

## The Impact of Upward Social Media Comparisons on Body Image and the Role of Physical Appearance Perfectionism and Cognitive Coping

**Authors :** Lauren Currell, Gemma Hurst

**Abstract :** Introduction: The present study experimentally investigated the impact of attractive Instagram images on female's body image. It also examined whether physical appearance perfectionism and cognitive coping predicted body image following upward comparisons to idealised bodies on Instagram. Methods: One-hundred and fifty-eight females (mean age 24.35 years) were randomly assigned to an experimental (where they compared their bodies to those of Instagram models) or control condition (where they critiqued landscape painting). All participants completed measures on physical appearance perfectionism, cognitive coping, and pre- and post-measures of body image. Results: Comparing one's body to idealised bodies on Instagram resulted in increased appearance and weight dissatisfaction and decreased confidence, compared to the control condition. Physical appearance perfectionism and cognitive coping both predicted body image outcomes for the experimental condition. Discussion: Clinical implications, such as the prevention and treatment of body dissatisfaction, are discussed. Strengths and limitations of the current study are also noted, and suggestions for future research are provided.

**Keywords :** perfectionism, cognitive coping, body image, social media

**Conference Title :** ICPSH 2023 : International Conference on Psychology and Social Harmony

**Conference Location :** London, United Kingdom

**Conference Dates :** June 22-23, 2023