

Dieting Beliefs, Physical Appearance Based Verbal Commentary and Social Appearance Anxiety in Young AdultsFatima Tanvir^a, Areeba Mateen^a, Sumaira Ayub^{a*}^a Applied Psychology, University of Management and Technology, Lahore, Pakistan**Abstract**

The correlational study was conducted to explore the relationship between dieting beliefs, physical appearance-based verbal commentary, and social appearance anxiety among young adults. It was hypothesized that 1) there is likely to be a positive relationship between diet-related beliefs and physical appearance-based verbal commentary and social appearance anxiety in young adults. 2) Diet-related beliefs and physical appearance-based verbal commentary are likely to positively predict social appearance anxiety and 3) there is likely to be a gender difference in terms of study variables. About 200 young adults between 18 to 30 years (M = 22.69, SD = 2.91) from different universities in Lahore were approached. The self-constructed demographic sheet along with Dieting Beliefs Scale, Verbal Commentary on Physical Appearance Scale, and Social Appearance Anxiety scale were used for assessment. The results concluded that dieting beliefs positively related to positive general appearance-based verbal commentary and negatively related to social appearance anxiety among young adults. The results also showed that negative weight and shape-based verbal commentary positively and positive general appearance-based verbal commentary negatively related to social appearance anxiety. Further, the results also showed that dieting beliefs significantly negatively predicted social appearance anxiety while negative weight and shape-based verbal commentary positively and positive general appearance-based verbal commentary negatively predicted social appearance anxiety in young adults. The results also showed significant gender differences in appearance-based verbal commentary and social appearance anxiety in young adults.

Keywords: *Dieting Beliefs, Physical Appearance Based Verbal Commentary, Social Appearance Anxiety, Young Adults, Gender Differences*

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1. Introduction

The beliefs everyone has in their life are their own specifically related to their diet, food and their effects on the person's appearance. These beliefs greatly affect one's life and what a person does and predict a person's reaction to their diet, selection of food etc. Their belief leads them towards the argument to follow and act in accordance with it (Dohle et al., 2021). Basically, dieting beliefs are those that promote the diet and weight-related strategies including any weight loss or weight gain medicines. People's attitudes toward the relationship between exercise and food, a certain type of food performing certain functions and helping in weight loss or weight gain (Sabiston et al., 2007). The dieting beliefs described a person who perceives his/her body negatively, and to change his/her physical appearance he opts for some specific dietary patterns for self-satisfaction. Depression and anxiety may result from it as well (Nowak & Büttner, 2003).

Everybody bears different kinds of comments while walking around they come to listen to some type of comments which can be positive or negative and that can greatly influence their mental health and their actions. The appearance-based commentary happens more in and on young adults and effects more on youth and young adult (Herbozo, 2004). Many people don't always realize that praising and commenting on physical characteristics and body shapes could have detrimental effects. In a culture that prioritizes beauty and thinness, such remarks can harm one's self-esteem. Remarks regarding someone's physical attributes like weight, height, or appeal can be damaging and unnecessary. Despite good intentions, these comments have the potential to be more harmful than supportive (Schuster et al., 2013). Those who receive negative verbal physical base commentary are body dissatisfied and lower self-esteem. It refers to social appearance anxiety about one's general appearance, especially one's body form, and concern over others' opinions. Verbal appearance-based commentary is risk factors it can evoke or trigger social anxiety disorder (Calogero et al., 2009). The term social appearance anxiety refers to the fear that one will be negatively evaluated because of one's appearance (Hart et al., 2008). Social anxiety about one's looks, and body form is known as social appearance anxiety. When people are judged by others based solely on their outward look, they feel social appearance anxiety, which causes them discomfort and worry (Demirel, 2019). Individuals with social anxiety are extremely afraid of being assessed or judged negatively by others. Perfectionism features have been linked to an increased incidence of social anxiety disorder and eating disorders. It is the feeling of being insecure not about shyness or just staying home. They are so stressed and worried about what other people around them will think of him (Levinson et al., 2013). Some of most popular theories concerning about social anxiety claim that that it stems from excessive focus on the drawbacks of social interactions while downplaying or overlooking the positives. According to the cognitive theory of social anxiety, individuals struggling with social anxiety tend to magnify the potential risks, likelihood of negative outcomes, and impact of those outcomes. The people who suffer from social anxiety sometimes underestimate their abilities to deal with social situations. One effective treatment for social anxiety focuses on these thought processes while also encouraging people with social anxiety to experience social interactions more often. This concern with one's own accomplishment can be quite distracting, and it can make it difficult to have a positive contact with others. This focus can also lead to a person focusing solely on the bad parts of their interactions with others. Individuals with

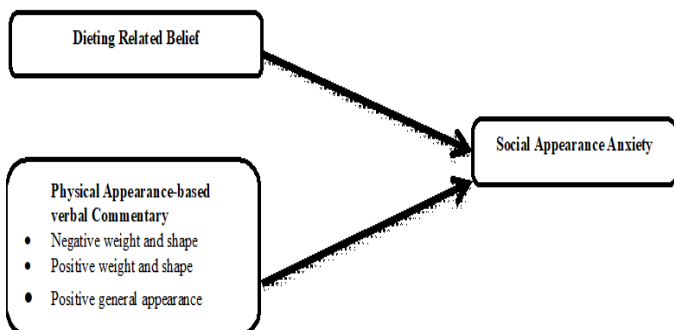
social anxiety tend to remember past interactions as being worse than they actually were, then this trend may lead to a higher level of social avoidance (Huppert et al., 2003).

According to literature, several studies have been conducted to explore the study variables. Girls believed that dieting was more important than it was for boys, while guys had considerably greater self-esteem when it came to appearance (Rattan et al., 2006). The social anxiety. levels of prospective physical education teachers, their gender, and income levels were not significantly correlating (Yuceant & Unlu, 2017). The internal-external orientation of "bingers" (bulimics and compulsive eaters) did not significantly differ from that of healthy people. The study raises doubt on dieting beliefs internal consistency (Furnham & Atkins, 1997). Social comparisons were more significant than verbal criticism and contingent self-esteem (Bailey & Ricciardelli, 2010). Significant correlations were seen between the self-esteem and body image scores and the frequency and effect dimensions of comments (Herbozo & Thompson, 2006). Social appearance-based anxiety positively predicted dermatology related life quality (Zakir et al., 2019). Compliments regarding body shape from female peers were associated with reduced dieting behaviors among young women, while general positive remarks about appearance from mothers were linked to decreased levels of oral control. Conversely, positive feedback from mothers and male peers was correlated with increased oral control in young women (Varnagiryte et al., 2021). Positive feedback on their profiles improved adolescents' social self-esteem and well-being, whereas negative feedback had the opposite effect (Valkenburg et al., 2006).

Low self-esteem correlated with both body dissatisfaction and a desire for muscularity, but these factors did not influence this correlation (Nowell & Ricciardelli, 2008). Social comparison and societal influences significantly predicted body dissatisfaction and eating disturbances, even after considering the effects of self-esteem and obesity levels (Stormer & Thompson, 1996). A negative correlation was observed between Social Appearance Anxiety, interpersonal relationships, and non-material expansion (Sanlier et al., 2018). Social anxiety, emotional control, and age are all important predictors of quality of life (Noor et al., 2022). The person having perfectionism traits have been suggested as on increased risk factor for eating disorders and social anxiety (Levinson et al., 2013). Social appearance anxiety is also caused by the verbal appearance-based commentaries which a person faces from his society and it has a great impact on a person due to which he feels social anxiety. In contemporary society, verbal comments focusing on appearance have become commonplace and can originate from various sources, including friends and family. Such commentary has the potential to negatively impact individuals mentally (Rand et al., 2017). So, based on the above discussion, the following hypotheses were formulated:

Young adults who hold strong dieting beliefs and frequently receive physical appearance-based verbal commentary are likely to experience higher levels of social appearance anxiety. These factors not only contribute to heightened self-consciousness regarding one's appearance but may also predict increased anxiety in social settings. Additionally, gender differences are expected in the extent to which dieting beliefs, appearance-related commentary, and social appearance anxiety manifest among young adults, suggesting that societal and cultural influences may play a role in shaping these experiences differently for men and women.

Figure1: Proposed Model



2. Method

2.1 Research Design

Correlational research design was used.

2.2 Sample

The sample comprised of 200 university students of age range between 18 to 30 (M = 22.69, SD = 2.91). The data were collected from the students of five universities of Lahore by employing convenient sampling strategy. The participant with age 18 years or above were included and the participants that will have any form of disability were excluded.

Socio demographic characteristics of sample indicated that the sample comprised of 104(52) men and 96(48) women with average education 15.20 years. The majority participants 149(74.5) were single, while 34(17) were engaged/committed and 17(8.5) were married. Most of the participants, about 125(62.5) were unemployed and almost 162(81.0) participants were having 3 & above siblings in number. Regarding birth order, most participants 99(49.5) were middle born, followed by last born 53(26.5), first born 35(17.5) and then only child 13(6.5). Further, the estimated family monthly income was reported as 203879 rupees. Most of the participants, 123(61.5) were living in nuclear family system. About 141(70.5) participants reported to live in urban areas, and 136(68.0) participants had own house followed by living in hostels 39(19.5), rented 22(11.0), and with friend/relatives 2(1.0). Mostly, about 110(55.0) participants were day scholars. The average weight of participants was reported as 62.19 kg and most of them, about 135(67.5) did not have any physical activity. About 50(25.0) participants got treatment for obesity or extreme weakness from the doctors mostly. Mostly participants, 135(67.5) were consuming homemade food while 64(32.0) eat junk food.

2.3 Instruments

Demographic sheet included age, gender, education (in years), marital/relationship status, job status, no. of siblings, your number in siblings, total family income, family system, residence, residential status, hostile/day scholar, psychological issues, physical illness, current body weight, treatment for obesity or extreme weakness, type of food consumed etc.

2.3.1: Dieting Beliefs Scale (Zuroff & Stotland, 1990): Dieting beliefs were measured by using the dieting beliefs scale. It comprised of 16 items with 6-point Likert format, where responses vary from 1 (not at all descriptive of my beliefs) to 6 (very descriptive of my beliefs). Stotland et al. (1990) reported that the Dieting Beliefs Scale exhibited moderate internal consistency and high test-retest reliability.

2.3.2: Verbal Commentary on Physical Appearance Scale (Herbozo & Thompson, 2006) It comprises 21 items categorized into three subscales: Negative Weight and Shape, Positive Weight and Shape, and Positive General Appearance. Responses are recorded on a 5-point Likert scale, ranging from 1 (never) to 5 (always), with a midpoint of 3 (sometimes). It demonstrated good internal consistency (>.70) (Herbozo et al., 2006).

2.3.3: Social Appearance Anxiety scale (Hart et al., 2008) Social appearance anxiety was measured by using the social appearance anxiety scale. This scale comprises 16 items and employs a 5-point Likert format, with response options ranging from 1 (not at all) to 5 (extremely), representing increasing levels of anxiety. The Cronbach's alpha for the SAAS was .93 (Doğan, 2018).

2.4 Procedure

In order to carry out the research, the topic was first approved and permissions from scale authors were obtained. Data was collected from multiple universities with formal approval. Participants were informed of the research purpose and provided with questionnaires. After reviewing the consent form, many eagerly completed the questionnaire. Participation was voluntary, and participants could withdraw at any time. Confidentiality of their information was assured. For the present study, about 220 university students participated. Almost 20 questionnaires had missing details so these were discarded. So, the overall response rate was 91%.

3. Result

Data was analyzed using SPSS Version 22.0. Psychometric properties of the scales were determined using reliability analyses (see table 1). The results of table 1 showed the reliability of dieting belief scale as .51, appearance based verbal commentary scale as .82 and social appearance anxiety scale as .93. So, all the scales have good enough reliability to carry out further analyses.

Table 1
 Psychometric Properties of the Measures (N=200)

Measures	K	M	SD	Range	Cronbach's α
Dieting Belief Scale	16	59.56	8.11	39-81	.51
Verbal Commentary on Physical Appearance Scale	21	65.85	12.98	36-105	.82
Negative weight and shape	9	26.48	7.81	10-45	.73
Positive weight and shape	5	14.62	6.22	5-25	.44
Positive general appearance	7	24.76	5.29	12-35	.25
Social Appearance Anxiety Scale	16	41.22	14.45	16-70	.93

Note. M = Mean, SD = Standard Deviation

The results of table 2 showed that dieting beliefs positively are related with positive general appearance based verbal commentary and negatively related with social appearance anxiety in young adults. Results also showed that negative weight and shape based verbal commentary positively and positive general appearance based verbal commentary negatively related with social appearance anxiety in young adults.

Further, relationships of the demographic variables with the study variables were also assessed. The results showed that age is

significantly positively related to appearance based verbal commentary and social appearance anxiety. Further, it was shown that gender positively related to positive weight and shape as well as positive general appearance based verbal commentary and negatively related to social appearance anxiety among young adults. It was also

shown that the number of siblings positively related to positive general appearance based verbal commentary and physical activity positively related with negative weight, shape appearance commentary and social appearance anxiety in young adults.

Table 2
 Descriptive Statistics and Correlation between Study Variables (N=200)

Variables	2	3	4	5	6	7	8	9	10	11
1. Age	.47**	.28**	.26**	.07	.03	.21**	.15*	.26**	.08	.27**
2. Gender		-.11	-.39	.09	.05	-.01	-.01	-.18**	.29*	-.22**
3. No. of siblings			-.06	-.03	-.09	.07	.28	.17*	-.00	.05
4. Family system				.11	.07	-.24**	-.17*	-.16*	-.26**	-.27**
5. Physical activity					.04	.00	.16*	-.22*	-.05	-.18**
6. Dieting Belief						.03	-.02	-.11	.20**	-.34**
7. Physical appearance based verbal commentary							.07*	.66**	.77**	-.02
8. Negative weight and shape								.16*	.29**	.24**
9. Positive weight and shape									.58**	-.09
10. Positive general appearance										-.34**
11. Social Appearance Anxiety										

*p<.05. **p<.01.

Table 3
 Multiple Hierarchical Regression Results for Social Appearance Anxiety in Young Adults N=200)

Variable	Social Appearance Anxiety						
	B	95% CI of B		SE B	B	R ²	ΔR ²
		LL	UL				
Step 1							
(Constant)	13.49					.13	.13
Age	.67	-8.52	35.50	11.16	.14		
Gender	-2.68	-.11	1.46	.397	-.09		
No. of siblings	.15	-7.32	1.96	2.35	.02		
Family system	5.36**	-.83	1.13	.498	.18**		
Physical activity	5.01**	1.10	9.70	2.20	.16**		
Step 2							
(Constant)	44.56***	21.25				.25	.12
Age	.88**	.15	67.86	11.82	.18**		
Gender	-1.40	-5.75	1.62	.37	-.05		
No. of siblings	-.137	-1.06	2.94	2.20	-.02		
Family system	5.52***	1.47	.78	.47	.19***		
Physical activity	5.22***	1.35	9.57	2.05	.17***		
Dieting Beliefs	-.622***	-.84	9.10	1.97	-.35***		
Step 3							
Constant	32.38***	9.69				.41	.16
Age	1.10***	.41	55.07	11.50	.04***		
Gender	4.04	-.49	1.79	.35	.02		
No. of siblings	-.22	-1.06	8.57	2.30	.00		
Family system	6.37***	2.54	.61	.42	.20***		
Physical activity	2.70	-.94	10.21	1.94	-.15		
Dieting Beliefs	-.44***	-.65	6.35	1.85	.33***		
Negative weight and shape	.64***	.41	-.22	.11	.06***		
Positive weight and shape	.40	-.19	.86	.12	-.04		
Positive general appearance	-1.25***	-1.74	.98	.34	-.01***		

p<.05. **p<.01. ***p<.001

Table 4

Independent Sample *t*-test determining gender differences in terms of Study Variables (N=200)

Variables	Men (n=104)		Women (n=96)		<i>t</i> (198)	<i>p</i>	Cohen's <i>d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			
Dieting Beliefs	58.96	8.16	60.21	8.05	-1.09	.88	0.15
Physical appearance-based verbal commentary	65.19	16.54	66.56	7.44	-.77	.00	0.11
Negative weight and shape	26.57	9.26	26.39	5.89	.16	.00	0.02
Positive weight and shape	15.36	4.53	13.81	3.70	2.62	.19	0.37
Positive general appearance	23.28	5.89	26.36	3.97	-4.37	.00	0.61
Social appearance anxiety	44.27	12.93	38.04	14.35	3.09	.00	0.46

Table 3 showed that overall variance explained by the model was 41% with $F(9, 190) = 14.47, p < .001$. The results also showed that dieting beliefs significantly negatively predicted social appearance anxiety ($\beta = -.35, p < .001$) among young adults. It was also found that negative weight and shape based verbal commentary positively predicted ($\beta = .06, p < .001$) and positive general appearance based verbal commentary negatively predicted ($\beta = -.01, p < .001$) social appearance anxiety among young adults. Further, it was also found that physical activity also positively predicted ($\beta = .16, p < .001$) social appearance anxiety.

Results of table 4 showed significant gender difference in physical appearance-based verbal commentary and social appearance anxiety in young adults. The results indicated higher appearance based verbal commentary in women ($M = 66.56, SD = 7.44$) than men ($M = 65.19, SD = 16.54$). Further, the results indicated higher social appearance anxiety in men ($M = 44.27, SD = 12.93$) than women ($M = 38.04, SD = 14.35$). Results also showed that men scored higher in negative weight and shape appearance based verbal commentary ($M = 26.57, SD = 9.26$) than women ($M = 26.39, SD = 5.89$). It was also shown that women scored higher in positive general appearance based verbal commentary ($M = 26.36, SD = 3.97$) than men ($M = 23.28, SD = 5.89$). However, a non-significant gender difference was found in terms of dieting beliefs among young adults

4. Discussion

The current research suggested that young adults' social appearance anxiety and concepts about diet-related beliefs probably positively correlated with physical appearance-based verbal commentary and social appearance anxiety in young adults. Numerous research has been conducted to explore the relationship between the study variables that support our findings.

The current study's findings demonstrate that dieting beliefs positively related with positive general appearance based verbal commentary which is consistent with the previous study conducted by Varnagiryte and Perminas (2021), who examined, in a sample of young people, the association between eating habits and remarks made about looks by parents, peers, and intimate partners. The findings indicated a correlation between a rise in young women's dieting and bulimia-specific behaviors and disparaging comments made by parents, friends, and romantic partners about a person's weight and body type. To inspire positive improvements in order, to uplift self-esteem, or motivate oneself to stay resistant with their diet related beliefs, one might opt to employ positive affirmations (Cohen & Sherman, 2014).

The present study highlighted that dieting beliefs are negatively related with and predicted social appearance anxiety among young adults which is supported by research conducted by Koskina et al. (2011) which showed that the connection between social anxiety and

eating problems is concerned with physical appearance, particularly physique shape, and the distress of being negatively evaluated by others. Women with bulimia nervosa scored much higher on the social appearance anxiety measure than do healthy women. Similarly, Jiotsa et al. (2021) suggest that young adults struggling with body image, internalizing the thin ideal, and prone to social comparison are more affected by the media, which they are also more likely to use. Beauty magazines, in particular, serve as "how-to" guides for individuals with eating disorders, promoting an unrealistic ideal of thinness. In today's world, especially in Pakistani culture, it is common for people to compare themselves to others. Those with strong dieting beliefs often idealize certain figures or individuals. If their dieting beliefs help them resemble or fit into the idealized figure they envision, their beliefs are reinforced, reducing social appearance anxiety and increasing satisfaction, as they feel they have met the health and dieting standards of their ideal.

The present study highlighted that negative shape and weight based verbal commentary positively related with social appearance anxiety among young adults which is supported by the research conducted by Levinson et al. (2018) that examined that eating disorders and social anxiety are closely related. The findings showed that social appearance anxiety, as fear of negative evaluation, social interaction anxiety, and fear of unfavorable appraisal, bulimia symptoms, projected body dissatisfaction, shape worry, weight concern, and eating concern. Similarly, in the context of Pakistani culture, a study by Zubair et al. (2021) found that negative verbal commentary about weight and shape is a major factor in developing social appearance anxiety. In Pakistani society, men are expected to embody a strong, macho image, and any deviation from this ideal often leads to negative comments, which in turn cause self-doubt and social appearance anxiety. Such negative commentary is strongly linked to social appearance anxiety, making individuals who face appearance-related criticism more vulnerable to developing this social appearance anxiety.

The present study revealed that positive general appearance based verbal commentary negatively related with and predicted social appearance anxiety among young adults. This finding aligns with the research by Valkenburg et al. (2006), which examined how friend networking sites affected adolescents. The study involved 881 teenagers with online profiles and showed that the frequency of positive and negative comments on their profiles influenced their social self-esteem and well-being. Positive feedback enhanced these traits, while negative feedback had the opposite effect. Another research also conducted previously by Fornaini et al. (2021) that sports results of study that investigates how partner comments about one's appearance affect somebody's body image and perception of the quality of their relationship. Men faced increased body dissatisfaction

from criticism, while women felt valued with appearance compliments, leading to greater partnership happiness and security. These findings underscore the importance of partner comments on both genders' body image and relationship perceptions.

The results also showed that negative weight and shape based verbal commentary positively predicted social appearance anxiety among young adults which is supported by the study that was conducted by Derya et al. (2017) the study's goal was to look into women who undergo aesthetic surgery's degrees of social physique anxiety and relevant aspects. The women who came to know about cosmetic surgery via televisions or newspapers and claimed that people in their immediate environment evaluated them for having cosmetic surgery scored significantly higher on the social physique anxiety scale than the other women. The study also discovered that women were primarily influenced by their social environments and that those who had received unfavorable social environment feedback experienced higher levels of social physique anxiety. An article by Brown and Tiggemann (2022) highlights how celebrities attract immense public attention and often embody the media's and culture's unrealistic ideals of beauty. Constant exposure to celebrities who represent an unattainable thinness perpetuates the beauty ideal for women, emphasizing slimness and clear, flawless skin—standards that are not achievable for everyone. As a result, celebrities become more self-conscious about their weight and appearance. This, in turn, influences the audience, who adopt these celebrities as their ideals and strive to mirror their looks. If they fail to meet these beauty standards, they are often subject to negative comments, leading to greater body dissatisfaction.

This study shows that the number of siblings positively related to positive general appearance based verbal commentary which is also supported by the research conducted Nerini et al. (2016) and the study required to study the association between young women's risky eating behaviors and positive and negative comments about one's appearance from siblings. Risky eating habits have a strong correlation with body dissatisfaction. Sibling compliments on shape and weight were strongly and negatively correlated with social comparison, which was linked to women's body dissatisfaction. Negative remarks had a direct correlation with body dissatisfaction; social comparison's potential significance as a mediating factor was not supported. The significance of siblings in the building of females' body images is highlighted by these studies. Further, results revealed that physical activity positively related with negative weight and shape appearance-based commentary and these findings are supported by another study conducted by Voelker et al. (2015) stated that adolescent body shaming and bullying associated with weight are significant factors that lead to an unhealthy obsession with weight and appearance, the development of unfavorable self-images, and unhappiness with specific body features.

The present study also concluded that physical activity also positively predicted social appearance anxiety which also supported by another study conducted by Sicilia (2014) motive of this study, which was based on the self-determination theory, was to examine the relationship between the satisfaction of fundamental psychological needs, various types of exercise motivation, and social physique anxiety. The outcomes showed that gender and body mass index, which were also predictive of social physique anxiety. The study's findings also added the motivational mechanism underlying adolescents' social physique anxiety in the context of exercise by

demonstrating the beneficial effects of perceived competence and various forms of self-determined motivation.

The results of this study indicated higher social appearance anxiety in men which is consistent with the previous study done by Davis et al. (1993) and the purpose was to examine anxiety about one's physical appearance and how others perceive it is known as appearance anxiety. The findings showed that male body disappointment is most severe for the waist and chest. Further, In the present study, men scored higher in negative weight and shape appearance based verbal commentary. Research that was done by Schuster et al. (2013) the goal of this study was to investigate how males respond to comments about their appearance that are depending on their weight and body type. The findings showed that men who had heard supportive comments were more likely to have pleasant experiences. Men who received negative feedback were assumed to have eating disorders and body disappointment. It was also shown in the current study that women scored higher in positive general appearance based verbal commentary consistent with the findings of the research conducted by Tiggemann and Barbato (2018) and the goal of the study was to investigate the effect of comments on Instagram photographs that were connected to looks on a person's body image. As expected, exposure to comments about looks increased body dissatisfaction. Regardless of the experimental condition, trait self-objectification anticipated an increase in body dissatisfaction; however, state self-objectification was not significantly impacted.

Conclusion

The results showed that age is significantly positively related with physical appearance-based verbal commentary and social appearance anxiety in young adults. Further, it was shown that gender is positively related to positive weight and shape as well as positive general appearance based verbal commentary and negatively related to social appearance anxiety in young adults. It was also shown that the number of siblings positively related to positive general appearance based verbal commentary and physical activity positively related with negative weight and shape-based appearance commentary and the social appearance anxiety in young individuals. As age increases the individual faces more appearance based verbal commentary which causes social appearance anxiety. It was also provided that the more negative appearance related comments an individual receives it makes that person more vulnerable of developing social appearance anxiety.

Limitations and Suggestions

The sample of this research included young adults only, in future researches a broader sample should be taken including people of different ages. The data collected only by university students, college students and general public should also be considered in future researches. Additionally, the Body Mass Index in the present study was not calculated, this can be one of the reasons that can lead to the failure to find a relationship and prediction that Body Mass Index could influence verbal appearance-based commentary and social appearance anxiety. So, future studies can minimize this confounding that can make the findings more accurate. Self-Esteem and Self-confidence was not measured in the research as these are highly linked with dieting beliefs, appearance based verbal commentary and social appearance anxiety, so in future researches, and these should be considered.

Implications

This research showed how dieting beliefs of an individual easily get effected by the media, with young adults particularly affected by unrealistic beauty standards in social media, ads, and billboards etc. This often leads to appearance-related anxiety. Media promoting discrimination and bias should be banned. Dieting beliefs is one of the major origins of developing social appearance anxiety in young adults. It's important for individuals to consult dietitians, rather than follow trends, and for both individuals and their caregivers to be educated about the harmful effects of appearance comparisons, especially among siblings. Verbal commentary impacts both genders, and society must eliminate the ideal of a "perfect figure" tied to thinness.

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