VICTORIA UNIVERSITY
MELBOURNE AUSTRALIA

Dismantling prevention: Comparison of outcomes following media literacy and appearance comparison modules in a randomised controlled trial.

This is the Accepted version of the following publication

The publisher's official version can be found at

Note that access to this version may require subscription.

Table 2

Description of self-report assessment measures

Variables	Measure, internal reliability (Cronbach's alpha) and sample item
Body dissatisfaction	Eating Disorders Inventory (Garner, 1991), 9 items (α = .91)
	e.g., "I think my thighs are too large", 1 = *never* to 5 = *always*
Dietary restraint	Dutch Eating Behaviour Questionnaire-Restraint (Van Strien et al., 1986), 10 items (α = .94)
	e.g., "Do you deliberately eat less in order not to become heavier?" 1 = *never* to 5 =*always*
Bulimic symptoms	Eating Disorders Inventory (Garner, 1991), 7 items (α = .84)
	e.g., I stuff myself with food", 1 = *never* to 6 = *always*
Thin-ideal internalisation	Sociocultural Attitudes Towards Appearance Questionnaire-3 (Thompson et al., 2004), 5 items (α = .92)
	e.g., "I would like my body to look like the people who are on TV", 1 = *strongly disagree* to 5 = *strongly agree*
Appearance comparison	Physical Appearance Comparison Scale (Thompson et al., 1991), 5 items (α = .92)
	e.g., "In social situations, I compare my figure to the figures of other people", 1 = *never* to 5 = *always*
	Upward Physical Appearance Comparison Scale (O'Brien et al., 2009), 5 items (α = .97)
	e.g., "I tend to compare myself to people I think look better than me", 1 = *strongly disagree* to 5 = *strongly agree*
	Downward Physical Appearance Comparison Scale (O'Brien et al., 2009), 4 items (α = .95)
	e.g., "I compare myself to people less good looking than me", 1 = *strongly disagree* to 5 = *strongly agree*
Media literacy	Media Attitudes Questionnaire-Realism Scepticism (Irving et al., 1998), 2 items (α = .80)

Variables	Measure, internal reliability (Cronbach's alpha) and sample item
	e.g., "Normally women (in real life) are as thin as the models in ads", 1 = *completely disagree* to 5 = *completely agree*
	Critical Thinking about Media Messages 6 items (Scull et al., 2010) (α = .89)
	e.g., "I try and think about how true or false an advertisement is", 1 = *never* to 6 = *always*
	Critical Thinking about Media Messages – Appearance Focus (adapted from Scull et al., 2010), 6 items (α = .94)
	e.g., "When I see ads about ways to be more attractive I try and think about how true or false an advertisement is", 1 = *never* to 6 = *always*
Appearance conversations	Appearance Culture Among Peers - Appearance Conversations with Friends subscale (Jones, 2004), 5 items (α = .92)
	e.g., "My friends and I talk about the size and shape of our bodies", 1 = *never* to 5 = *very often*
Fear of negative appearance evaluation	Fear of Negative Appearance Evaluation Scale (Lundgren et al., 2004), 8 items (α = .93)
	e.g., "It bothers me if I know someone is judging my body shape", 1 = *not at all* to 5 = *extremely*