

ANNEXURE I

INFORMED CONSENT FORM

Title of project : Efficacy of CBT on Body Image, Emotional Competence and Self Esteem among College Students

Researcher : Mrs. Jeffrin Margreat. J.
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Research Guide : Dr. S. Gayatri Devi
Associate Professor and Head
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Introduction

In this consent form I will learn about the proposed research and my rights if I agree to participate in it. I will read this form carefully and, if I agree to be interviewed, I will sign this form and receive a copy.

Duration and location of study

If I agree to undergo group intervention, the intervention will take place at my own college and will take about 2 hours each day.

Procedure

If I agree to the group intervention, the intervention will be an interactive session with some exercises and activities. In any report written about this research, my name will not be disclosed without my consent.

Right to refuse and to withdraw

I understand that participation in this research is voluntary. I may agree to an interview, or I may decline an interview. If I agree to an interview, I may refuse to answer any question and I may end the interview at any time.

Offer to answer any question

If I have any question about the study or have any question about my rights as a participant I may call Ms.Jeffrin Margreat (Phone Number – 9500941921).

I agree to participate in this research

Name_____

Date_____

Researcher’s statement: I have explained the nature and purpose of this research. I agree to answer any question regarding the rights of the participant.

Name_____

Date_____

ANNEXURE II
PERSONAL PROFILE SHEET

Date:

Name :
Age :
Gender : Male / Female
Branch of study :
Height (cm) :
Weight (kg) :
Birth order : First / Last / Middle / Only child
Socio economic status : High / Moderate / Low
Place of living : Urban / Rural :
Number of siblings : Brothers - Sister –
Type of family : Joint / Nuclear
E-Mail ID :

ANNEXURE III

Body Image Perception Scale

Name:

Age:

Gender:

Qualification:

Institution:

Instructions

Below you will find a list of statements. Please rate the truth of each statement as it applies to you. Use the following Rating Scale to make your choices. For instance, if you believe a statement is 'Strongly Agree' you would circle 1 next to that statement. There is no right or wrong answer and your response will be kept confidential. There is no time limit and try to do it as quickly as possible.

SA = Strongly Agree

A = Agree

NAD = Neither Agree nor Disagree

D = Disagree

SD = Strongly Disagree

S.NO	QUESTIONS	SA	A	NAD	D	SD
1.	When I think of my shape/ size of my body I feel more irritable.	5	4	3	2	1
2.	The stressful events can cause problem in my relationship with other people	5	4	3	2	1
3.	I experience mood swings, difficulty in making decisions and in concentration.	5	4	3	2	1
4.	When I think of my size/ image of my body I find it hard to relax my mind.	5	4	3	2	1
5.	I feel unhappy about my body image.	5	4	3	2	1
6.	The shape and size of my body makes me feel low about myself.	5	4	3	2	1
7.	I have gained/ lost some weight.	5	4	3	2	1
8.	Increase in muscular aches and pains, especially in the neck, head, lower back and shoulders.	5	4	3	2	1
9.	I am tired sleeping more or less than normal.	5	4	3	2	1
10.	I feel that I get upset easily	5	4	3	2	1

11.	If I think about my size/ image of my body, my mind goes blank.	5	4	3	2	1
12.	I feel the periodic functions of my body like hunger, sleep, and menstruation are well.	5	4	3	2	1
13.	I am not able to feel worthy about myself.	5	4	3	2	1
14.	I need to be lonely.	5	4	3	2	1
15.	I feel ill.	5	4	3	2	1
16.	I am not able to control my feelings.	5	4	3	2	1
17.	I feel that my life is useless.	5	4	3	2	1
18.	I get into moods when I feel down and depressed.	5	4	3	2	1
19.	Due to my image/ shape of my body, often I feel dissatisfied.	5	4	3	2	1
20.	I think that no one really cares or loves me.	5	4	3	2	1
21.	I have trouble in my health and physical appearance.	5	4	3	2	1
22.	I worry a lot, when someone talks about my body image or shape.	5	4	3	2	1
23.	I easily get hurt.	5	4	3	2	1
24.	Due to my Image/ Shape I lost interest in my life.	5	4	3	2	1
25.	Eating makes me fearful.	5	4	3	2	1
26.	I often feel obsessed that my body is not being thin or looking good.	5	4	3	2	1
27.	I often dislike my body.	5	4	3	2	1
28.	I avoid certain clothes which makes me feel fat.	5	4	3	2	1
29.	I compare my body image with others.	5	4	3	2	1
30.	I compare my features with people in social media.	5	4	3	2	1
31.	I compare myself with my old pictures.	5	4	3	2	1
32.	I spend extra time to do makeup to avoid people talking about my features.	5	4	3	2	1
33.	I expend more money on cosmetic products.	5	4	3	2	1
34.	I use diet pills laxatives or diuretics.	5	4	3	2	1
35.	I follow diet to reduce my weight.	5	4	3	2	1
36.	I exercise to alter my shape or size.	5	4	3	2	1
37.	I feel that I am not able to do anything due to my weight gain	5	4	3	2	1

38.	I am not comfortable with my looks and physique.	5	4	3	2	1
39.	I feel ashamed of my body.	5	4	3	2	1
40.	When I think about my body image, I feel more anxious than usual.	5	4	3	2	1
41.	I feel difficulty in breathing.	5	4	3	2	1
42.	I often get the feeling of fainting.	5	4	3	2	1
43.	I feel embarrassed to attend a party or any social gathering due to my body image.	5	4	3	2	1
44.	I feel self-conscious to do presentation in front of a small group or in a class room.	5	4	3	2	1
45.	I have difficulty to talk about myself or my feelings.	5	4	3	2	1
46.	I feel separated all of my body.	5	4	3	2	1
47.	I feel anxious to which I look overweight.	5	4	3	2	1
48.	Unattractive features of my physique make me nervous.	5	4	3	2	1
49.	I feel nervous when others look at my physique.	5	4	3	2	1
50.	I discuss about my image or body shape/ size with others.	5	4	3	2	1
51.	I avoid circumstances or people because of my appearance	5	4	3	2	1
52.	I know others are thinking of my physique	5	4	3	2	1
53.	Whoever sees me they first perceive what's wrong with my appearance	5	4	3	2	1
54.	I feel everyone treats me differently because of my appearance.	5	4	3	2	1
55.	I am an unappealing person.	5	4	3	2	1
56.	No one can like me as long as I look the way I am.	5	4	3	2	1
57.	In my age group no one looks as bad as I am.	5	4	3	2	1
58.	Outward appearance of a person is a sign of the inner person	5	4	3	2	1
59.	I compare myself with others and feel that I am fat.	5	4	3	2	1
60.	I want to restrict my eating after comparing my body image with others.	5	4	3	2	1
61.	I feel guilty or ashamed when I eat.	5	4	3	2	1
62.	I worry about certain body parts of mine are imperfect.	5	4	3	2	1
63.	I am often troubled by thoughts that other people are negatively perceiving my weight or muscular development	5	4	3	2	1

ANNEXURE IV

Emotional Competence Scale

Instruction-

1. Some incomplete statements are given in this scale.
2. Every incomplete statement can be completed with the help of any of the five alternative mentioned before the incomplete one.
3. You have to complete every statement in terms of your own, therefore think adequately and respond in an honest manner.
4. Tick the (✓) mark whichever suits you among the five alternatives.
5. The information given by you will be kept secret.

- | | | |
|--|-------------------------------|--------|
| 1. Even a slight thing to me | Strikes very much | () |
| | Strikes much | () |
| | Strikes normal | () |
| | Strikes Slightly | () |
| | Strikes very slightly | () |
| 2. When I am inclined to react upon others, I..... | Cannot control absolutely | () |
| | Cannot control | () |
| | Cannot control normal | () |
| | am able to control | () |
| | am able to control very much | () |
| 3. Due to petty incidents, I... my deeds in a very balanced manner. | am able to do very slightly | () |
| | am able to do slightly | () |
| | cannot do normally | () |
| | do | () |
| | am able to do very much | () |
| 4. Even after realising the causes of miseries, I those from my mind. | cannot overcome absolutely | () |
| | cannot overcome | () |
| | cannot overcome normally | () |
| | am able to overcome | () |
| | am able to overcome very much | () |

5. The moment of happiness, I... Open heartedly.	cannot enjoy absolutely	()
	cannot enjoy	()
	cannot enjoy normally	()
	am able to enjoy	()
	am able to enjoy too much	()
6. The impact of day-to-day events	is too much	()
	is much	()
	is normal	()
	is slight	()
	is very slight	()
7. I my control even on the slight life incidents	lose very hastily	()
	lose hastily	()
	lose normally	()
	am not able to lose	()
	am not able to lose absolutely	()
8. In adverse circumstances, I...	become nervous at once	()
	Become nervous	()
	Become nervous normally	()
	Do not become nervous	()
	Do not become nervous absolutely	()
9. The fear of strange circumstances for me....	remains too much	()
	Remains much	()
	remains normally	()
	does not remain	()
	does not remain absolutely	()
10. To chat with others, I	do not like absolutely	()
	Do not like	()
	Do not like normally	()
	Like	()
	Like very much	()

11. I am.... By the critical notions of others.	affected very much	()
	Affected much	()
	affected normally	()
	affected slightly	()
	affected very slightly	()
12. I Whatever may be the form Of misery.	weep very much	()
	Weep much	()
	Weep normally	()
	Weep slightly	()
	Weep very slightly	()
13. There are the persons who remain Normal even in most adverse Conditions but I.... in adverse Circumstances leaving aside all Essential work.	become disappointed very much	()
	become disappointed much	()
	become disappointed normally	()
	am not disappointed	()
	am not disappointed absolutely	()
14. I The aggression towardscannot Others aroused by known or Unknown reasons	kept aside absolutely	()
	cannot kept aside	()
	cannot keep aside normally	()
	Keep aside	()
	Keep aside very much	()
15. I to participate with a great Zeal on the occasion of happiness Like marriage or other functions.	do not like absolutely	()
	do not like	()
	Do not like normally	()
	Much like	()
	Like very much	()
16. When somebody hurts my Feelings, I....	become very much sad	()
	become very sad	()
	Become sad normally	()
	Become sad slightly	()
	Become sad very slightly	()

17. People... my emotions through	realise very easily	()
My facial and overt gestures.	Realise easily	()
	Realise normally	()
	Cannot realise easily	()
	Cannot realise absolutely	()
18. In the conditions of indifferent	cannot take decision absolutely	()
Feelings (anxiety, fear anger etc.),	cannot take decision	()
I	cannot take decision normally	()
	Cannot realise easily	()
	Cannot realise absolutely	()
19. The impact of misfortunes....	Remains very much	()
On me.	Remains much	()
	Remains normally	()
	Remains for a while	()
	Remains for a period slightly	()
20. To go in merry-making, I....	like very slightly	()
	Like slightly	()
	Like normally	()
	Like much	()
	Like very much	()
21. Usually everybody has a habit	become impatient very much	()
To say something but I, on	become impatient	()
Hearing their slight remarks.	Become impatient normally	()
	Become impatient slightly	()
	Become impatient very slightly	()
22. All do express their feelings like	express either very much or very little	()
Laughing, weeping, fearing and	express more of less	()
Becoming angry but I,	express sometimes more of less	()
	Do not express more or less	()
	Do not express very much or little	()

23. In the circumstances of opposite Feelings, I keep the behavior....	balanced very slightly	()
	balanced slightly	()
	Balanced normally	()
	Much balanced	()
	Very much balanced	()
24. Thinking in the way," O dear, Leave it, do not worry or feel Sad" I ... my feeling at bay.	cannot keep absolutely	()
	cannot keep	()
	cannot keep normally	()
	Keep	()
	Keep accordingly	()
25. In the ways others remain happy,	cannot remain absolutely so	()
	Cannot remain so	()
	Cannot remain normally so	()
	Am able to remain so	()
	Am able to remain by large so	()
26. Every thing that is related to joy And sorrow, I	take it in depth very much	()
	take it in depth much	()
	take it in depth normally	()
	take it in depth slightly	()
	take it in depth very slightly	()
27. I am afraid of what people would Say about me, I normally Expression of feelings	refrain very much from	()
	much refrain from	()
	refrain normally from	()
	Do not refrain from	()
	Do not refrain absolutely from	()
28. In the mist of some worries, the Jobs that I want to perform, I	cannot fulfil absolutely	()
	cannot fulfil	()
	Cannot fulfil normally	()
	Am able to fulfil	()
	Am able to fulfill very much	()

29. Leaving aside all superfluous	cannot do absolutely	()
Feelings, I must keep my self	cannot do	()
Busy in my jobs, This I	cannot do normally	()
	Able to do	()
	Able to do more easily	()
30. That I never miss any opportunity	does not apply absolutely	()
To remain happy, On me.	Does not apply	()
	Does not apply normally	()
	Apply	()
	Apply very much	()

Thanking You.

Annexure V
Multidimensional Self Esteem Inventory

Section I

Use the following scale for your responses to Section I:

Fill in 1 if the statement is completely false.

Fill in 2 if the statement is mainly false.

Fill in 3 if the statement is partly true and partly false.

Fill in 4 if the statement is mainly true.

Fill in 5 if the statement is completely true,

For example, if you believe that a statement is mainly true in describing you, fill in the 4 circle for that statement on your rating sheet.

1. Completely false 2. Mainly false 3. Partly true and partly false 4. Mainly true
5. Completely true.

1. I often fail to live up to my moral standards.
2. I nearly always feel that I am physically attractive.
3. I occasionally have doubts about whether I will succeed in life.
4. I have trouble letting others know how much I care for and love them.
5. No matter what the pressure, no one could ever force me to hurt another human being.
6. I am very well-liked and popular.
7. On occasion, I have tried to find a way to avoid unpleasant responsibilities.
8. I occasionally worry that in the future I may have a problem with controlling my eating or drinking habits.
9. It is often hard for me to make up my mind about things because I don't really know what I want.
10. I am not easily intimidated by others.
11. I am usually able to demonstrate my competence when I am being evaluated.
12. I don't have much of an idea about what my life will be like in 5 years.
13. I nearly always feel that I am physically fit and healthy.

14. I usually 'do the decent and moral thing, no matter what the temptation to do otherwise.
15. There are times when I doubt my sexual attractiveness.
16. I sometimes have a poor opinion of myself.
17. There are times when I have doubts about my capacity for maintaining a close love relationship.
18. The thought of shoplifting has never crossed my mind.
19. I sometimes feel disappointed or rejected because my friends haven't included me in their plans.
20. There have been times when I have felt like getting even with somebody for something they had done to me.
21. I feel that I don't have enough self-discipline.
22. In general, I know who I am and where I am heading in my life.
23. I am usually a lot more comfortable being a follower than a leader.
24. Most people who know me consider me to be a highly talented and competent person.
25. I often feel that I lack direction in my life—i.e., that I have no long-range goals or plans.
26. I nearly always feel that I am better physically coordinated than most people (of my own age and sex).
27. I almost always have a clear conscience concerning my sexual behavior.
28. There have been times when I felt ashamed of my physical appearance.
29. I put myself down too much.
30. In times of uncertainty and self doubt, I have always been able to turn to my family for encouragement and support.
31. I have never felt that I punished unfairly.
32. My friends almost always make sure to include me in their plans.
33. There have been times when I intensely disliked someone.
34. I am sometimes concerned over my lack of self-control.
35. Once I have considered an important decision thoroughly, I have little difficulty making a final decision.
36. I have no problem with asserting myself.

37. There are no areas in which I have truly outstanding ability.
38. Sometimes it's hard for me to believe that the different aspects of my personality can be part of the same person.
39. Most of the people I know are in better physical condition than I am.
40. I often feel guilty about my sexual behavior.
41. I usually feel that I am better looking than most people.
42. All in all, I would evaluate myself as a relatively successful person at this stage in my life.
43. There have been times when I have felt rejected by my family.
44. It hardly ever matters to me whether I win or lose in a feared rejection.
45. On occasion I have avoided dating situations because I feared rejection.
46. There have been times when I have lied in order to get out of something.
47. I often give in a temptation and cut off work on difficult tasks.
48. I seldom experience much conflict between the different sides of my personality.
49. I feel that I have a lot of potential as a leader.
50. I am usually able to learn new things very quickly.
51. I often feel torn in different directions and unable to decide which way to go.
52. I occasionally have had the feeling that I have "gone astray" and that I am leading a sinful or immoral life.
53. I have occasionally felt that others were repelled or "put off" by my physical appearance.
54. I nearly always have a positive opinion of myself.
55. I occasionally feel that no one really loves me and accepts me for the person I am.
56. I have almost never felt the urge to tell someone off.
57. People nearly always enjoy spending time with me.
58. There have been occasions when I took advantage of someone.
59. I have difficulty maintaining my self-control when I am under pressure.
60. I have often acted in ways that went against my moral values.
61. I am usually very pleased and satisfied with the way I look.

Section 2

In section 2, you are to describe how often you experience the thoughts and feelings described in each item. Use the following scale for your responses to part 2:

Fill in 1 if you almost never experience them.

Fill in 2 if you seldom or rarely experience them.

Fill in 3 if you sometimes experience them.

Fill in 4 if you experience them fairly often.

Fill in 5 if you experience them very often.

For example, if you seldom or rarely experience the thoughts and feelings described, fill in the circle 2 for that statement on your rating sheet.

1.Almost never 2. Seldom or rarely 3.Sometimes 4.Fairly often 5.Very often
--

62. How often do you expect to perform well in situations that require a lot of ability?
63. How often do you lose when you get into arguments or disagreements with others?
64. Do you ever “stretch the truth” and say things that aren’t completely true?
65. How often do you feel confident that you have (or someday will have) a lasting love relationship?
66. When you are meeting a person for the first time, do you ever think that the person might not like you?
67. How often do you feel proud of the way that you stay with a task until you complete it?
68. How often do you feel dissatisfied with yourself?
69. How often do you feel that others are attracted to you because of the way you look?
70. How often do you feel a sense of vitality and pleasure over the way your body functions in physical activities?
71. How often do you feel uncertain of your moral values?
72. How often do you feel self-conscious or awkward while you are engaged in physical activities?
73. How often do you feel very certain about what you want out of life?
74. How often do you have trouble learning difficult new tasks?

75. When you are involved in group discussions, how often do you feel that your ideas have a strong influence on others?
76. Do you ever gossip?
77. How often do members of your family have difficulty expressing their love for you?
78. How often do you feel certain that people you meet will like you?
79. How often are you pleased with yourself because of your amount of self-discipline and willpower that you have?
80. How often do you feel that you are a very important and significant person?
81. How often do you wish that you were more physically attractive?
82. How often does your body perform exceptionally well in physical activities, such as dancing or sports?
83. How often do you (by your behavior) set a good moral example for others younger than yourself?
84. How often do you feel clumsy when you are involved in physical activities?
85. How often do you feel conflicted or uncertain about your career plans?
86. How often do you feel that you can do well at almost anything you try?
87. How often are you able to assertive and forceful in situations where others are trying to take advantage of you?
88. Have you ever felt irritated when someone asked you for a favor?
89. How often do you feel able to openly express warm and loving feelings towards others?
90. Does it ever seem to you that some people dislike you intensely, that they “can’t stand” you?
91. How often do you feel that you are more successful than most people at controlling your eating and drinking behavior?
92. How often do you feel really good about yourself?
93. How often are you complimented on your physical appearance?
94. How often do you feel in top physical condition?
95. How often are you pleased with your sense of moral values?
96. How often does your body feel “out of sorts” or sluggish?

97. Have you ever felt you lack the intelligence needed to succeed in certain types of interesting works?
98. Do you enjoy it when you are in a position of leadership?
99. Have you felt jealous of the good fortune of others?
100. Have you ever felt loved alone or unloved?
101. When you go out with someone for the first time, how often do you feel that you are well-liked?
102. How often are you able to exercise more self-control than most of the people you know?
103. How often do you feel highly satisfied with the future you see for yourself?
104. How often do you feel unattractive when you see yourself naked?
105. How often do you enjoy having others watch you while you are engaged in physical activities such as dancing or sports?
106. How often do you feel highly satisfied with the way you live up to your moral values?
107. How often do you feel that you are not as intelligent as you would like to be?
108. How often do you feel uneasy when you are in a position of leadership?
109. How often is it hard for you to admit it when you have made a mistake?
110. How often do people whom you love go out of their way to let you know how much they care for you?
111. How often do you feel that you are one of the most popular and likable members of your social group?
112. How often are you able to resist temptations and distractions in order to complete tasks you are working on?
113. How often do you feel lacking in self-confidence?
114. How often do you approach new tasks with a lot of confidence in your ability?
115. How often do you have a strong influence on the attitudes and opinions of others?
116. How often do you gladly accept criticism when it is deserved?

Annexure VI

Institutional Human Ethics

INSTITUTIONAL HUMAN ETHICS COMMITTEE



Avinashilingam

Institute for Home Science and Higher Education for Women

University

(Estd. u/s 3 of UGC Act 1956)

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Dr.AnithaSubash

19th March 2018

To
Ms. J. Jeffrin Margreat
Department of Psychology
Avinashilingam Institute for Home Science and
Higher Education for Women
Coimbatore – 641 043

Dear Jeffrin Margreat,

Ref: Your proposal No. IHEC/17-18/PSY/18 entitled "Efficacy of CBT on Body Image, Emotional Competence and Self Esteem among Adolescents" submitted for approval of the IHEC on 14th December.

The Institutional Human Ethics Committee of our University hereby grants approval to your research proposal No. IHEC/17-18/PSY/18 "Efficacy of CBT on Body Image, Emotional Competence and Self Esteem among Adolescents" submitted by you. The Approval number for the same is AUW/ IHEC/ PSY -17-18/XPD/18.

We wish you all the best in your research endeavours.

Regards,

S. Uma Mageshwari
Dr.S.Uma Mageshwari
Member Secretary



Annexure VII

Plagiarism Report



Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)
Re-accredited with 'A+' Grade by NAAC. Recognised by UGC Under Section 12 B
Coimbatore - 641 043., Tamil Nadu, India

PLAGIARISM CHECK REPORT (THESES)

1.	Name of the Research Scholar	Jeffrin Margreat J
2.	Roll No. and Year of Registration	17PHCPP002, 2017
3.	Department	Psychology
4.	Name of the Research Guide	Dr. S. Gayatri Devi
5.	Title of the Thesis / Dissertation	Efficacy of CBT on Body Image, Emotional Competence and Self Esteem among College Students
6.	Similarity Content (%) Identified	9% (Excluding Review of Literature)
7.	Software Used	Turnitin
8.	Date of Verification	11/08/2021

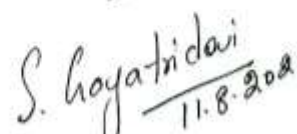
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Work on it, it will be done. Don't be afraid to ask for help. You are not alone.

Submitted by
Jeffrin Margreat J
Ph D Research Scholar
Department of Psychology

Efficacy of CBT on Body Image, Emotional Competence and Self Esteem among College Students

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