Knowledge of one’s body weight is crucial to healthy weight maintenance. Many factors are associated with reduced accuracy of self-reported weight. For example:
- High body mass index (BMI) predicts underestimation of weight
- Frequency of self-weighing corresponds to increased accuracy
- Females tend to underreport
- Satisfaction with weight and shape may also play a role, though few studies have examined this relationship.

This may have to do with body image concerns either resulting in:
1. More self-weighing
2. Avoidance of self-weighing

We sought to test the hypothesis that individuals would differ on weight reporting accuracy according to level of body dissatisfaction.
- Hypothesis 1: Weight Reporting Accuracy will depend on level of Weight Satisfaction
- Hypothesis 2: Weight Reporting Accuracy will be negatively associated with BMI

Participants
- Participants (N = 81; 61.2% female) were recruited as part of a larger study aimed at reducing soda consumption among college students.
- The average participant:
  - Age = 21.34 years
  - BMI = 24.97
  - Weight Underestimation = 5.25 lbs.

Effect of Weight Satisfaction on Weight Reporting Accuracy
- Omnibus results from the one-way ANOVA revealed that Weight Reporting Accuracy depended on level of weight satisfaction \((F(2, 62.43) = 2.95, p = .06)\).
- Post-hoc Games-Howell comparison results:
  - Weight-dissatisfied participants were less accurate than weight-satisfied participants \((\text{SE}_{\text{diff}} = 2.12; \text{approached significance: } p = .07)\)

Confounding Effect of BMI
- Addition of BMI as covariate (one-way ANCOVA)
  - Effect of weight satisfaction on weight reporting accuracy was no longer significant \((F(2, 77) = .35, p = .71)\)

REFERENCES

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DISCUSSION
Conclusions
- Weight dissatisfaction was associated with greater underestimation of weight, but was also confounded with BMI
- Elevations in BMI may lead to greater dissatisfaction with weight and therefore a tendency to underreport one’s actual weight
- Limitations include: use of a single question to measure weight satisfaction

Future Directions
- Use more well-validated measures of weight satisfaction
- Directly test whether weight dissatisfaction mediates the relationship between BMI and underreporting
- Explore whether social desirability mediates relationship between BMI and weight reporting accuracy