	8 (13.3)	3 (25)	3 (41.7)
University			
Education	36 (60)	7 (58.3)	5 (41.7)
(Bachelor's			
Degree)			
University			
Education	15 (25)	2 (16.7)	1 (8.3)
(Masters)			
University			
Education (PhD)	1 (1.7)	0 (0)	0 (0)
University			
Education (Post-			
PhD)	0 (0)	0 (0)	1 (8.3)
Profession			
Student	39 (65)	5 (41.7)	2 (16.7)
Working-Student	5 (8.3)	0 (0)	3 (25)
Employee (for			
others)	8 (13.3)	6 (50)	5 (41.7)
Employee (self-			
employed)	1 (1.7)	1 (1.7)	2 (16.7)
Unemployed	8 (11.7)	0 (0)	0 (0)

Concerning the analysis of body satisfaction among racial-ethnic categories, through Table 6 it is possible to see the distribution of the participants according to each level of satisfaction. Therefore, it can be concluded that the three groups are quite satisfied with their body image.

Table 6

Body Satisfaction according to the item: "I am satisfied with my body image"

	European Women	African Women	Hispanic-Latino Women
	Frequency in number (%)		
None	1 (1.7)	0 (0)	0 (0)
Low	0 (0)	2 (16.7)	0 (0)
Moderate	16 (26.7)	4 (33.3)	1 (8.3)
Sufficiently	29 (48.3)	5 (41.7)	4 (33.3)
Much	0 (0)	0 (0)	2 (16.7)

The characterization of the compounded variable "Level of Media Exposure" for each racial-ethnic category is presented in Table 7.

Table 7*Frequencies of the variable “Level of Exposure to Media” for the racial-ethnic categories*

Item	European Women					African Women					Hispano-Latina Women				
	<i>Mdn</i> (IQQ)	0	1	2	3	<i>Mdn</i> (IQQ)	0	1	2	3	<i>Mdn</i> (IQQ)	0	1	2	3
Television time	1 (1)	13 (21.7)	32 (53.3)	13 (21.7)	2 (3.3)	1 (2)	4 (33.3)	5 (41.7)	3 (25)	0 (0)	0 (1)	7 (58.3)	4 (33.3)	1 (8.3)	0 (0)
Social network use during the week	3 (1)	1 (0.7)	3 (5)	16 (26.7)	40 (66.7)	3 (1)	0 (0)	2 (16.7)	2 (16.7)	8 (66.7)	3 (1)	0 (0)	0 (0)	5 (41.7)	7 (58.3)
Social network use during weekends	3 (1)	1 (1.7)	3 (5)	17 (28.3)	39 (65)	3 (1)	0 (0)	2 (16.7)	1 (8.3)	9 (75)	3 (1)	0 (0)	0 (0)	4 (33.3)	8 (66.7)
Sharing photos and/or videos	1 (1)	1 (1.7)	39 (65)	17 (28.3)	3 (5)	2 (1)	2 (16.7)	2 (16.7)	8 (66.7)	0 (0)	1 (0)	1 (8.3)	8 (66.7)	2 (16.7)	1 (8.3)
Posting photos online	1 (0)	2 (3.3)	44 (73.3)	14 (23.3)	0 (0)	1.5 (1)	0 (0)	6 (50)	5 (41.7)	1 (8.3)	1 (0)	1 (9.1)	8 (72.7)	2 (18.2)	0 (0)
Buying fashion/beauty magazines	0 (0)	47 (78.3)	13 (21.7)	0 (0)	0 (0)	0 (1)	8 (66.7)	4 (33.3)	0 (0)	0 (0)	0 (0)	12 (100)	0 (0)	0 (0)	0 (0)
Adoption of lifestyles promoted on social networks	1 (1)	19 (31.7)	32 (53.3)	9 (15)	0 (0)	1 (2)	4 (33.3)	4 (33.3)	3 (25)	1 (8.3)	1 (1)	5 (41.7)	6 (50)	1 (8.3)	0 (0)

Note. The scale used was 0 (never), 1 (sometimes), 2 (often), 3 (always).

The impact of the media on people’s lives and the standardized beauty ideals promoted by them are extremely common nowadays. In fact, the EW reported that the media have a lot of impacts, as well as the AW. However, the HLW do not consider that the media has any impact at all. Table 8 shows in more detail the participants’ distribution on this topic.

Table 8

Impact of beauty ideals standardized by society in body perception

	European Women	African Women	Hispanic-Latino Women
	Frequency in number (%)		
None	7 (11.7)	1 (8.3)	4 (33.3)
Low	2 (3.3)	1 (8.3)	1 (8.3)
Moderate	11 (18.3)	2 (16.7)	2 (16.7)
Sufficiently	8 (13.3)	1 (8.3)	2 (16.7)
Much	18 (30)	4 (33.3)	2 (16.7)
Extremely	14 (23.3)	3 (25)	1 (8.1)

To create the variable “Level of Exposure to Media”, it was decided to consider a score from 0 to 5 (inclusive) a low exposure to the media, 5 to 10 (inclusive) a significant exposure, and 11 to 21 a high media exposure. Table 9 presents the distribution of the racial-ethnic categories according to the level of exposure. These results showed that the exposure to the media is significant at both levels, the total sample, and the racial-ethnic categories.

Table 9

Level of Exposure to the Media

	Total Sample	European Women	African Women	Hispanic-Latino Women
	Frequency in number (%)			
Low	3 (2.4)	1 (1.7)	1 (8.3)	1 (9.1)
Significant	70 (56.5)	35 (58.3)	5 (41.7)	8 (72.8)
High	48 (38.8)	24 (40)	6 (50)	2 (18.2)

For the objective 2, to evaluate the relationship between the participants’ body satisfaction through the SATAQ-4 instrument (Heiberg et al., 1995; Barra et al., 2019) and the

level of media exposure, results show that body satisfaction is positively correlated with the level of media exposure for the total sample ($r = .246, p = .007$) and, in particular, for the EW group ($r = .27, p = .04$), revealing that higher media exposure is associated with a higher body satisfaction.

Meanwhile, there is no significant correlation between the two variables for the racial-ethnic category of AW, $r = .437, p = .16$, or HLW, $r = .47, p = .16$ (See Appendix C for more information about the subscales).

A unifactorial ANOVA was performed to evaluate the differences among the groups regarding body satisfaction, assessed through the CDRS instrument.

The results indicate that there are no significant differences between the racial-ethnic categories regarding the self-report body satisfaction, $F(2.81) = 1.5, p = .227$ (See Table 10).

Table 10

Unifactorial Analysis of Variance (ANOVA) results for CDRS (Francisco et al., 2012)

	Racial-ethnic categories			
	European Women (n = 60) Mean (SD)	African Women (n = 12) Mean (SD)	Hispanic-Latino Women (n = 12) Mean (SD)	F (2.81)
CDRS (score total)	0.583 (1.23)	1.16 (1.85)	0.25 (1.13)	1.5*

* A non-significant p value.

Concerning the differences in the participants' preference for the type of emotional strategy according to the QRE instrument, there are significant differences in the use of ES strategy according to racial-ethnic category, $F(2.78) = 5.1, p = .008$.

The *post-hoc test* revealed that EW vs. AW: $p = .003$; EW vs. HLW: $p = .904$; AW vs. HLW: $p = .121$ and there are differences in the use of this strategy between the racial-ethnic category of EW (M = 16.8) and AW (M = 22.8).

For CR strategy, the results show that EW vs. AW: $p = .792$; EW vs. HLW: $p = .999$; AW vs. HLW: $p = .873$ it was found that there are no significant differences between the three racial-ethnic categories in the use of this strategy, $F(2.77) = .334, p = .717$ (See Table 11).

Table 11

Unifactorial Analysis of Variance (ANOVA) results for QRE (Gross & John, 2003; Vaz & Martins, 2009)

	Racial-ethnic categories			<i>F</i> (2.81)
	European Women (n = 57) Mean (<i>SD</i>)	African Women (n = 12) Mean (<i>SD</i>)	Hispanic-Latino Women (n = 12) Mean (<i>SD</i>)	
Suppressing Emotional	16.85 (6.13)	22.83 (4.85)	17.91 (5.16)	5.18*
	(n = 58) Mean (<i>SD</i>)	(n = 12) Mean (<i>SD</i>)	(n = 10) Mean (<i>SD</i>)	<i>F</i> (2.77)
Cognitive Reappraisal	23.06 (6.32)	24.58 (4.60)	22.80 (6.64)	.717**

Note: * $p < .05$; ** $p > .05$

Regarding whether the participants prefer the culture from which they descend or the Portuguese culture (where they are inserted), each item related to this objective was analyzed individually, using frequency analysis.

Therefore, in the item “How much do you identify yourself with the beauty ideals presented in the Portuguese culture?”, EW reported that 66.6% can identify a lot ($Mdn = 3, IQQ = 2$); however, 66.7% of AW reported that they identify between a little and reasonably with the culture in Portugal ($Mdn = 1.5, IQQ = 2$) and the HLW (66.6%) showed the same results as EW ($Mdn = 3, IQQ = 2$) (See Appendix D).

Looking exclusively to the African and Hispanic-Latino the participants despite living in Portugal, it was found that there is an equal distribution of responses of the participants and therefore, very close responses on the fact that they continue to be governed by the ideas of beauty of their own racial-ethnic category of origin. Table 12 presents a detailed distribution of the participants.

Table 12*Beauty ideals in Portugal vs. Beauty ideals of the racial-ethnic category of origin*

	African Women		Hispanic-Latino Women	
	N	%	N	%
Low	1	8.3%	1	9.1%
Moderate	4	33.3%	3	27.3%
Sufficiently	3	25%	3	27.3%
Much	3	25%	4	36.4%
Extremely	1	8.3%	0	0%
Total	12	100%	11	100%

Still related with the previous question, it was found that the different racial-ethnic categories do not identify with the body shape that is characteristic of the European racial-ethnic category.

In this case, not even the EW identify themselves completely with this ideal, 15% identify a lot and only 6.7% of the sample answered that they identify extremely. Most of the sample (40%) of them identify reasonably and 13.3% not so much. In the AW, about 33.3% identify a little with this body shape, and 25% do not identify with it at all, and only 16.7% of the participants identify a lot with this body shape. In the HLW, 36.4% relate a lot with the European body shape and 27.3% in a reasonable way, however 18.2% consider that they identify extremely.

Finally, it was not found any significant association between perceived discrimination and participants' body perception as measured by the EDS. For the EW the result of the subscale Personal Rejection is negatively correlated with the body perception ($r = -.008, p = .952$) and in the subscale Unjust Treatment the correlation is also negative ($r = -.066, p = .616$). Also, any significant correlation was found when considering the racial-ethnic categories individually (AW: $r = .179, p = .578$; $r = .107, p = .741$; HLW: $r = -.128, p = .692$; $r = -.103, p = .750$).

DISCUSSION

The purpose of this research was to explore the impact of media exposure, primarily based on standardized, thin-related, and unattainable beauty ideals, on body satisfaction. It was also investigated if the ER ability plays a significant role in this process, according to four racial-ethnic categories in a group of young women living in Portugal. That said, it's possible to assume that the media is one of the most powerful sources when it comes to transmitting sociocultural messages about how women's appearance. This phenomenon has increased exponentially and uncontrolled with the arrival of social networks (Fardouly & Vartanian, 2015; Monks et al., 2021).

This study concludes that participants, both in the total sample and according to the racial-ethnic categories, have a significant high media exposure. However, the results point to favorable body satisfaction and no significant difference among the racial-ethnic categories. Although the literature points out that the higher the exposure to the media, the higher the probability of internalizing standardized beauty ideals and the unattainable body (e.g., Tiggemann & Zaccardo, 2015; Brown & Tiggemann, 2016; Cohen et al., 2017), our results pointed out to an opposite direction. Now, looking at our results, which show that higher exposure to the media was positively associated with a higher body satisfaction, allows us to reflect on the fact that social networks are changing, and potentially making available a more diverse set of contents and being perceived differently by the public. However, potentially, the media are no longer perceived in the same way as some time ago, despite continuing to be the largest source of transmission of sociocultural ideals. Currently there has been an increase in the exposure of real content regarding body acceptance, diversity regarding body shapes, and that all bodies are beautiful just the way they are. The fact that there is a change of policies, provides people a shift in the way they use social networks. Therefore, media literacy may be a new factor to consider in this case. The ability to think critically about media, and more specifically in relation to the content presented on the networks, to critique images and to perform an evaluation on how realistic or not the images are (Silverblatt, 2001). Thus, when exposed to ideal and unattainable beauty bodies, the women with high media literacy skills may be more likely to evaluate these images as unrealistic targets and therefore inappropriate for comparison, leading to better body satisfaction (Tamplin, 2018). According to the literature (Tiggemann & Lacey, 2009) all women are susceptible to body dissatisfaction, regardless of the racial-ethnic category that characterizes them. Therefore, although the levels of body satisfaction are shown to be high, it does not invalidate the presence of body dissatisfaction in

these young women (satisfaction-dissatisfaction continuum). Now, this may be justified due to increased awareness about unattainable beauty ideals, as observed by the results, even the women characterized as belonging to the European racial-ethnic category, many of them did not identify with their characteristic beauty standard. AW reported that they did not fit this beauty ideal and HLW were the closest to this ideal. When asked about fitting in the Portuguese culture, AW were the one who showed the lowest values of identification, assuming that they were guided more by the beauty ideals of their own culture. Now, the possibility of awareness about the non-fulfillment of the ideal body can raise awareness for the acceptance of other characteristics of beauty and shift the focus away from unattainable standards.

The results of this study showed that the participants frequently use ES, a strategy that promotes a conscious inhibition of an ongoing emotion expression behavior and are performed when an individual modifies the behavior towards an emotion even if it cannot reduce the felt emotion negative effect. What happens when using this strategy, is that there is an increase in the individual's physiological activation level, and the suppression does not attenuate the subjective impact of the experience and may have long-term negative consequences for the individual (Butler et al., 2003; Thompson, 2011). Now, considering that AW are less aligned with the European type of beauty or fit worse into the dominant beauty ideals present in the Portuguese culture, one can potentially better understand this difference in terms of the ER strategy.

CONCLUSION

In conclusion, the finding from this study contribute to the emerging evidence of a potential shift into the role that the media may have on young women's body satisfaction. Despite the high exposure to the media, the women from different ethnic-racial groups also reported good levels of body satisfaction. Our results represent another piece of evidence in favor of more studies in this field to support to the political decision regulating the media. As a recommendation for future research, it's critical to include other racial-ethnic categories, such as Asian women. In the present research, despite the attempts, it was not possible to achieve this, and can be justified by the low representativeness of this population in Portugal. In sum this study highlights the important of caring more about the share content than about the channels. Even the social media may play both roles, one that has a potentially deleterious impact and another that may potentially be protective and works as a preventative strategy regarding body image problems.

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APPENDIX

APPENDIX A

Sociodemographic Questionnaire

1. How old are you? _____
2. What is your marital status?
 - a) Single
 - b) In Union of Fact
 - c) Married
 - d) Separated
 - e) Divorced
 - f) Widow
3. What are your academic qualifications?
 - a) Primary Education
 - b) High School
 - c) University Education (Graduated)
 - d) University Education (Master)
 - e) University Education (PhD)
 - f) University Education (Post-PhD)
4. What is your education?
 - a) Student
 - b) Working Student
 - c) Employed (by others)
 - d) Self-Employed
 - e) Unemployed
 - f) Retired
5. What is your nationality?
 - a) Portuguese
 - b) Other (Please indicate) _____
6. In which of the following racial-ethnic categories do you identify?
 - a) European
 - b) African
 - c) Asian
 - d) Other (Please indicate) _____

APPENDIX B

Informed Consent

As part of the Master's in Clinical and Health Psychology in the Faculty of Education and Psychology at the Catholic University of Portugal in Porto, the following study is being conducted "Impact of media exposure on body perception and emotional regulation: a racial-ethnic study". This study aims to characterize the patterns of media exposure and other related behaviors of young women belonging to different racial-ethnic categories (European, African, Asian and Hispanic-Latino), in a group of participants living in Portugal.

In this questionnaire you will find 41 questions, among which 28 are quick-answer (multiple choice) and 13 are free answer and the time required for total completion is approximately 15 minutes. The participation in this study is completely voluntary involving only filling out the questionnaire that follows. You do not have to participate if you do not feel like it and may refuse to answer any question. Even if you have already started, you can withdraw at any time. But if you decide to do so, you are asked to review and agree to the terms of this consent before you begin to fill out the questionnaire.

If you agree to participate, you will have to answer a set of questions that assess the variables presented above. All responses obtained will be kept anonymous and the information provided will be completely confidential and used only for the purposes of this research. There are no right or wrong answers, we simply ask for your utmost attention and sincerity when answering each question.

If there is any discomfort during or after participation in this study, please use the following emails to ask for clarification or to contact us for help.

Catarina Aguiar: catarinaguiar_5@hotmail.com

Professor Patrícia Oliveira-Silva: posilva@porto.ucp.pt

If you wish to notify any aspect alluding to the protection of your data, you should do so in writing forwarding notification to the Internal Ethics Committee of the Catholic University (ces.ucp@lisboa.ucp.pt). Thank you for your cooperation.

I am aware of the objectives of the study presented, as well as the anonymous and voluntary nature of my participation. My information will be confidential since it will only be used in the research context and will not be disclosed to others under any circumstances. Therefore,

I declare that I agree to participate in this study.

I declare that I do not agree to participate in this study.

APPENDIX C

Results for the subscales of the SATAQ-4 Instrument (Heiberg et al., 1995; Barra et al., 2019)

	Total Sample		European Women		African Women		Hispanic-Latino Women	
	Mean (<i>SD</i>)	Min-Max	Mean (<i>SD</i>)	Min-Max	Mean (<i>SD</i>)	Min-Max	Mean (<i>SD</i>)	Min-Max
Internalization of the thin ideal	13.75 (3.99)	5-22	13.5 (4.23)	5-22	13.41 (3.66)	8-20	14.72 (2.48)	10-18
Internalization of the athletic ideal	10.85 (3.80)	5-20	10.76 (3.85)	5-20	10.58 (3.25)	5-18	11.63 (3.41)	8-17
Pressure by family	8.50 (4.57)	4-20	8.66 (3.41)	4-20	9.66 (3.41)	4-15	7.27 (2.7)	4-17
Pressure by colleagues	6.24 (3.55)	4-20	5.66 (2.76)	4-16	9.41 (3.07)	4-20	5.90 (2.43)	4-12
Pressure by media	12.26 (5.36)	4-20	12.21 (3.49)	4-20	15.08 (3.88)	4-20	9.45 (3.07)	4-18

APPENDIX E

Frequencies of the item “How much do you identify yourself with the beauty ideals presented in the Portuguese culture?”

	European Women		African Women		Hispanic-Latino Women	
	N	%	N	%	N	%
None	0	0	1	8.3	0	0
Low	3	5	5	41.7	0	0
Moderate	17	28.3	2	16.7	4	33.3
Sufficiently	20	33.3	3	25	4	33.3
Much	15	25	1	8.3	3	25
Extremely	5	8.3	0	0	1	8.3
Total	60	100	12	100	12	100