## Body Mass Index and Healthcare Avoidance Among Women: The Role of Self-Compassion as a Moderator **Rianna Elmshaeuser, Fatima Meza, Molly Middleton, Self-Compassion Does Not Moderate the Relationship Between** Maddison, Bella Veitch, and Maureen Flynn INTRODUCTION **Body Mass Index and Healthcare** • 36.7% of female and 21.4% of trans/gender

- non-conforming college students are overweight or obese (American College Health Association, 2023)
- BMI and healthcare avoidance are positively correlated (Wetzel et al., 2023)
- There must be moderating variables involved in this relationship. One such variable may be selfcompassion.

### METHOD

### Participants

- 432 participants
- Mean age = 23.7 (*SD* = 7.23), range = 17-58
- BMI mean = 26.17 (SD = 6.59), range = 15.33 26.17
- 1.4% male, 94.4% female 3.5% non-binary, 7% other
- White = 65.1%; Other 9.9%, African-American/Black 8.2%, Native American/Alaskan Native = 4.1%; Asian-American/Asian = 3.4%; Middle Eastern/North African = .5%;
- 42.1% identified as Hispanic/Latinx, 57.9% identified as not

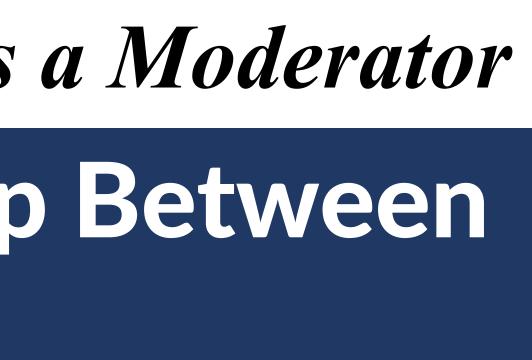
### Measures

- **Demographic Questionnaire** Items assessed were age, gender identity, race, ethnicity, year in school, height, and weight.
- Self-Compassion Scale (SCS) This 26-item measure assesses self-compassion. This item contains 6 subscales: self-kindness, selfjudgment, common humanity, isolation, mindfulness, and over-identification. Higher scores indicate higher self-compassion for all subscales.
- Healthcare Avoidance 5-item scale assessing healthcare avoidance. Higher scores indicate greater levels of healthcare avoidance

			Procedu	ures					
Undergraduate students comp	leted a s	series of o	nline ques	stionnaire	s for cours	e credit			
			RESUL	TS					
Table 2									
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Correlations, Means, and Standar	rd Devia	tions amo	ng Const	ructs					
Correlations, Means, and Standar Variables	rd Devia	tions amo	ng Const	ructs	5	6	7	8	9
Variables	rd Devia		ng Const		5	6	7	8	9
Variables 1. BMI	<i>rd Devia</i> 1 04		ng Const		5	6	7	8	9
Variables 1. BMI 2. Healthcare Avoidance 3. Self-kindness	1 04 .02	2	3		5	6	7	8	9
Variables 1. BMI 2. Healthcare Avoidance 3. Self-kindness 4. Self-judgment	1	2 12* 16***	3		5	6	7	8	9
Variables 1. BMI 2. Healthcare Avoidance 3. Self-kindness	1 04 .02	2 12* 16*** 09	3 .46*** .57***	4	5	6	7	8	9
Variables 1. BMI 2. Healthcare Avoidance 3. Self-kindness 4. Self-judgment 5. Common Humanity 6. Isolation	1 04 .02 12*	2 12* 16*** 09 2***	3 .46*** .57*** .27***	4 .07 .74***	.04	6	7	8	9
Variables 1. BMI 2. Healthcare Avoidance 3. Self-kindness 4. Self-judgment 5. Common Humanity 6. Isolation 7. Mindfulness	1 04 .02 12* .04 1 .08	2 12* 16*** 09 2*** 14**	3 .46*** .57*** .27*** .71***	4 .07 .74*** .21***	.066***	.11*	7	8	9
Variables 1. BMI 2. Healthcare Avoidance 3. Self-kindness 4. Self-judgment 5. Common Humanity 6. Isolation 7. Mindfulness 8. Over-identification	1 04 .02 12* .04 1 .08 .08	2 12* 16*** 09 2*** 14** 19***	3 .46*** .57*** .27*** .71*** .32***	4 .07 .74*** .21*** .77***	.066*** .06	.11* .72***	7		9
Variables 1. BMI 2. Healthcare Avoidance 3. Self-kindness 4. Self-judgment 5. Common Humanity 6. Isolation	1 04 .02 12* .04 1 .08 .08 .08 .08	2 12* 16*** 09 2*** 14** 19*** 2***	3 .46*** .57*** .27*** .71***	4 .07 .74*** .21*** .77*** .81***	.066*** .06 .52***	.11* .72*** .71***	.64***	.75***	9
Variables 1. BMI 2. Healthcare Avoidance 3. Self-kindness 4. Self-judgment 5. Common Humanity 6. Isolation 7. Mindfulness 8. Over-identification	1 04 .02 12* .04 1 .08 .08	2 12* 16*** 09 2*** 14** 19***	3 .46*** .57*** .27*** .71*** .32***	4 .07 .74*** .21*** .77***	.066*** .06	.11* .72***			9



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### Correlations

Self-kindness, self-judgement, common humanity, isolation, over-identification, mindfulness, and selfcompassion total scores were negatively correlated with healthcare avoidance (high scores on each subscale equals great self-compassion).

### **Moderation Analyses**

Although the models for self-judgement, isolation, nindfulness, overidentification, and self-compassion otal scores were significant, the conditional effects of he predictor and moderators were significant. The interaction between self-compassion and its omponents did not significantly predict healthcare voidance.

### DISCUSSION

Self-Compassion and its components did not moderate the relationship between BMI and healthcare avoidance.

Future studies could investigate other possible moderators involved in this relationship

Possible limitations are the sample was taken from one university and there were very few men involved in the study.