### Experienced stigma and health care avoidance among women with obesity: Fusion as a moderator McKenna Prynn, Mirka Jara Rivas, Elizabeth Lukela, Fusion moderates the relationship between experienced **Keegan Moore, and Maureen Flynn** INTRODUCTION stigmatizing situations and health care avoidance among women • 41 % of women with obesity engage in healthcare avoidance because of their weight (Amy et al., 2005). • There is a correlation between healthcare avoidance and weight-related stigma among women with with obesity obesity (Mensinger et al., 2018).

- There must be moderating variables. Two such variables may be fusion and defusion.

# METHOD

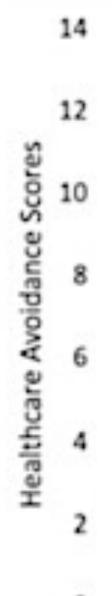
<ul> <li>Cross-sectional online survey of 261 women with obesity on Prolific</li> <li>Tested with moderation analyses.</li> </ul>					Overall models, conditional ef experienced stigma in health	ısing	<ul> <li>significantly predicted health care avoidance (See Table 3)</li> <li>The Johnson-Neyman analysis of the interaction showed that stigma significantly and positively predicted health care avoidan when body image fusion scores were greater than or equal to .3</li> </ul>					howed that care avoidance					
RESULTS						b	SE	t	р	95% CI	standard deviations					• • • • •	
					Overall model				1		<ul> <li>The pick-a-point an</li> </ul>	•				<b>U</b>	
Correlations					F(8, 252) = 7.47, p < .001, R <sup>2</sup> = .19 Intercept Wt x StSit	17.08 12	2.56 .05	6.67 -2.23	<.001 .03	[12.04, 22.12] [22,01]	conditional relationships between experienced stigmatizing situations and health care avoidance at one standard deviation above the mean (See Figure 2)						
Table 1					Fusion	.01	.05	.15	.88	[09, .11]	Table 3	C					
						StSit x Fusion	.01	.003	2.44	.02	[.001, .01]						
Correlations, mea	Correlations, means, and standard deviations among constructs					BMI	.02	.03	.62	.54	[05, .09]	Overall models, conditional ef	fførts an	nd interv	action et	fførts us	inσ
					Health	46	.34	-1.35		[-1.12, .21]	Overall models, conditional ej	jects, un			jects us	IIIg	
Variables	1	2	3	4	5	Education	32	.16	-1.96	.05	[63, .002]	experienced stigma in health	caro as t	ho prod	ictorya	riable	
1. Fusion	-					Income	17	.07	-2.41	.02	[31,03]						
2. Defusion	-0.63**	-				Age	05	.02	-2.80	.001	[09,02]		b	SE	t	р	95% CI
3. Body Fusion	0.62**	-0.50**	-			<i>Note</i> : fusion = fusion sub-scale from	the Multion	dimensio	nal Psych	ological Fl	lexibility	Overall model					
4. Stigma	0.27**	-0.16*	0.25**	-		Inventory; StSit = Stigmatizing Inver	ntory Brie	f				$F(8, 252) = 7.30, p < .001, R^2 = .19$	10.04	0.55	7.20	< 0.01	<b>[10 01 00 07]</b>
							, Direi	•				Intercept	18.84		7.38	<.001	[13.81, 23.86]
5. Avoidance	0.29**	-0.20*	0.21**	0.19*	-	Figure 1						Fusion StSit	02 12	.02 .06	-1.00 -1.96		[07, .02] [24, .01]
Mean	16.77	16.37	39.59	12.56	11.57							StSit x Fusion	.004	.00	2.75	.05	[0.001, 0.01]
SD	7.43	6.04	14.82	11.15	4.08	Interaction effect of fusion ar	nd stigm	atizing	experie	nces on	healthcare	BMI	.002	.03	.06	.95	[-0.7, 0.07]
<i>Note</i> . n = 261. * <i>p</i> < .01, ** <i>p</i> < .001										Health	47	.34	-1.36		[-1.14, 0.21]		
<ul> <li>Fusion was significantly and positively</li> </ul>				avoidance scores at different	values					Education	32	.16	-1.98	.05	[-0.64, -0.002]		
	correlated with healthcare avoidance and stigma.										Income	18	.07	-2.44	.02	[-0.32, -0.03]	
				14						Age	06	.02	-3.12	.002	[-0.09, -0.02]		
<ul> <li>Defusion was significantly and negatively correlated with healthcare avoidance and stigma.</li> </ul>				1922	275		_			Note: CFQ-T = body image fusion; S	tSit = Stign	natizing Ir	ventory, '	Brief			
with healthcare avoluance and slight.				12			_			Figure 2							
	•		•			Sala		_	_								
Moderation Analysis for Fusion and Stigma				S 10						Interaction effect of body im	ากสุด fusic	on and (	stiomati	zing exn	eriences on		
						900							uge jusie		Jugmanz		
<ul> <li>The conditional effect of fusion did not significantly</li> </ul>				o ga				-	-low fusion	health care avoidance scores	s at diffe	rent val	1105				
predict health care avoidance				AV0				_	-medium fusion	neutin cure avoidance scores	, at affer		ucs				
The condition	onal effect	of exper	ienced v	veight-re	elated	e				_	high fusion	14					
stigma pred	licted healt	h care av	voidance			54				2.5	6			_			
• The interac	tion betwe	en fusior	n and stig	gma		ealt						12					
significantly	<pre>/ predicted</pre>	health c	are avoid	dance (se	ee Table 2)	x 2						se					
<ul> <li>The Jo</li> </ul>	hnson-Ney	yman ana	alysis of t	the inter	raction							S 10					
showe	ed that stigr	na signif	icantly a	nd posit	ively	0						e lo					
predicted health care avoidance when fusion scores					Low StSit Medi	ium StSit	High	StSit			e o			-	low bo	ody fusion	
were greater than or equal to .45 standard										AVA C			-	media	m body fusion		
deviations above the mean.					Moderation Analysis for Body Fusion and Stigma					a			1	high t	ody fusion		
<ul> <li>The pick-a-point analyses indicated that there were</li> </ul>											the second secon			1.1			
significant conditional relationships between							fhady:	maga	fucion d	lid nat a	vignificantly	eal					
•	enced stigr		•			The conditional effect o		inage i		nu nut S	ngimuanuy	I N					

- - experienced stigmatizing situations and health care avoidance at one standard deviation above the mean (See Figure 1)



Table 2

Overall models, conditional experienced stigma in health					ısing	<ul> <li>significantly predicted hea</li> <li>The Johnson-Neyman stigma significantly and when body image fustions</li> </ul>	n analys nd posit	is of th ively p	ne intera redicted	action s d health	howed that care avoidance
	h	SE	t	n	95% CI	standard deviations a	bove th	e meai	า.		
Overall model $F(8, 252) = 7.47, p < .001, R^2 = .19$	)	SE	ι	<u>p</u>	95% CI	The pick-a-point ana conditional relationsh	nips betv	ween e	xperien	ced stig	gmatizing
Intercept Wt x StSit	17.08 12	2.56 .05	6.67 -2.23	<.001 .03	[12.04, 22.12] [22,01]	situations and health above the mean (See			e at one	e standa	ard deviation
Fusion StSit x Fusion	.01 .01	.05 .003	.15 2.44	.88 .02	[09, .11] [.001, .01]	Table 3					
BMI Health	.02 46	.03 .34	.62 -1.35	.54 .8	[05, .09] [-1.12, .21]	Overall models, conditional eff	ects, and	l intera	ction ef	fects us	ing
Education Income	32 17	.16 .07	-1.96 -2.41	.05 .02	[63, .002] [31,03]	experienced stigma in health c	are as th	e predi	ctor var	iable	
Age	05	.02	-2.80	.001	[09,02]		b	SE	t	р	95% CI
Note: fusion = fusion sub-scale fro			nal Psycho	ological Fl	exibility	Overall model $F(8, 252) = 7.30, p < .001, R^2 = .19$		51		<u>P</u>	<u> </u>
Inventory; StSit = Stigmatizing Inventory, Brief				Intercept	18.84	2.55	7.38	<.001	[13.81, 23.86]		
				Fusion	02	.02	-1.00	.32	[07, .02]		
Figure 1						StSit	12	.06	-1.96	.05	[24, .01]
				StSit x Fusion	.004	.001	2.75	.01	[0.001, 0.01]		
Interaction effect of fusion of	nteraction effect of fusion and stigmatizing experiences on healthcare				BMI	.002	.03	.06	.95	[-0.7, 0.07]	
				Health	47	.34	-1.36	.17	[-1.14, 0.21]		
avoidance scores at differer	nt values					Education	32	.16	-1.98	.05	[-0.64, -0.002]
avoluance scores at afferen						Income	18	.07	-2.44	.02	[-0.32, -0.03]
14						Age	06	.02	-3.12	.002	[-0.09, -0.02]
Healthcare Avoidance Scores					low fusion medium fusion high fusion	Note: CFQ-T = body image fusion; StS <b>Figure 2</b> Interaction effect of body images health care avoidance scores 14 12 10 10	ige fusio	n and s	tigmatiz		eriences on
0 Low StSit Me		8 8			-		ody fusion im body fusion				
Moderation Analysis for Body Fusion and Stigma						hcare h			_		ody fusion
The conditional effect	of body i	mage f	usion d	id not s	significantly	4 Healt					

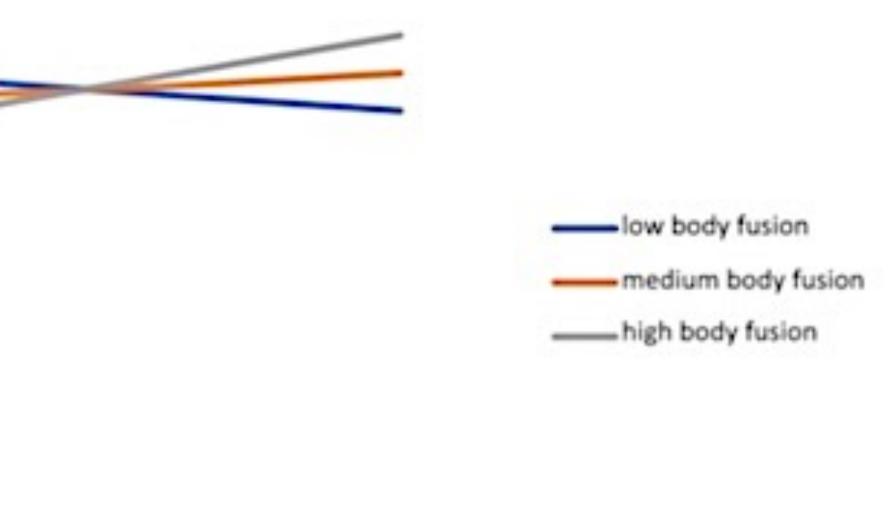


- predict health care avoidance
- The conditional effect of experienced stigma did not significantly
- predict health care avoidance

Low StSit

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• The interaction between body image fusion and experienced stigma 1. . . . . . . . • •



- Table 4)

### Table 4

## Overall models, conditional effects, and interaction effects using

	b	SE	t	p	95% CI
Overall model					
$F(8,252) = 6.60, p < .001, R^2 = .17$					
Intercept	18.40	2.25	8.16	<.001	[13.96, 22.84
StSit	0.11	0.05	2.07	0.04	[.01, .22]
Defusion	-0.004	0.06	-0.07	0.94	[12, .11]
StSit x Defusion	-0.005	0.003	-1.45	0.15	[01, .002]
BMI	-0.003	0.03	-0.07	0.94	[07, .07]
Health	-0.46	0.34	-1.33	0.18	[-1.13, .22]
Education	-0.37	0.16	-2.25	0.03	[,69,05]
Income	-0.18	0.07	-2.45	0.01	[32,04]
Age	-0.06	0.02	-3.15	0.002	[09,02]

- Both general fusion and body-related fusion moderated the relationship between experienced weightrelated stigma and health care avoidance.
- Defusion did not moderate the relationship between experienced weight-related stigma and health care avoidance.
- Future studies could examine the effectiveness of interventions targeting fusion on healthcare avoidance among this population.
- Future research could investigate the possible presence of other moderating variables as well.





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### Moderation Analysis for Defusion and Stigma

The conditional effect of defusion did not significantly predict health care avoidance

• The conditional effect of experienced stigma significantly predicted health care avoidance

• The interaction between defusion and experienced stigma did not significantly predict health care avoidance (See

Flexibility Inventory; StSit = Stigmatizing Inventory, Brief

## DISCUSSION