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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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Title:	**Associations between body dissatisfaction, importance of appearance, and aging anxiety with depression, and appearance-related behaviors in women in mid-life**
Year:	2019
Author:	Isabelle Carrard[1], Marios Argyrides[2], Xaris Ioannou[2], Ingela Lundin Kvalem[3], Karin Waldherr[4], Diana Harcourt[5], Siobhan McArdle[6]
Abstract:	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.

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