



Project Title: Are healthy weight young adults still negatively affected by weight bias?		Code: FHS11
Host School / Institute: Faculty of Health Sciences/ Charles Perkins Centre		Address: Charles Perkins Centre
Certificates & Clearances required: No		
Primary Supervisor: A/Prof Helen O'Connor		
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Co-Supervisor/team: The principal investigator of the study is A/Prof Helen O'Connor. Other investigators include, Dr Helen Parker , Prof Kate Steinbeck , Dr Natalie Crino and Ms Isabel Young.		
Project Type: Data Analysis; Clinical		
Project Category: Nutrition/Obesity; Mental Health		
Skills / Attributes of a successful student: The required attribute and skills of a successful student include the ability to work independently, understanding of basic statistical analysis and experience producing scientific writing. A strong interest in the area of obesity and mental health is also encouraged.		
Project Keywords: Obesity; Mental Health; Weight loss; Young adults; Weight bias		
<p>Project Description: Weight bias includes the negative stereotyping and attitudes towards overweight and obese individuals, and it has been shown that internalisation of weight bias in individuals who are overweight or obese can lead to self-derogation and negative mental and physical health outcomes. Young adults with overweight or obesity are at particularly increased risk of experiencing weight bias internalisation, as it is common for young people to compare themselves to unrealistic models, especially during this life stage of immense physical, mental and emotional change. Young adults are also an under-researched population in society, with many studies instead recruiting middle aged or older participants.</p> <p>However, is it also possible that healthy weight individuals are impacted by weight bias as well?</p> <p>This project will investigate if weight bias internalisation is present in healthy-weight young adults (18-25y). Other psychometric and demographic data will also be collected to determine the possible impact that weight bias may be having on an otherwise healthy and therefore overlooked group in society.</p> <p>This project forms part of a larger study (everyBODY study) being completed at the Charles Perkins Centre which aims to address weight bias in overweight and obese young women. This summer project will provide evidence to support programs to equip young adults to deal with negative stereotyping based on appearance. Data will be collected between July-Oct 2019 and be ready for analysis by the Summer Scholarship student. This project will be supervised by A/Prof Helen O'Connor. The successful student should be organized, able to work independently, and have a special interest in weight loss and mental health.</p>		