The Impact of Yoga Practice on Body Image and Well-Being Among Women (#9332)

1) Have any data been collected for this study already?
No, no data have been collected for this study yet.

2) What’s the main question being asked or hypothesis being tested in this study?
1. Does yoga lead to improvements in functionality appreciation and other aspects of body image among women? We hypothesise that women in the Yoga Group, compared to those in the Comparison Group, will experience improvements in functionality appreciation and other aspects of body image at Midtest, Posttest, and Follow-Up.
2. How does yoga practice lead to improvements in body image? Several potential models will be explored according to the embodiment model and the objectification theory, as well as recent research on body functionality and positive body image.
3. Does yoga lead to improvements in well-being among women? We hypothesise that women in the Yoga Group, compared to those in the Comparison Group, will experience improvements in well-being at Midtest, Posttest, and Follow-Up.

3) Describe the key dependent variable(s) specifying how they will be measured.
Functionality appreciation and additional aspects of body image will be assessed using the following questionnaires:
1. Functionality Appreciation Scale (Alleva, Tylka, & Kroon Van Diest, 2017) to assess functionality appreciation;
2. Body Appreciation Scale-2 (Tylka & Wood-Barcalow, 2015) to assess body appreciation;
3. Physical Body Experiences Questionnaire (Menzel, 2010) to assess embodiment;
4. Appearance Evaluation Subscale of the Multidimensional Body-Self Relations Questionnaire (Brown et al., 1990) to assess appearance evaluation;
5. Self-Objectification Beliefs and Behaviours Scale (Lindner & Tantleff-Dunn, 2017) to assess self-objectification;
6. Body Compassion Scale (Altman et al., 2017) to assess body compassion.

In addition, the following questionnaires will be assessed to measure aspects of well-being:
7. Five Facet Mindfulness Questionnaire – Short Version (FFMQ-15) to assess mindfulness;
8. Perceived Stress Scale (Cohen, 1994) to assess levels of stress;
9. PROMIS – Depression Short Form (see www.healthmeasures.net) to assess depression;
10. Gratitude Questionnaire – Six Item Form (McCullough et al., 2002) to assess gratitude;
11. Satisfaction with Life Scale (Diener et al., 1985) to assess life satisfaction (5 items).

4) How many and which conditions will participants be assigned to?
The Yoga Group will receive a 10-week Hatha yoga course. The Comparison Group will not participate in any yoga activities for the duration of the study. After data collection is completed, the Comparison Group will participate in a one-session yoga workshop, and will receive a gift voucher.

5) Specify exactly which analyses you will conduct to examine the main question/hypothesis.
The data could be analysed in a series of 2 (Group: yoga vs. comparison) x 3 (Time: midtest, posttest, follow-up) repeated measures ANOVA, with Pretest on the respective outcome as covariate. These analyses could address Hypothesis 1 and 3. Alternatively, depending on level of attrition, we might conduct a series of multilevel analyses. Multilevel analyses could also address Hypothesis 2.

6) Describe exactly how outliers will be defined and handled, and your precise rule(s) for excluding observations.
No data will be excluded from the analyses. Depending on the level of attrition, the dataset will be completed using multiple imputation. Outliers are defined as those values that are +3SD or -3SD from the mean, and will be replaced with the boundary values identified.

7) How many observations will be collected or what will determine sample size? No need to justify decision, but be precise about exactly how the number will be determined.
We aim to recruit 100 participants (50 per group).

8) Anything else you would like to pre-register? (e.g., secondary analyses, variables collected for exploratory purposes, unusual analyses planned?)
Jennifer Webb (Jennifer.Webb@uncc.edu) from University of North Carolina at Charlotte is the sixth author on this project. The data concerning well-being (Hypothesis 3) will be analysed and published separately by Dr. Kim Van Oorsouw.

Available at https://aspredicted.org/a4yg9.pdf