Introduction

- Muscularity is typically the focus of men’s disordered eating, but thinness concerns impact negative outcomes as well.¹
- Men’s disordered eating manifests in various ways (i.e., supplement use,² binge/purge behaviors,³ restriction⁴), and pathways from muscularity concerns to non-muscularity behaviors are understudied.
- Holistic measures of body satisfaction in men are underutilized but can provide insights to men’s body image beyond muscularity concerns.⁵
- Based in sociocultural theory, the current study examined the extent to which thin ideal internalization impacts the relationships between muscular ideal internalization, appearance satisfaction, and disordered eating and muscle-gaining behaviors in men.

Method

Participants & Procedure
- 189 men (M<sub>age</sub>=21.17, SD=4.15), 47.6% White/Caucasian.
- Data were collected via an online Qualtrics survey.

Measures
- Demographics and self-reported height and weight
- Internalization of body ideals (SATAQ-4R); appearance satisfaction (MBSRQ-AE); drive for muscularity (DMS); and disordered eating symptoms (EDDS DSM-5).

Data Analytic Strategy
- Path analysis in Mplus v8 using the Model Indirect command.

Results

- Analyses controlled for age and BMI
- Indirect effects were not observed among men with low thin ideal internalization.
- For men with high thin ideal internalization, greater muscularity internalization was associated with more appearance satisfaction, which was associated with more muscularity-oriented behaviors and fewer disordered eating behaviors.

Discussion

- Findings are consistent with previous work supporting thin ideal internalization as a moderator of the impact of muscular ideal internalization on outcomes.
- However, appearance satisfaction findings are inconsistent with previous work testing sociocultural models of body image and disordered eating in men.
- Appearance satisfaction may represent an important and understudied body image component in men that has different patterns of associations with disordered eating and muscularity-oriented behaviors.
- This study utilized cross-sectional data, and future studies should analyze these associations longitudinally and in various age groups.

References