

## Dissonance and healthy weight eating disorder prevention programs : a randomized efficacy trial

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20429118&lokasi=lokal>

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### Abstrak

In this trial adolescent girls with body dissatisfaction (N=481; M age=17) were randomized to an eating disorder prevention program involving dissonance-inducing activities that reduce thin-ideal internalization, a prevention program promoting healthy weight management, an expressive writing control condition, or an assessment-only control condition. Dissonance participants showed significantly greater reductions in eating disorder risk factors and bulimic symptoms than healthy weight, expressive writing, and assessment-only participants and healthy weight participants showed significantly greater reductions in risk factors and symptoms than expressive writing and assessment-only participants from pretest to posttest. Although these effects faded over 6-month and 12-month follow-up, dissonance and healthy weight participants showed significantly lower binge eating and obesity onset and reduced service utilization through 12-month follow-up, suggesting both interventions have public health potential.