

Adapted Eating Disorder Prevention Program for Adolescent Males

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BACKGROUND:

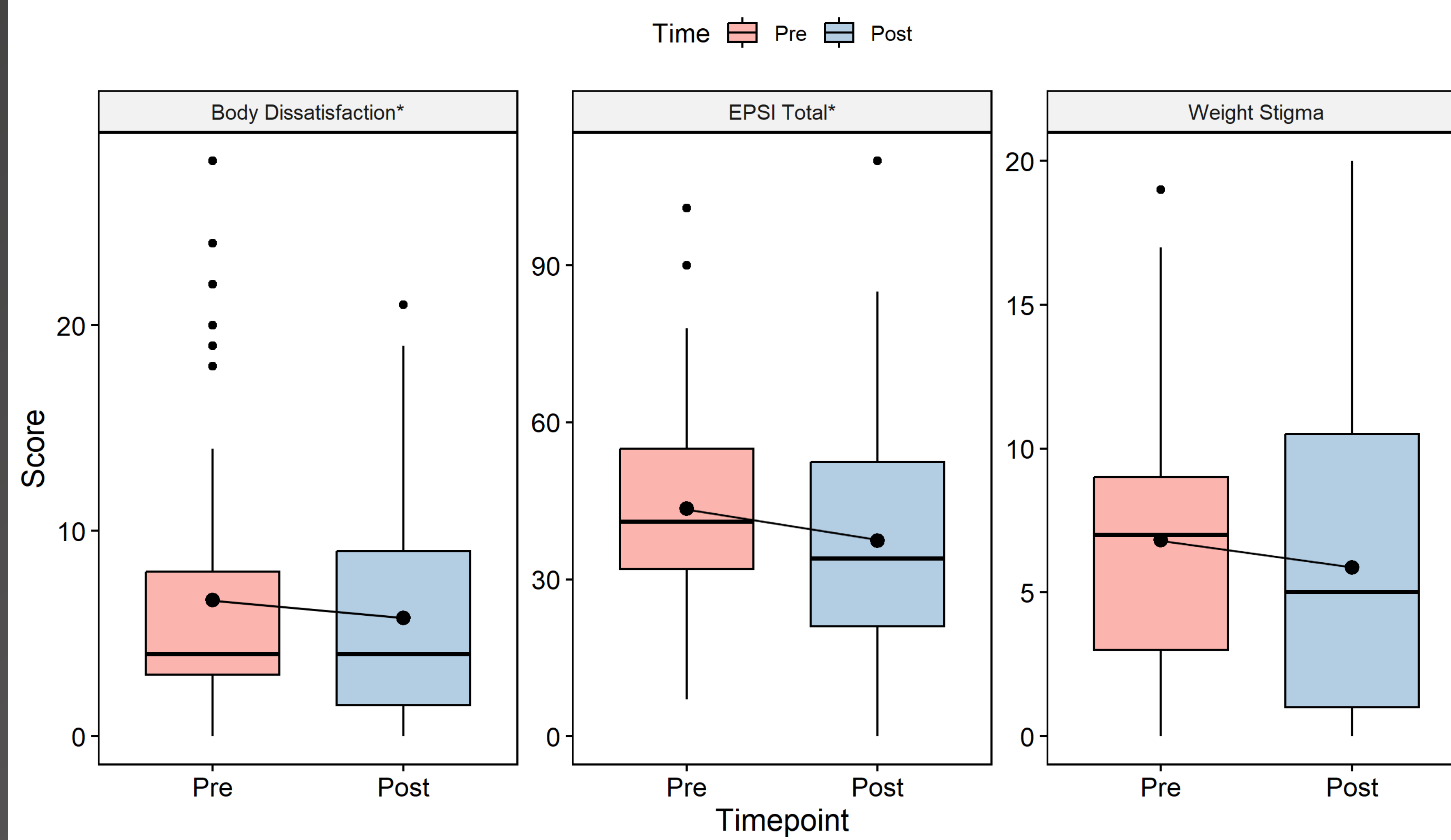
- Eating disorder (ED) research focuses primarily on women and girls (Brown et al., 2023)
- Prevalence of EDs in males is increasing over time (Smith et al., 2023)
- Limited amount of prevention programs are designed for adolescent males
- The Body Project, a dissonance-based prevention program, has shown promising reductions in ED symptoms (D'Adamo et al., 2023)
- Program has been adapted for men, called More than Muscles (MTM; Brown et al., 2017)
- The present study aimed to pilot the efficacy of MTM in reducing ED symptoms in younger males

METHOD:

- Sample consisted of 73 boys ages 12–15 ($M = 13.13$) from two private middle schools and one high school in the Southeastern United States
- 86.3% White sample
- Participants completed the MTM program
- Eating disorder symptoms were measured using the weight stigma and body dissatisfaction subscale scores and total score of the Eating Pathology Symptom Inventory (EPSI)
- Paired-sample tests were conducted to evaluate changes in subscale and total scores pre-program to post-program
- Effect sizes are reported for each analysis as Cohen's d (small effect = .2)

A dissonance-based eating disorder prevention program adapted for adolescent males may significantly decrease body dissatisfaction and eating disorder pathology.

Changes in EPSI Total Scores from Pre- to Post-Program



* indicates statistically significant test

RESULTS:

- EPSI total scores significantly decreased ($t[66] = 3.37, d = .29, p < .001$) from pre- to post-program
- Body dissatisfaction significantly decreased ($V = 1123, p < .01, d = .14$) from pre- to post-program
- Weight stigma decreased, but the effect was not significant ($t[66] = 1.53, p = .06, d = .18$)

DISCUSSION:

- Results show that the More than Muscles program, adapted for adolescent males, can decrease body dissatisfaction and eating pathology
- Effect sizes were lower than in the MTM program for adults
- Results highlight importance of adapting prevention programs to the target population
- Smaller effect sizes may indicate additional improvement to the adaptation may be needed for adolescent males
- Further research is needed to establish the effects of the MTM program compared to controls
- The MTM program for younger males needs further testing in a wider array of audiences, settings, and in more diverse populations
- Program was disseminated in private schools
- Sample was majority white

Citations, code, and other EAT Lab presentations available by scanning the QR code

