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Dismantling prevention: Comparison of outcomes following media literacy and appearance comparison modules in a randomised controlled trial.

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Dismantling prevention: Comparison of outcomes

Table 4

Pairwise Comparisons Across Time for Intervention and Active Control Conditions

	Intervention Condition				Active Control	
	Media Literacy		Appearance Comparison		Healthy Eating Behaviour	
	<i>M</i> _{Dif}	<i>SE</i>	<i>M</i> _{Dif}	<i>SE</i>	<i>M</i> _{Dif}	<i>SE</i>
Body dissatisfaction ^a						
Baseline to post-program	-0.38	0.61	-0.35	0.67	0.11	0.70
Baseline to follow-up	-0.02	0.72	0.38	0.79	-0.57	0.83
Dietary restraint ^a						
Baseline to post-program	0.02	0.01	0.02	0.01	0.01	0.01
Baseline to follow-up	0.03	0.01	-0.01	0.02	-0.01	0.02
Bulimic symptoms ^{#b}						
Baseline to post-program	-0.003	0.003	-0.007**	0.003	0.002	0.003
Baseline to follow-up	0.000	0.003	-0.004	0.003	0.000	0.003
Internalisation of the thin-ideal ^a						
Baseline to post-program	0.77	0.47	1.67**	0.52	0.40	0.54
Baseline to follow-up	-0.02	0.46	1.30*	0.51	0.16	0.53
Physical appearance comparison ^a						
Baseline to post-program	1.06 [¶]	0.47	1.07	0.51	0.92	0.54
Baseline to follow-up	0.30	0.42	0.56	0.46	0.34	0.48
Upward appearance comparison ^a						
Baseline to post-program	0.26**	0.08	0.37***	0.09	0.13	0.09
Baseline to follow-up	0.18	0.09	0.41**	0.10	-0.03	0.10
Downward appearance comparison ^b						
Baseline to post-program	-0.002	0.09	0.04	0.10	-0.11	0.11
Baseline to follow-up	-0.17	0.10	-0.06	0.11	-0.19	0.11
Critical thinking about media ^{bc}						
Baseline to post-program	1.81**	0.64	1.71*	0.70	-0.14	0.74
Critical thinking about appearance media ^b						
Baseline to post-program	0.46	0.63	0.89	0.69	0.11	0.73
Baseline to follow-up	0.45	0.59	0.88	0.65	-0.64	0.68
Appearance conversations ^a						
Baseline to post-program	-0.02	0.03	0.07*	0.03	-0.03	0.03
Baseline to follow-up	-0.02	0.03	-0.01	0.03	-0.04	0.03
Fear of negative appearance evaluation ^a						
Baseline to post-program	0.56	0.46	2.03***	0.51	0.38	0.53
Baseline to follow-up	0.77	0.53	2.24***	0.58	-0.04	0.61

Note. SE = Standard Error. [^] Transformed variable; ^a Positive difference scores more desirable; ^b Negative difference scores more desirable; ^c Follow-up data not assessed

p* < .05; ** *p* < .01; * *p* < .001; [¶] *p* < .10