

**Role of Personality, Appearance Comparison, Fear of Negative evaluation in
Predicting Social Physique Anxiety among Young Adults**

Duggana Pradeepa¹ & Chelli Kavya²

Abstract

Young adults are prone to concerns about being evaluated as society places a heightened emphasis on appearance comparison. Frequency in anticipating how the bodies are being perceived in societal situations can increase body image concerns and anxiety. The purpose is to investigate the relationship between appearance comparison, social physique anxiety, fear of negative evaluation and personality traits among adults. 201 adults between the ages of 18 and 29 participated in the research. Participants were administered an upward and downward physical appearance comparison scale, a brief big5 personality inventory, a social physique anxiety Scale, and a brief fear of negative evaluation scale. A Pearson correlation study showed that social physique anxiety correlated negatively with agreeableness and positively with fear of negative evaluation, upward and downward appearance comparison, and upward appearance comparison. Multiple regression analysis was computed considering upward appearance comparison, agreeableness and fear of negative evaluation predicting social physique anxiety and downward appearance comparison, agreeableness and fear of negative evaluation predicting social physique anxiety. Findings of study revealed that fear of negative evaluation strongly predicted social physique anxiety and appearance comparison moderately predicted social physique anxiety. These findings imply that it is important to promote healthy social interactions and the development of positive body image.

Keywords: Upward appearance comparison, downward appearance comparison, fear of negative evaluation, social physique anxiety

1*MSc Applied Psychology, Central University of Andhra Pradesh, Ananthapuram

2* Assistant Professor, Department of Psychology, Central University of Andhra Pradesh, Ananthapuram

Young adults are consuming varied media content exposing young minds to appearance comparison. Tripartite influence model (Thompson et al., 1999) illustrates how influence from society includes friends, family, and the media. (Shagar et al., 2019) and proved cross culturally (Kakar et al., 2023). Through casual remarks, joking, body shaming, and advertising, the influence might be either direct or indirect. Appearance appraisal grew more common and progressively accepted throughout time. Research indicates that both sexes are more likely to have appearance anxiety, body and face dissatisfaction, appearance concerns, and frequent appearance review (Robin rica et al., 2022).

Upward and downward appearance comparison

Social Comparison Theory (Festinger, 1954) states that, every individual will naturally have an intense need to assess. According to the notion, people compare themselves to those they consider to be superior and inferior that are categorized as upward comparisons and downward comparisons.(Fardouly et al., 2016).The drive for assessment induce an upward pressure to upgrade self to a perceived higher level (Wang, 2023). Social comparison can influence and motivate behaviors in a positive sense and in negative sense. This could be harmful and uncontrollable (Schlechter et al.,2023). Through upward social comparison, envy and admiration can both serve as sources of motivation (van de Ven, 2017). Physical Appearance comparison and internalization of specific body ideals through social media usage been increased in past decade leading to body image disorders (Jiotsa et al., 2021). The usage of image based social media content like Instagram use is proved to be a reason for drive for thinspiration and fitspiration (Griffiths&Stefanovski, 2019). Socio-cultural models over social media influence also strongly prove the association of body image concerns (Scheiber et al., 2023). Everyone has a tendency to follow upward comparisons with idealized examples on social media platforms.

Body dissatisfaction was found to be caused by this inclination. (McComb&Mills, 2021). The prevalence of transformational imagery and fitspiration among women using Instagram has been linked to decreased body satisfaction and increased appearance comparison. (Samson & Zaitsoff, 2023). The sociocultural model of weight stigma demonstrated the correlation between upward and downward comparisons of appearance and the availability of information about the thin ideal. Internalization of the thin-ideal and weight stigma has an indirect effect because of comparisons between upward and downward appearances. (Nutter et al., 2021). Male and female participants' feelings of body dissatisfaction are influenced by the media's image material due to upward body comparison. (Castellanos & Steins, 2023). Cyber upward comparisons have shown a positive association of cyberbullying with the moderating effect of online social support (Wen et al., 2022).

Fear of negative evaluation

Fear of negative evaluation (FNE) as a trait is characterized by suspicion of evaluation, worry of getting judged, and avoidance of social interaction. It is proved to be a predictor of decreased self-esteem, loneliness, social anxiety and also rejection sensitivity (Preston et al., 2023). Suicidal ideation and feelings of being excluded (thwarted belongingness) show a strong association with FNE (Chu et al., 2016). It also shows a strong association with body dissatisfaction, drive for thinness, and eating pathology (Trompeter et al., 2023). Recent research has supported the concept of fear of negative evaluation (FNE), which is defined as "social self-consciousness" and anxiety associated with getting a poor appraisal (Clague et al., 2023). Evidence shows a direct correlation between fear of negative evaluation and childhood trauma in depressive disorders (Lucero et al., 2022).

Social physique anxiety

Physical criticism is a source of worry for people with Social Physical Anxiety (SPA). Self-presentation suggests that conscious and unconscious tactics are used for managing how one is viewed by others in terms of both appearance and attitude (Dolezal, 2016). Self-Presentation theory describes this as a goal-oriented conduct in which particular behaviors are used to leave an impression (Rothberger et al., 2015). Body related social anxiety and physical appearance are related factors of perfectionism is characterized by negative self-evaluations and the setting of unreasonable expectations for oneself (Abdollahi et al., 2023). Higher levels of social physique anxiety are found in adult men and women who participate in gym programs (Zartaloudi et al., 2023). Impact of Physique and Fitness-related Social Anxiety in Causing eating disorders and depression (Alcaraz-Ibáñez et al., 2019).

Personality

Negative bodily evaluations are predicted to be influenced by personality. Negative body image correlates positively with neuroticism (Allen & Walter, 2016). People with rejection sensitivity during establishing social relations are seen in neuroticism, resulting in lower self-esteem and higher social anxiety, leading to insecure attachment styles (Berenson et al., 2009). Research on the perception of the body shows a positive relation between Neuroticism, Agreeableness, and openness and a negative correlation with Conscientiousness and Extraversion (Rasooli&Lavasani, 2011). High levels of social physique anxiety in males have shown a positive correlation with extraversion (Murphy, 2012).

Studying how young adults' personality traits, social anxiety, fear of being judged negatively, and beauty comparisons relate to each other. Understanding how these factors interact with the personality qualities of young individuals provides important insights into their

social and psychological interactions. It provides light on the intricate relationship between social dynamics and self-perception in this group.

Review of Literature

Appearance Comparison and Fear of negative evaluation

An examination of the impact of self-compassion and upward comparison on the stigma associated with adult acne in the media indicated a growing level of suffering as the media became a mediator for the internalization of ideal skin standards. The study suggests the cultivation of self-compassion to reduce appearance related stigma and psychosocial distress (Adkins et al., 2023). The correlation between FNE, social comparison, and three measures of disordered eating (bulimia symptoms, drive for thinness, and body dissatisfaction) as measured by the EDI-2 in a cross-sectional manner. They found that FNE predicted the desire for thinness, while social comparison predicted bulimic symptoms, in contrast to sadness and social comparison. The only significant predictor of body dissatisfaction was depression (Gilbert & Meyer, 2003).

Appearance comparison and Social physique anxiety

Three aspects of body comparison (general, weight, and muscle) were measured in the study examining the relationship between drive for muscularity and body comparisons. This supports the evidence of a direct relationship between social physique anxiety and the comparison of all three aspects by men and women when they are in public and thinking about being evaluated (McCreary & Saucier, 2009). According to a study on dating anxiety, social physique anxiety acts as a mediator between appearance orientation and dating anxiety in emerging adults, a critical age for romantic relationship formation (Swami et al., 2021). A study conducted on undergraduate students showed evidence of the effect of appearance and fitness-

related social anxiety in causing eating disorders and depression (Alcaraz-Ibáñez et al., 2019). A study involved two groups of students where group A students were under the Sports and Physical Education department, and group B was under other departments. Self-report measures of self-esteem, body dissatisfaction, and social physique anxiety were administered to the students in two groups. Based on the data, it can be concluded that there is no statistically significant difference in social physique anxiety between the two groups of students. The increase in social appearance-related evaluation, in turn, increases body dissatisfaction and decreases self-esteem (Tsartsapakis et al., 2023).

Appearance Comparison and personality

A study conducted on university students on acceptance of cosmetic surgery who were asked to fill the measures of Big 5 personality factors, self-esteem, and self-assessed attractiveness along with a scale of acceptance of cosmetic surgery stated a mediate influence of Big 5 personality factors along with self-esteem. The framework of the study focused on big5 personality factors as evidence shows an association of agreeableness, openness and Extraversion with appearance orientation (Swami et al., 2009). Major negative relationships were found between conscientiousness and extraversion, while major positive correlations were found between neuroticism, agreeableness, openness and body image. The study used personality measures, body image concerns, and positive and negative perfectionism scales (Rasooli&Lavasani, 2011). The study on men and women showed compulsive Fitness had a positive correlation with extraversion, while body dissatisfaction was strongly connected with neuroticism, as predicted. Internalization of the slender ideal was strongly connected with neuroticism, internalization of the athletic ideal with conscientiousness, and extraversion was positively correlated with both thin and athletic ideal internalization (Martin & Racine, 2017).

Higher degrees of neuroticism are associated with higher levels of body image dissatisfaction, according to a study on the impact of personality in predicting body dissatisfaction in men and women (MacNeill et al., 2017).

Social Physique Anxiety and personality

A study was conducted on medical staff wearing medical protective equipment for longer periods of time, causing skin-related issues around the nose and on the face due to pressure moisture accumulation. By assessing social appearance anxiety, positive as well as negative feelings, and the role of personality factors, the study examined the participants' psychological state and found that men and women with high neuroticism showed greater attention to appearance and negative emotions (Kong et al., 2019). Research on personality traits, social physique anxiety, and body self-esteem in both men and women has revealed that individuals with neuroticism tend to have high levels of body image dissatisfaction and high levels of social physique anxiety (Murphy, 2012).

Fear of negative evaluation and personality

Extroversion and conscientiousness have been found to mediate a study investigating the relationship between personality traits and social interaction anxiety and fear of negative evaluation (Macovei et al., 2023). Research on big5 personality traits and fear of negative evaluation has shown a positive relation with neuroticism and a negative correlation with openness. (Hazel et al., 2014).

Fear of negative evaluation and Social Physique Anxiety

Recent research on fear of positive and negative evaluation in youth revealed that previous studies had relied on parent reports, so they had used self-report measures to measure internalizing issues like depression and anxiety symptoms. The study also found that fear of

negative evaluation is a core component of social anxiety (Olinio et al., 2023). A research study on college student's suicidal ideation revealed a strong mediation of fear of negative evaluation based on predictive frameworks of existing evidence on impulsivity link with elevated suicidal risk, fear of negative evaluation as an essential component of social anxiety disorder, and impulsivity's positive relationship to social anxiety (Preston et al., 2021). A cross-sectional study on emerging adult's views of body form, fear of negative evaluation, and interaction anxiety found that fear of negative evaluation mediates the positive correlation between social anxiety and body dissatisfaction (Pawijit et al., 2019).

Statement of Problem

In order to address issues related to young adults' body image and mental health, it is important to understand how personality traits, social physique anxiety, fear of being judged negatively, and appearance comparison interact. By looking at these factors, we can find out more about the basic mechanisms behind body-related anxiety and develop targeted interventions that improve well-being and positive self-perception.

Rationale

This study aims to explore the relationship between social physique anxiety, fear of negative evaluation, personality factors, and upward and downward appearance anxiety. Understanding the interaction between appearance comparison, fear of negative appraisal, social physique anxiety, and personality traits is vital to potentially address issues related to body image and psychological health among young adults. By looking at these factors, we may learn more about the basic mechanisms contributing to appearance anxiety and develop targeted interventions that improve wellness and a positive self-perception.

Objectives

1. To find out the relationship between fear of negative evaluation, social physique anxiety, physical appearance comparison, personality and among young adults.
2. To determine the effects of social physique anxiety, Physical appearance comparison, fear of negative evaluation, Personality on among young adults.

Hypotheses

1. There will certainly be a strong relationship between Physical appearance comparison, fear of negative evaluation, Personality and social physique anxiety among young adults.
2. Young individuals social physique anxiety will be influenced by physical appearance comparison, fear of being negatively evaluated, and personality.

Method

Research Design

The current quantitative study adopted a Correlational Research Design.

Sample

The sample consisted of 201 young adult participants between 18 and 29 years old, including 101 Males and 100 Females. The sample was acquired by online survey using the snowball sampling technique. The mean age of the sample is 24.1, and SD is 2.61. The total sample size is 201. The number of Male participants was 101 (50.2%), and Female participants were 100 (49.7%). The participants from UG were 93 (46%), PG were 97 (48%), and others were 11(5.4%).

Measures

Upward (UPACS) and Downward (DACS) appearance comparison scale.

To measure the proneness to make upward and downward appearance comparisons UPACS and DACS by O'Brien et al. consisting of 10 items and 8 items, respectively are used. Items such as "I tend to compare myself to people I think look better than me" measure the tendency of upward appearance comparison, and items such as "I compare myself to people less good looking than me" measure the tendency of downward appearance comparison. On a five-point Likert scale, ranging from strongly disagree to strongly agree, the responses have been given. The responses are averaged. The UPACS and DACS have Cronbach's alphas of .94 and .92 and test-retest reliability of $r = .79$ and $r = .70$ (O'Brien, 2009).

Brief fear of negative evaluation (BFNE-II).

The most commonly used measure, BFNE, is a 12-item (Leary, 1983) that measures fear on a 5-point Likert scale where scores range from 1= not at all characteristic of me to 5= extremely characteristic of me. The items such as "I am concerned about other people opinions of me" assess the levels of fear of negative evaluation. Test-retest reliability ($r = .75$) and internal consistency (between .90 and .91) have both been demonstrated by the BFNE (Carleton et al, 2011). The scores were summed up to obtain the score.

Social physique anxiety scale (SPAS7).

The SPAS7 is the brief version by Motl and Conroy with 7 items with items like "I wish I was not so uptight about my physique or figure" where answers are scored on a 5-point Likert scale, with 1 representing not being characteristic of me and 5 representing being extremely characteristic (Motl et al., 2000). One of the positively worded (item 5) is reversely scored. Higher the score indicates higher social physique anxiety. The Cronbach alpha of SPAS7 scale is 0.85 (Policardo et al., 2023). The internal consistency of SPAS7 is 0.72. (Motl et al., 2000).

Big 5 Personality Inventory.

The brief version of big 5 personality inventory (Rammstedt et al., 2007) consists of 10 items with 2 items from each subscale: Agreeableness, neuroticism, extroversion, conscientiousness, and openness. The responses were on scale from 1= disagree strongly to 5= strongly agree. The items include “I see myself as someone who is reserved. The score obtained on 2 items of each subscale component is put together to determine every subscale's overall score. One of the item of each subscale is reverse scored. The Cronbach alpha for all the subscales ranges between 0.71-0.88 (Ahmad & Hussain, 2022).

Procedure

The data was obtained using Google form by sharing through social media Platform (Whatsapp). The study explained purpose of study at introductory section followed by consent form. Informed consent was obtained. The data was collected through voluntary participation. Confidentiality was guaranteed to participants, and they might leave the research at any moment. The second section included demographic profile with details of Age, Gender, Qualification. The third section consists of an upward and downward appearance comparison scale followed by a brief fear of negative evaluation scale, social physique anxiety scale, and big5 personality inventory in further sections. The approximate time required to complete questionnaire is 7-8 minutes. The data was collected from the young adults of Kakinada through snowball sampling technique.

Results

The data was assessed using IBM SPSS tool. To determine the relationship and influence of variables on criterion, correlation and standard multiple regression analysis were used.

Pearson correlation between appearance comparison, fear of negative evaluation, personality and social physique anxiety amongst young adults.

To investigate the relationship between the study variables, Pearson correlation was calculated. The Pearson association between young people social physique anxiety, fear of negative evaluation, appearance comparison, and personality is displayed in table 1 below.

Table 1

Pearson correlation between appearance comparison, fear of negative evaluation, Personality and social physique anxiety amongst young adults.

		1	2	3	4
1	UPAC	-			
2	DAC	1.00**	-		
3	SPA	.382**	.382**	-	
4	FNE	.281**	.281**	.713**	-
	Agreeableness	-.286**	-.286**	-.170*	-.170*
	Extraversion	.093	.093	.054	.005
	Conscientiousness	-.208**	-.208**	-.118	-.155*
	Neuroticism	-.115	-.115	.055	.090
	Openness	-.172*	-.172*	.016	.051

** $p < 0.01$
* $p < 0.05$

Note:UPAC= Upward appearance comparison, DAC= Downward appearance comparison, SPA= Social physique anxiety, FNE= Fear of negative evaluation.

DAC shows negative correlation with Agreeableness ($r=-0.286, p<.01$), conscientiousness ($r= -0.208, p< .01$), Openness ($r= -0.172, p<.05$) and positively correlated with SPA($r = 0.382, p<.01$). UPAC shows negative correlation with Agreeableness($r = -0.286, p< 0.01$), Conscientiousness ($r = -0.208, p< .01$), Openness ($r = -0.172, p<.05$) and shows positive correlation with SPA ($r = 0.382, p< .01$). Agreeableness shows negative correlation with SPA (r

= - 0.170, $p < .05$). FNE shows positive correlation with DAC ($r = 0.281, p < .01$), UPAC ($r = 0.281, p < .01$), SPA ($r = 0.713, p < .01$) and shows negative correlation with Agreeableness ($r = -0.170, p < .05$). and conscientiousness ($r = -0.155^*, p < .05$).

Multiple Regression Analysis

A multiple regression analysis was performed to identify the impact of agreeableness, UPAC and FNE on social physique anxiety. The table 2 below describes the results obtained from conducting Standard Multiple Regression. The predictors were Agreeableness, Fear of negative evaluation, Upward appearance comparison and criterion was Social physique anxiety.

Table 2

Multiple Regression analysis for Agreeableness, upward appearance comparison, fear of negative evaluation predicting social physique anxiety

	R²	B	B	SE	CI 95% (B)
Model	.54				
Agreeableness		-.00	-.01	.22	-.45/.43
UPAC		.19	.10	.02	.05/.16
FNE		.65	.50	.03	.43/.58

*Note: UPAC= Upward appearance comparison, SPA= Social physique anxiety, FNE= Fear of negative evaluation.

Multiple regression analysis was executed to investigate those factors of agreeableness, fear of being negatively evaluated, and upward appearance comparison predict social-physical anxiety. The study looked at the correlations between the predictor variables that were used. All correlations were moderate to strong between $r^2 = .54, p < .001$, and $r = .73, p < .001$. This suggests that multicollinearity was not predicted to be an issue (Tabachnick & Fidell 2007). For a reliable investigation using multiple linear regression, each predictor variable had to have a statistically

significant correlation with the dependent variable. The three independent variables represent 54% of variance $F(3, 197) = 78, p < .001$ in SPA. All three predictor variables were statistically significant in the final model; FNE ($\beta = .65, p < .001$) was more significant than UPAC ($\beta = .19, p < .001$) and Agreeableness ($\beta = -.003, p < .001$).

Table 3 below describes the results obtained from conducting Standard Multiple Regression. The analysis used the predictors Agreeableness, Fear of negative evaluation, downward appearance comparison, and Social Physique Anxiety.

Table 3

Multiple Regression analysis for agreeableness, fear of negative evaluation, and downward appearance comparison.

	R²	β	B	SE	CI 95% (B)
Model	.54				
Agreeableness		-.00	-.01	.22	-.45/.43
FNE		.65	.50	.39	.43/.58
DAC		.19	.21	.05	.10/.32

*Note: DAC= Downward appearance comparison, SPA= Social physique anxiety, FNE= Fear of negative evaluation.

Multiple regression was computed to investigate the Agreeableness, Fear of negative evaluation, and Downward appearance comparison predicting Social Physique anxiety. The connection between the predictor variables included in the study was examined. All correlations were moderate to strong, ranging from $r^2 = .54, p < .001$, and $r = .73$ and $p < .001$. This specifies that multicollinearity was unlikely to be a problem (Tabachnick & Fidell, 2007). In order to conduct a reliable multiple linear regression analysis, each predictor variable had a statistically significant correlation with the dependent variable. The three independent variables explained 54% of the variance in SPA ($F(3, 197) = 78, p < .001$). In the final model all three predictor

variables were statistically significant, with the FNE ($\beta = .65, p < .001$) than DACS ($\beta = .19, p < .001$) and Agreeableness ($\beta = -.003, p < .001$).

Discussion

The objective is to explore the correlation between social physique anxiety, upward and downward physical appearance comparison, big5 personality traits, and fear of negative evaluation and to assess the impact of personality traits, fear of negative evaluation, and upward and downward appearance comparison on physique-related social anxiety. It was predicted that there would be a significant correlation between the variables social physique anxiety, big5 personality traits, fear of negative evaluation and social physique anxiety. The other hypothesis is taken as the variables big5 personality traits, upward and downward appearance comparison, fear of negative evaluation predicting social physique anxiety. Statistical analysis shows both hypotheses were accepted.

The appearance comparison is correlated with social physique anxiety (Fitzsimmons-Craft et al., 2012). Correlation analysis shows positive relation between social physique anxiety and upward appearance comparison. Downward appearance comparisons are considered to be protective (Rancourt et al., 2016). In contradictory the study had shown a positive correlation between SPA and DAC. High on neuroticism is predictive of negative appearance evaluation (Kvalem et al., 2006). Fear of negative evaluation and upward and downward appearance comparison predicts social physique anxiety. Predominant factor of social physique is fear of negative evaluation (Abdollahi et al., 2023). Agreeableness, conscientiousness and openness shows a positive correlation with upward appearance comparison and negatively correlated with downward appearance comparison.

Regression analysis was conducted by considering predictors as upward and downward appearance comparison, fear of negative evaluation, Agreeableness and social physique anxiety was the criterion. Three variables show a significant correlation with social physique anxiety. The analysis shows absence of multicollinearity and strong variance indicating the three variables are meaningful predictors of social physique anxiety. Upward and downward appearance comparisons were used separately as predictors for analysis. The coefficient of determination of regression is good in case of both upward and downward appearance comparison analysis. Upward and downward appearance comparisons are observed to be moderate predictors of social physique anxiety. Fear of negative evaluation is observed to be stronger predictor of social physique anxiety. Engaging in upward and downward appearance comparison are prone to experiencing social physique anxiety. People with social physique anxiety are more prone to be extremely concerned about receiving negative remarks.

Conclusion

The objective of this research is to determine the relationship between social physique anxiety, fear of negative evaluation, big five personality traits, and upward and downward physical appearance comparison. It also aims to investigate the influence of personality traits, fear of negative evaluation, and upward and downward physical appearance comparison on social physique anxiety.

An upward and downward appearance comparison was found to be positively correlated with social physique anxiety, according to correlation analysis. There is a direct correlation between upward and downward appearance comparison and fear of negative evaluation. When comparing appearance both upward and downward, agreeableness exhibits a negative association. The worry of receiving a poor evaluation and comparing one's appearance both

negatively correlated with conscientiousness. A downward appearance comparison is adversely associated with openness.

Regression analysis showed that the factors that predict social body anxiety include agreeableness, both upward and downward appearance comparison and fear of negative evaluation. Anxiety over being negatively judged is a powerful predictor of social body anxiety. Comparisons of upward and downward appearance moderately predict social anxiety related to the body. Research suggests that the fear of being poorly perceived influences social body anxiety. The findings imply that physical appearance might positively and negatively predict social anxiety related to physical appearance.

Limitations

The study focusing on self-report measures online can lead to a tendency of social desirability in cases of answering evaluative questions. The questionnaire was answered when participants were weary, which may have led to inaccurate information. Gender difference can provide dynamics in research, providing insight. Research involving age groups can uncover patterns and trends over the lifespan. Exploring the effect of varied cultures on appearance comparison can be a directional approach. Exploration of appearance comparison in special populations can also be a challenging direction. Research can also focus on the impact of Western culture through media.

Future Implications:

Contributions of this study concludes that the human tendency to compare and evaluate interplay between fear of negative evaluation and social physique anxiety. To encourage positive social interactions and development of positive body image is suggestive of these findings.

References

- Abdollahi, A., Prasad K.D.V., Abdelrasheed N.S.G., Alshahrani, S.H., Shoja S.J., Al-Awsi G.R.L., Estrada-Araoz E.G., Singer N., Ramírez-Coronel A.A., Mustafa Y.F., & Iswanto A. H. (2023). An investigation of relationships between body compassion, social physique anxiety and physical appearance perfectionism in young people from Iran. *Journal of Eating Disorders*. doi: 10.1186/s40337-023-00807-x.
- Adkins, K., Overton, P.G., Moses J., & Thompson, A. (2023). Investigating the Role of Upward Comparisons and Self-compassion on Stigma in People With Acne: Cross-sectional Study. *JMIR Dermatology*. doi: 10.2196/45368.
- Ahmad, S., & Hussain, S. (2022). Big five inventory-version 10: A two-minute personality measurement tool in Urdu.
- Alcaraz-Ibáñez M, Sicilia Á, & Paterna A. (2019). Exploring the differentiated relationship between appearance and fitness-related social anxiety and the risk of eating disorders and depression in young adults. *Scandinavian Journal of Psychology*. doi: 10.1111/sjop.12584.
- Allen, M.S., Walter EE. Personality and body image: A systematic review. (2016). *Body Image*. doi: 10.1016/j.bodyim.2016.08.012.
- Berenson, K.R., Gyurak, A., Ayduk, Ö., G., Downey, G., Garner, M. J., Mogg, K., P.B., Brendon & Pine, D.S. (2009). Rejection sensitivity and disruption of attention by social threat cues. *Journal of research in personality*. doi:10.1016/j.jrp.2009.07.007.

- Castellanos R.S., & Steins G. (2023). Social media and body dissatisfaction in young adults: An experimental investigation of the effects of different image content and influencing constructs. *Frontiers in Psychology*. doi: 10.3389/fpsyg.2023.1037932.
- Chu, C., J.M., Buchman-Schmitt, J.M., Moberg F., & Joiner T.E.(2016). Thwarted Belongingness Mediates the Relationship between Fear of Negative Evaluation and Suicidal Ideation. *Cognitive Therapy and Research*. doi: 10.1007/s10608-015-9715-3.
- Clague, C. A., Prnjak, K., & Mitchison, D. (2023). “I don't want them to judge me”: Separating out the role of fear of negative evaluation, neuroticism, and low self-esteem in eating disorders. *Eating Behaviors*.
- Dolezal, L. (2017). The phenomenology of self-presentation: describing the structures of intercorporeality with Erving Goffman. *Phenomenology and Cognitive Sciences* doi:10.1007/s11097-015-9447-6.
- Fardouly, J., Pinkus, R.T., & Vartanian L.R. (2017). The impact of appearance comparisons made through social media, traditional media, and in person in women's everyday lives. *Body Image*. doi: 10.1016/j.bodyim.2016.11.002.
- Fitzsimmons-Craft, E. E., Harney, M. B., Brownstone, L. M., Higgins, M. K., & Bardone-Cone, A. M. (2012). Examining social physique anxiety and disordered eating in college women. The roles of social comparison and body surveillance. *Appetite*.
- Gilbert, N., & Meyer, C. (2003). Social anxiety and social comparison: Differential links with restrictive and bulimic attitudes among nonclinical women. *Eating Behaviors*. doi: 10.1016/S1471-0153(03)00026-6

- Hazel, M., Keaten, J., & Kelly, L. (2014). The relationship between personality temperament, communication reticence, and fear of negative evaluation. *Communication Research Reports*. doi:10.1080/08824096.2014.963219
- Jiotsa , B., Naccache, M., Duval, B., Rocher, Grall-Bronnec M. (2021). Social Media Use and Body Image Disorders: Association between Frequency of Comparing One's Own Physical Appearance to That of People Being Followed on Social Media and Body Dissatisfaction and Drive for Thinness. *International Journal of Environmental Research and Public Health*. doi: 10.3390/ijerph18062880.
- Vani Kakar, J., Fardouly, R.M., Rapee, M., Guo, S., Arman, Niazi E. (2023). Exploring the tripartite influence model of body image and disordered eating among adolescent girls living in Australia, China, India, and Iran. *Body Image*. doi: 10.1016/j.bodyim.2023.101633.
- Kong X, Y., Cao, X., Luo , He L. (2020). The correlation analysis between the appearance anxiety and personality traits of the medical staff on nasal and facial pressure ulcers during the novel coronavirus disease 2019 outbreak. *Nursing Open*. doi: 10.1002/nop2.613.
- Kvalem, I., L., von Soest, T., Roald, H. E., & Skolleborg, K. C. (2006). The interplay of personality and negative comments about appearance in predicting body image. *Body image*.
- Lindsay Samson, L., Shannon, & Zaitsoff. Dec (2023). Appearance comparison on Instagram: The impact of fitspiration and transformation imagery on young women's body satisfaction. *Eating behaviors*. doi: <https://doi.org/10.1016/j.eatbeh.2023.101812>

- Lucero M. M., Satz S, Miceli R, Swartz H. A., & Manelis A. (2022). The effects of mood disorders and childhood trauma on fear of positive and negative evaluation. *Acta Psychologica*. doi: 10.1016/j.actpsy.2022.103603.
- MacNeill, L.P., Best, L.A. & Davis, L.L. (2017). The role of personality in body image dissatisfaction and disordered eating: discrepancies between men and women. *Journal of Eating Disorders*, <https://doi.org/10.1186/s40337-017-0177-8>
- Macovei, C. M., Bumbuc, Ş., & Martinescu-Bădălan, F. (2023). The role of personality traits in mediating the relation between fear of negative evaluation and social interaction anxiety. *Frontiers in Psychology*. doi:10.3389/fpsyg.2023.1268052.
- Martin & Racine, S. E. (2017). Personality traits and appearance-ideal internalization: Differential associations with body dissatisfaction and compulsive exercise. *Eating behaviors*.
- McComb, S.E., & Mills JS.. (2021). Young women's body image following upwards comparison to Instagram models: The role of physical appearance perfectionism and cognitive emotion regulation. *Body Image*. doi: 10.1016/j.bodyim.2021.03.012.
- McCreary D.R, & Saucier D. (2009). Drive for muscularity, body comparison, and social physique anxiety in men and women. *Body Image*. doi: 10.1016/j.bodyim.2008.09.002.
- Motl, R. W. & Conroy D. E. Validity and factorial invariance of the Social Physique Anxiety Scale. *Medicine and Science in Sports & Exercise*.

Murphy, A. (2012). Body image and social physique anxiety: gender differences, personality types and effects on self-esteem.

Nutter, S., Russell-Mayhew, S., & Saunders, J.F. (2021). Towards a sociocultural model of weight stigma. *Eating and Weight Disorders*. doi:10.1007/s40519-020-00931-6.

O'Brien K.S., Caputi P, Minto R, Peoples G, Hooper C, Kell S, Sawley E. (2009) Upward and downward physical appearance comparisons: development of scales and examination of predictive qualities. *Body Image*. doi: 10.1016/j.bodyim.2009.03.003.

Olino, T.M., Birk, S.L., Case, J.A.C., & Weeks J. (2023). An Initial examination of fear of negative and positive evaluation in youth. *Journal of Anxiety Disorders* .doi: 10.1016/j.janxdis.2023.102784.

Policardo, G. R., Matera, C., Di Gesto, C., & Nerini, A. (2023). My Exposed Body: Psychometric Properties of the Italian Version of the Social Physique Anxiety Scale-7 among Women. *Behavioral Sciences*.

Preston, E.G., Villarosa-Hurlocker M.C., Raposa, E.B., Pearson M.R., & Bravo AJ.(2023). Protective Strategies Study Team. Fear of negative evaluation and suicidal ideation among college students: the moderating role of impulsivity-like traits. *Journal of American College Health*. doi: 10.1080/07448481.2021.1891919.

Nicholas C.R., Kelsey C., Collimorea, Randi E., McCabe, & Martin M. Antony . (2011). Addressing revisions to the Brief Fear of Negative Evaluation scale: Measuring fear of negative evaluation across anxiety and mood disorders. *Anxiety disorders*.

- Rammstedt, B., & John, O.P. (2007). Measuring personality in one minute or less: A 10-item short version of the Big Five Inventory in English and German. *Journal of Research in Personality*.
- Rancourt, D., Schaefer, L. M., Bosson, J. K., & Thompson, J. K. (2016). Differential impact of upward and downward comparisons on diverse women's disordered eating behaviors and body image. *International Journal of Eating Disorders*.
- Rasooli, S. S., & Lavasani, M. G. (2011). Relationship between personality and perfectionism with body image. *Procedia-Social and Behavioral Sciences*.
- Rica, R., Solar, M., Moreno-Encinas, A., Foguet S., Compte E.J., & Sepúlveda A.R. (2022). Physical Appearance Perfectionism: Psychometric Properties and Factor Structure of an Assessment Instrument in a Representative Sample of Males. *Frontiers of Psychology*. doi: 10.3389/fpsyg.2022.806460.
- Rothberger SM, Harris BS, Czech DR, Melton B. (2015). The Relationship of Gender and Self-Efficacy on Social Physique Anxiety among College Students. *International Journal of Exercise Sciences*.
- Scheiber R., Diehl S., & Karmasin M. (2023). Socio-cultural power of social media on orthorexia nervosa: An empirical investigation on the mediating role of thin-ideal and muscular internalization, appearance comparison, and body dissatisfaction. *Appetite*. doi: 10.1016/j.appet.2023.106522.
- Schlechter, P., Meyer T., & Morina N. (2023). Comparison Is the Thief of Joy? Introducing the Attitudes Towards Social Comparison Inventory. *Assessment*. doi: 10.1177/10731911231203968.

Scott Griffiths & S Stefanovski, A. Sep 2019. Thinspiration and fitspiration in everyday life:

An experience sampling study. *Body Image*. doi: 10.1016/j.bodyim.2019.07.002.

Shagar, P. S., Donovan, C. L., Loxton, N., Boddy, J., & Harris, N. (2019). Is thin in everywhere?: A cross-cultural comparison of a subsection of Tripartite Influence Model in Australia and Malaysia. *Appetite*.

Swami V., Robinson C, & Furnham A. (2021) Associations between body image, social physique anxiety, and dating anxiety in heterosexual emerging adults. *Body Image*. doi: 10.1016/j.bodyim.2021.10.004.

Swami, V., Chamorro-Premuzic, T., Bridges, S., &Furnham, A. (2009). Acceptance of cosmetic surgery: Personality and individual difference predictors. *Body image*. doi:<https://doi.org/10.1016/j.bodyim.2008.09.004>.

Tabachnick, B., Fidell, L.S., & Ullman, J. B. (2013). *Using multivariate statistics* (Vol. 6, pp. 497-516). Boston, MA: Pearson.

Trompeter, N., Austen, E., Bussey, K., Reilly, E, E., Cunningham, M, L., Mond, J., Lonergan, A., Tame, J., & Mitchison, D. (2023). Examination of bidirectional relationships between fear of negative evaluation and weight/shape concerns over 3 years: A longitudinal cohort study of Australian adolescents. *International Journal of Eating Disorders*. <https://doi.org/10.1002/eat.23881>.

Tsartsapakis, A., Zafeiroudi, G., Vanna, & Maria, G. (2023). Relationships of Body Dissatisfaction and Self-Esteem with Social Physique Anxiety among University Students in Different Study Programs. *Trends in Psychology*.

<https://doi.org/10.1007/s43076-023-00329-0>

- Van de Ven, N. (2017). Envy and admiration: emotion and motivation following upward social comparison. *Cognition and Emotion*, 31(1), 193–200.
<https://doi.org/10.1080/02699931.2015.1087972>
- Wang Y, A.J., Pegna & Framorando D. (2023). The effect of social comparison on effort: When similar and slightly better peers increase effort-related cardiovascular responses. *International Journal of Psychophysiology*.
<https://doi.org/10.1016/j.ijpsycho.2023.08.007>.
- Wen H, Kong X & Feng Y. (2022). The relationship between cyber upward social comparison and cyberbullying behaviors: A moderated mediating model. *Frontiers in Psychology*.
<https://doi.org/10.3389/fpsyg.2022.1017775>.
- Likhitsuwan, W., Ludington, & Pisitsungkagarn, K. (2019). Looks can be deceiving: body image dissatisfaction relates to social anxiety through fear of negative evaluation. *International Journal of Adolescent Medicine and Health*.
- Zartaloudi, A., Christopoulos, D., Kelesi, M., Govina, O., Mantzourou, M., Adamakidou, T & Vlachou, E. (2023). Body Image, Social Physique Anxiety Levels and Self-Esteem among Adults Participating in Physical Activity Programs. *Diseases*.