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How heavy do you think you are? Self-weight estimation is modulated by body dissatisfaction and weight concerns.

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Abstract

Body perception can be influenced by internal (body satisfaction) and external pressures (social comparison). In this study, 120 young women (18-to-30-year-olds) performed two tasks: they estimated the weight of 15 female body images and they compared their weight to that of the images presented in random order. For each estimation, they provided confidence judgments using a Likert scale. Afterward, they completed the Sociocultural Attitudes Questionnaire Towards Appearance (SATAQ-4R) and the Body Shape Questionnaire (BSQ-21) to evaluate the perceived social pressure on the body image. Estimation accuracy in the first task was predicted by confidence judgments. Estimation accuracy in the weight comparison tasks was predicted by Body Measuring Index (BMI), weight concern, body dissatisfaction, and peer pressure. Results show that when comparing our weight to others, our own weight, how we feel about our body, and the perceived pressure to change it determines how accurately we compare it to other people's bodies.