

## **Mesa Redonda 2**

### **As dimensões da avaliação atitudinal**

#### **Measuring Body Image Attitudes**

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This presentation examines the assessment strategies and tools that have been used to evaluate body image attitudes. The presentation provides a definition of body image attitudes and then evaluates the range of evaluation techniques and measures that have been used to assess body image among children, adolescents and adults. The need to consider body image concerns that are both age and gender appropriate is highlighted. The importance of ensuring the cultural validity of different assessment techniques is also emphasized. Body image attitudes are important aspects of a person's self-identity, and these attitudes are frequently associated with mood, self-esteem and health risk behaviors. It is important that these aspects of self are reliably and validly evaluated, in order to guide appropriate intervention programs, if these are required.