

## Dismantling prevention: Comparison of outcomes

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

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