

# Validation of a Psychosocial Intervention on Body Image in Older People: An Experimental Design

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## Materials

Name	Company	Catalog Number	Comments
Body Shape Questionnaire (BSQ)	International Journal of Eating Disorders	1987	Body Shape Questionnaire (BSQ) developed by Cooper, Taylor, Cooper, and Fairburn (1987), which was adapted and scaled to Spanish participants by Raich et al. (1996). This is a self-report of 34 items following a Likert scale that goes from 1 (never) to 6 (always). The final score ranges from 34 to 204 and scoring above 110 indicates dissatisfaction and discomfort with physical appearance (Cooper et al., 1987). It is a reliable instrument since several studies have reported Cronbach's $\alpha$ between 0.95 and 0.97. Also, the BSQ has good external validity, i.e., it is convergent with other similar tools, such as the Multidimensional Body Self-Relations Questionnaire, MBSRQ (Cash, 2015) and the body dissatisfaction subscale of the Eating Disorders Inventory, EDI (Garner, Olmstead, and Polivy, 1983).
IMAGINA: programa de mejora de la autoestima y la imagen corporal para adultos	Sinindice	2012	IMAGINA Program was meant to be a therapeutical tool to increase a body image satisfaction of older adults in Spain. It has eight group-sessions of 90-120 minutes duration each, aiming at entertaining and engaging participants. Body image and self-esteem are expected to improve through social participation, communication, body image workshops, and healthy nutrition information.
Statistical Package for the Social Sciences (SPSS)	IBM	24	Software package used in statistical analysis of data