

Dismantling prevention: Comparison of outcomes

Table 3

Descriptive and Summary Statistics from Repeated Measures ANOVAs Comparing Intervention and Active Control Conditions

	Intervention Condition				Active Control		Interaction Effects		Main Effects			
	HBM-Media		HBM-Comparison		HBM- Eating		F	η_p^2	Time		Group	
	M	SD	M	SD	M	SD			F	η_p^2	F	η_p^2
Body dissatisfaction ^a							0.56	0.004	3.50*	0.014	0.12	0.001
Baseline	29.64	10.59	28.64	10.44	26.57	10.30						
Post-intervention	30.00	11.69	28.99	9.76	26.48	10.93						
Follow-up	29.43	11.30	28.27	8.58	27.44	9.70						
Dietary restraint ^{^a}							1.67	0.013	3.17*	0.021	2.64	0.021
Baseline	2.30	1.05	2.09	0.92	1.89	0.89						
Post-intervention	2.21	1.07	2.02	0.97	1.85	0.89						
Follow-up	2.17	1.02	2.17	1.04	1.92	0.81						
Bulimic symptoms ^{^b}							1.74	0.014	0.25	0.001	0.42	0.003
Baseline	13.94	6.28	13.06	5.84	11.66	4.41						
Post-intervention	13.47	6.32	12.08	6.23	12.70	6.87						
Follow-up	14.43	7.19	13.05	6.69	11.83	4.76						
Internalisation ^a							1.63	.013	2.98 [†]	.012	2.41	0.019
Baseline	13.25	5.92	14.22	5.35	13.23	5.78						
Post-intervention	12.40	5.81	12.60	5.03	12.94	6.21						
Follow-up	13.10	5.41	12.81	4.92	13.30	5.37						
Physical appearance comparison ^a							0.15	0.001	2.93 [†]	0.008	1.48	0.014
Baseline	13.88	5.58	14.57	5.84	13.32	6.06						
Post-intervention	12.61	5.77	13.50	5.47	12.61	6.10						
Follow-up	13.39	5.61	14.01	5.20	13.23	5.12						
Upward appearance							2.53*	0.020	2.98 [†]	0.012	0.37	0.003

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	M	SD	M	SD	M	SD			F	η_p^2	F	η_p^2
comparison ^a												
Baseline	3.08	1.14	3.18	1.11	2.76	1.37						
Post-intervention	2.80	1.24	2.80	1.10	2.65	1.20						
Follow-up	2.85	1.16	2.80	1.06	2.83	1.19						
Downward appearance comparison ^b							0.45	0.004	3.14*	0.012	2.04	0.016
Baseline	2.28	1.01	2.50	1.11	2.11	1.10						
Post-intervention	2.29	1.14	2.47	1.07	2.21	1.11						
Follow-up	2.44	1.04	2.56	1.05	2.32	1.07						
Realism scepticism ^b												
Baseline	8.15	1.81	8.21	1.97	8.35	1.77						
Post-intervention	8.30	1.86	8.24	1.78	7.76	2.03						
Follow-up	8.17	1.92	8.07	1.95	8.03	1.99						
Critical thinking about media ^{bc}							1.83	0.009	1.86	0.007	0.18	0.001
Baseline	18.07	6.34	17.45	6.22	16.84	7.54						
Post-intervention	16.38	8.09	15.77	8.27	16.98	8.43						
Critical thinking about appearance media ^b							0.69	0.005	0.88	0.003	0.48	0.004
Baseline	16.07	7.49	15.53	7.28	15.76	8.21						
Post-intervention	15.65	8.34	14.64	8.00	15.60	8.48						
Follow-up	15.68	7.59	14.65	7.60	16.32	8.08						
Appearance conversations ^{Aa}							2.24 [¶]	0.018	5.39**	0.021	1.37	0.011
Baseline	2.16	1.06	2.12	0.95	2.08	1.10						
Post-intervention	2.23	1.13	1.90	0.88	2.20	1.25						

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	M	SD	M	SD	M	SD			F	η_p^2	F	η_p^2
Follow-up	2.20	1.05	2.13	0.94	2.20	1.08						
Fear of negative appearance evaluation ^a							3.06*	0.024	4.82**	0.019	0.18	0.001
Baseline	17.82	7.21	18.10	6.83	16.29	7.01						
Post-intervention	17.21	7.28	16.00	6.46	15.98	6.72						
Follow-up	16.80	6.84	15.72	6.31	16.66	6.55						

Note. Effect sizes of 0.01 = small; 0.06 = medium; 0.14 = large.

^ [Original unit](#) transformed [means and standard deviations reported variable](#); ^a Lower scores more desirable; ^b Higher scores more desirable; ^c Follow-up data not assessed

* $p < .05$; ** $p < .01$; *** $p < .001$; [†] $p < .10$