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The Effects of Objectifying Statements on Women's Self Esteem, Mood, and Body

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### **Abstract**

Research has shown that women have lowered self-confidence ratings after being harassed by a stranger (e.g. Fairfield & Rudman, 2008) and perform worse on a mathematical task after receiving an objectifying gaze (e.g. Gervais, Vescio, & Allen, 2011). This study investigates the effects of objectifying statements from attractive and unattractive strangers on women's self esteem, body image and happiness. Individuals assumed they were participating in an Accuracy of First Impressions study and completed an online personal questionnaire, from which they believed peers would create a first impression statement. Participants then met in person with the researcher where they received a statement about their personality, attractiveness or objectifying them, paired with a photo of either an attractive or unattractive male. They then completed a first impression questionnaire and inventories including the Body Image Scale, Current Thoughts Scale, and Subjective Happiness Scale. In reality, individual's information was not shown to anyone and they were randomly assigned to view statements, which were written by the researcher. Results showed that participants who received objectifying statements had more negative feelings toward the male and a lower body image than those who received statements about their personality or attractiveness. Contrary to predictions, women receiving objectifying statements reported more positive emotions and opposing the hypothesis, self-esteem was not altered by statement type. The attractiveness of the male did not have an effect on happiness, self-esteem or body image. This study brings attention to the positive and negative effects of word choice in everyday encounters.

## **The Effects of Objectifying Statements on Women’s Self Esteem, Mood, and Body Image**

In 2013, Marissa Mayer, the CEO of Yahoo completed her first annual shareholders meeting by asking if anyone had any questions. One shareholder stated, “I’m Greek and I’m a dirty old man, and you look attractive” (Faull, 2013). The blatant removal of Mayer’s personality and position as the CEO and the sole focus on her attractiveness shows an example of the objectification of women that happens on a daily basis. Just last year, Shoshana Roberts, an average citizen, walked the streets of New York for ten hours wearing jeans and a plain black shirt. She followed a researcher with a camera on his back to record her interactions. The footage picked up Roberts receiving over one hundred statements made by men, most of which diminished her to an object. “God bless you Mami,” “Hey sexy,” “Look at her, she’s like a thousand dollars.” The number of statements recorded doesn’t account for the multiple catcalls, winks and gazes she received. Objectification of women by men is a common occurrence in everyday interactions and it is important to view the effects and consequences this has on women.

### **Previous Research on the Effects of Objectification on Women**

It has been shown that the objectification of women can have a hindrance on their ability to perform (Gervais, Vescio, & Allen 2011; Meltzer & McNulty, 2013). Actions as simple as an up and down glance from a male, causes a woman to perform worse on a basic task. Gervais, Vescio, and Allen (2011) examined both men’s and women’s ability to perform on a mathematical problem after receiving an objectifying gaze from the opposite sex. It was found that a woman’s ability was lowered, whereas a man’s stayed the same. This alludes to the concept that if actions as simple as a gaze can influence how

a woman performs, then verbal objectifying statements are likely to have similar, if not greater tendencies for affecting a female's performance. Meltzer and McNulty (2013) found that statements from those that they are close to, not just strangers, can have an effect on women. They viewed the amount of body approval (e.g. "How much do you think your boyfriend values you for your body?") and nonphysical compliments (e.g. "How much do you think your boyfriend values you for your intelligence?") that a woman received from a man she was in a relationship with and also asked for the amount of commitment she was experiencing from him. Women who reported higher levels of confidence and commitment had higher levels of relationship satisfaction. Furthermore, women stated their partner's satisfaction about both their bodies and personalities as a positive or negative correlation, meaning, if they felt their significant other viewed their body as positive, they also viewed their personality as positive. It was also seen that the satisfaction with their body was rated slightly lower than how they perceived their partner viewed their personality, showing that the women felt less confident about body approval. From this, it was seen that if a woman thought her significant other viewed her personality and body positively, she also viewed their relationship as more satisfactory, compared to those who felt their body and personality were not satisfactory. This shows the importance of personality compliments and while compliments about body can still be positive, satisfaction is greater for a woman when she is valued as a whole (Meltzer & McNulty, 2013).

In the current study, we hypothesized that use of a statement, whether it is objectifying (e.g. She's super hot, definitely someone I would want to show off to my friends.), about personality (e.g. She looks like a genuine, kind person and is definitely

someone I would like to get to know. We have similar interests and I feel her personality and mine would match well and we would most likely be friends.), or about attractiveness (e.g. She has a really beautiful face, nice hair and a good smile. It looks like she takes care of herself.), can have an impact on women's self esteem, body image, and happiness. Sexual objectification occurs when a woman's body, body parts, or sexual functions are separated from her person, reduced to the status of mere instruments, or regarded as if they were capable of representing her (Bartky, 1990). Furthermore, when women are objectified they are treated as bodies, and in particular, as bodies that exist for the use and pleasure of others (Fredrickson & Roberts, 1997). Women who say they enjoy sexual objectification also report more negative eating attitudes. There is little support for any positive effects of objectification and sexualization (Liss, Erchull, & Ramsey, 2011).

In the current study, an objectifying statement disregards an individual's value or worth on an intellectual or character, moral and personality based level and lowers them to simply an object of sexual desire. The predictions stem from previous research, which demonstrates that women reported greater body shame and social physique anxiety when they were told they would interact with a male (Calogero, 2004), that stranger harassment from men (e.g., objectifying statements) had a negative effect on women's self confidence and self portrayal (Fairchild & Rudman, 2008), and that women often take an outsider's opinion of themselves and internalize it into their own, which leads to anxiety, self shaming, and negative self monitoring (Fredrickson & Roberts, 1997).

### **Previous Research on the Effects of Attractiveness**

The study also tests the effects of the attractiveness of the individual making the statement about her body, attractiveness, or personality. Walster, Aronson, Abrahams,

and Rottman (1966) found that regardless of an individual's own attractiveness, the principal factor that determined how much a person liked someone of the opposite sex and if they ultimately asked the individual out, was simply how physically attractive the partner was. Researchers also found that physically attractive individuals are perceived by others to have more desired character traits and are thought to live enhanced lives including more competency and more work-related accomplishments (Dion, Berscheid, & Walster, 1972). Jackson, Hunter and Hodge (1995) found that attractive people are perceived to have higher competency through a meta-analysis. Furthermore, it has been shown that during a first impression interaction individuals with high attractiveness tend to be perceived as someone with positive traits (Miller, 1970).

Another aspect involved with the hypothesis that women will have more positive emotions towards attractive males, are the ideas brought forth by evolutionary psychologists. These notions suggest that our attraction towards members of the opposite sex is based on sexual selection towards reproductive and survival success (Buss, 1995). A study found that sexual dimorphism, averageness, and symmetry are key components to what makes a face attractive. This is because sexual dimorphism allows people to distinctly tell the gender of an individual, averageness shows a link to heterozygosity, which means their traits have better fitness to be passed on, and symmetry in facial features has been linked to reflect higher quality of development. These components are perceived to have better health, intelligence, fertility, and parental care potential (Fink & Voak, 2002). As a whole, these pieces of research demonstrate that attractive individuals are perceived to be more accomplished and well liked, and have higher intellect, better fitness and greater paternal potential. From this, we speculate that the attractiveness of

the individual making a statement about a woman's body, attractiveness, or personality will have an effect on the participant's happiness, body image, and self esteem.

To our knowledge, however, there is no current research examining how objectifying statements made by attractive and unattractive males influence women's feelings about themselves. It is hypothesized that an unattractive male who makes objectifying statements will elicit more negative impressions, worse body image responses, lower self esteem and less happiness from women and an attractive male will elicit more positive impressions, a higher body image, a better self-esteem and more happiness.

## **Methods**

### **Participants**

One hundred and fourteen individuals participated in the study and were recruited from psychology courses at Carroll College. These courses included general psychology, social psychology, child psychology, abnormal psychology, and human sexuality. Participants included 101 females and 13 men who were predominately White (91%), first-year students (49%). Participants were given extra credit for their time and were also given the opportunity to sign up to win one of two 25-dollar Amazon gift cards. Students who did not wish to participate in the study were given other opportunities to earn extra credit.

### **Procedure**

Upon signing up students received an email with a link directing them to the Social Sci questionnaire, "First Impressions." Participants were told the First Impressions

questionnaire would take around thirty minutes to complete, but most finished in approximately fifteen minutes. Participants were told that the study investigated the accuracy of first impressions and as part of the cover story were told that their school identification photo and their responses to the personal questionnaire would be sent to a research team at Whitworth University. It was stated that another student at Whitworth would examine their photo and personal questionnaire responses about their hobbies and demographics and provide a first impression of them based on this information.

After completion of the online portion, participants were asked to sign up for part two, where they would see the first impression, on sign up sheets located in the psychology department on campus at least three days after they completed part one. The period of three days was to ensure the participant believed there was adequate time for their information to be sent to Whitworth University and returned. Participants received a reminder email about when and where to complete part two. The researcher met with participants in groups ranging from one to eight people and welcomed them to the study and explained that it was completely optional for them to participate and they could withdraw at any time without penalty. Sign up times were half hour slots, but participants tended to complete the questions and be dismissed around fifteen minutes after the start.

Instructions were administered and participants read a first impression report that contained a picture of a person who made the first impression; ratings on characteristics including overall beauty, conversation skills, attractiveness, datability, humor and overall personality; a response about where the individual would like to take the participant if they were to “hang out” and a general statement about their first impression. In reality, they were randomly assigned to receive a picture of either an attractive or unattractive

male and a report previously designed by the researcher about their attractiveness, personality or objectifying them. They then completed the Reaction to First Impression Questionnaire, the Current Thoughts Scale, the Subjective Happiness Scale, and the Body Image Scale.

After participants completed part two of the study they were debriefed. They were informed that the study was not about first impressions, but was in fact examining the effects of three types of statements (i.e. Attractiveness, Personality and Objectification). Participants learned that they were not paired with a student at Whitworth University and no one had seen their information other than the researcher. Participants were told about the need for deception. They were informed that they were randomly assigned to the statement they received and asked if they had any questions. Participants were reminded to please not share what they had just learned with anyone, thanked for their time, and dismissed.

### **Materials**

This was a two-part study. Part one of the study was gathered through an online survey on socialsci.com and part two was administered in person via a paper survey. All measures are included in the appendix.

**Personal Questionnaire.** The questionnaire included in the online portion of the study asked basic questions, which the participant believed would be used for another student to create a first impression of them. The eleven questions included their gender, their age, where they grew up, their major in school, their ideal date, and other facts. Participants also gave permission for their school identification photo to be shared. In

reality, data from the questionnaire and their photo were not used in anyway for the study, only to increase believability of the cover story (Appendix A).

**Photographs.** The photographs paired with statements in the study were found online through a Google search and ran through a pilot study. Four photos, an attractive male and female and an unattractive male and female were selected. Twenty men and twenty women were asked to rate the individuals of the opposite sex on a scale of one to ten, where one was “unattractive” and ten was “attractive.” The attractive individuals consistently received above a five on a scale of one to ten and the unattractive individuals consistently received below a five on a scale of one to ten. The attractive female received an average rating of 8.6; the unattractive female received an average rating of 2.5; the attractive male received an average rating of 8.6; and the unattractive male received an average rating of 2.7. Participants in the main study were told that these individuals were students at Whitworth who were writing their first impression of them (Appendix B).

**First Impression Report.** Participants were randomly assigned to one of three conditions during which they received either personality focused statements that discussed the participant’s perceived humor, personality, goals, and conversation skills while describing the participant’s ideal interaction to be at a baseball game; attractiveness focused statements that described overall attractiveness, eyes, smile, and conversation skills while claiming the ideal place to “hang out” with the participant was over lunch; or, objectification statements focused on the participant’s datability, ability to have fun, and attractiveness. The responder claimed to want to “hang out” with the participant at a party, in order to show him/her off (Appendix C).

**Current Thoughts Scale.** The Current Thoughts Scale (Heatherton & Polivy, 1991) measured an individual's self esteem with twenty questions ( $\alpha = .855$ ) on one's outlook on himself or herself by answering questions on a scale of one to five, where one meant "not at all" and five meant "extremely." Questions gathered information on participant's confidence about their appearance self esteem ( $\alpha = .810$ ) (six questions), social self esteem ( $\alpha = .795$ ) (seven questions), and performance self esteem ( $\alpha = .759$ ) (seven questions). Examples of items included "I feel confident about my abilities," "I am dissatisfied with my weight," and "I feel unattractive." Thirteen of the questions required reverse coding so that high scores reflected high self esteem. (Appendix D).

**Subjective Happiness Scale.** The Subjective Happiness Scale (Lyubomirsky & Lepper, 1999) measured happiness through four questions ( $\alpha = .801$ ), three of which compare the individual's happiness to that of those around them and the other solely examining oneself. The participant rated himself or herself on a scale of one to five, one being "not at all" and five being "a great deal." Questions include, "Some people are generally not very happy, although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you?" One question required reverse coding so that higher scores reflected greater happiness. (Appendix E).

**Body Image Scale.** The Body Image Scale (Stunkard, Sorenson, & Schulsinger, 1983) asked the participants to circle one body type that reflects how they view themselves and another that reflects how they desire others to view them. The scale includes nine pictures ranging from very slender to very overweight with separate scales for men and women (Appendix F).

**Reaction to First Impression.** Participants completed a reaction to the first impression questionnaire to gather information on how they felt about the student from Whitworth who made the first impression report about them. Five questions ( $\alpha = .836$ ) required an answer on a scale of one to five, one being “strongly disagree” and five being “strongly agree.” Examples include, “Your overall first impression of the individual was positive,” “You would want to meet this person,” and “This person liked you.” A higher score resulted in the participant showing more positive emotions towards the individual who made the first impression statement about them (Appendix G).

**Demographics.** The demographic form asked the participant their age, ethnicity, sex and year in college. This information was used to gather the demographic information of those involved in order to better understand the participants (Appendix H).

## Results

### Data Analytic Strategy

Separate 2 (attractive vs. unattractive) x 3 (objectification vs. personality vs. attractiveness) between groups ANOVAs were conducted for each of the dependent variables. The analysis tested the main and interactive effects of attractiveness and statement type on each of the dependent measures. Because the study is only interested in how younger women react to statement orientation, researchers only analyzed women’s data who were under the age of 25, disregarding information collected from men.

**Reaction to First Impressions.** The main effect for statement type was significant. Participants had a more negative reaction to objectifying statements ( $M = 3.85$ ,  $SD = .82$ ) compared to personality ( $M = 4.48$ ,  $SD = .44$ ) and attractiveness ( $M = 4.50$ ,  $SD = .42$ ),  $F(2, 90) = 11.87$ ,  $p < .001$  statements. The main effect for

attractiveness was not significant, ( $F(1, 90) = .06, p = .812$ ) and there was not a significant interaction between statement type and objectification, ( $F(2, 90) = .16, p = .849$ ). This suggests that although attractiveness did not play a significant role in how much the participant liked the individual they thought was making a first impression about them; the statement that was made had an effect. Women who were objectified liked the individual less than those who received a statement regarding attractiveness or personality (Figure 1).

**Current Thoughts Scale.** In relation to self esteem, the main effects for statement orientation ( $F(2, 91) = 1.42, p = .246$ ) and attractiveness ( $F(1,91) = .27, p = .608$ ) were not significant; the interaction between statement type and attractiveness resulted in no significance as well ( $F(2, 91) = .48, p = .623$ ). There were also no significant findings for the main effect of statement type on performance ( $F(2, 91) = .65, p = .522$ ), social ( $F(2, 91) = 1.19, p = .308$ ), or appearance ( $F(2, 91) = 2.7, p = .073$ ) self esteem or for the main effect of attractiveness on performance ( $F(1,91) = .72, p = .397$ ), social ( $F(1,91) = 1.02, p = .316$ ), or appearance ( $F(1,91) = .76, p = .387$ ) self esteem. Furthermore, there were no significant interactions between statement and attractiveness on performance ( $F(2,91) = .78, p = .462$ ), social ( $F(2,91) = .84, p = .433$ ), or appearance ( $F(2,91) = 1.25, p = .290$ ) self esteem. Overall statement orientation and attractiveness of the male had no effect on women's self esteem (Figures 2, 3, 4, and 5).

**Subjective Happiness Scale.** In relation to happiness, the main effect for statement orientation was significant. Women reported greater happiness when they received objectification statements ( $M = 4.16, SD = .56$ ) compared to personality ( $M = 3.64, SD = .58$ ) and attractiveness ( $M = 3.99, SD = .53$ ), ( $F(2, 91) = 2.17, p = .002$ )

statements. The main effect for attractiveness was not significant, ( $F(1, 91) = .56, p = .455$ ). The interaction between statement type and attractiveness was also not significant ( $F(2, 91) = .66, p = .521$ ). This shows that although attractiveness of the male did not have any effect on women's happiness, there were significant differences in regards to statement type. Women who received an objectifying statement reported higher levels of happiness than those receiving an attractiveness or personality based statement (Figure 6).

**Body Image.** In relation to self perceived body image, the main effect for statement orientation ( $F(2, 90) = 4.17, p = .019$ ) was significant with lower body images reported after receiving an objectifying statement ( $M = 3.71, SD = .98$ ) compared to personality ( $M = 4.48, SD = 1.15$ ) and attractiveness ( $M = 4.09, SD = .98$ ) statements. The main effect for attractiveness was not significant ( $F(1, 90) = .53, p = .468$ ) and the interaction between statement type and attractiveness showed no significance as well ( $F(2, 90) = .15, p = .861$ ). Self reported body images were lower after receiving an objectifying statement, than they were after receiving attractiveness or personality based statements (Figure 7).

In relation to body desired to be seen by others, the main effect for statement orientation ( $F(2, 90) = 2.81, p = .066$ ) was marginally significant but the main effect for attractiveness was not significant ( $F(1, 90) = .38, p = .540$ ). The interaction between statement type and attractiveness was also not significant ( $F(2, 90) = .48, p = .620$ ). It was seen that women exposed to objectifying statements reported a lower body image desired to be seen by others ( $M = 3.6, SD = 1.20$ ) than those exposed to personality-oriented statements ( $M = 4.18, SD = 1.13$ ). Women desired a lower body image after

receiving an objectifying statement than they did after receiving a statement in regards to their personality or attractiveness (Figure 8).

### **Discussion**

Results showed that women who received an objectifying statement reported more negative reactions towards the male, than those who received a statement that focused on their personality or attractiveness. The objectified group also reported a lower body image thought to be perceived by others and perceived by themselves, than those exposed to the personality oriented statement. Contrary to the original hypothesis, women who received an objectifying statement showed more positive emotions than women who received statements about their personality or attractiveness. Despite original predictions derived from previous research, the attractiveness of the male had no effect on the dependent measures and attractiveness and statement type did not interact with attractiveness for any of the dependent measures. Overall these results show that women who received an objectifying statement had more negative emotions toward the male and reported a lower body image, yet reported more positive emotions compared to those who received comments about their personality or attractiveness. This is a strange dichotomy as females reported negative reactions toward the male and a lower desired body image, but at the same time revealed a high level of happiness. Perhaps the participants were flattered by the attention, but at the same time there was an unconscious effect on their self perception. A study by Liss, Erchull and Ramsey (2011) stated that women who enjoy sexualization and objectification also report more negative eating attitudes, which can have a negative impact on the health and well being of women. This, in combination with the current study's findings of a desired body image at 2.81 on the body image scale,

has the potential to be dangerous on women's ideals and the actions they could take to achieve that body type. If some women enjoy objectifying statements and these statements lower their desired body image to a generally unhealthy weight, the concept that these women generally report more damaging eating outlooks could trigger an extremely unhealthy pattern and cycle.

Previous studies show that a simple up and down glance from a male can have a hindrance on the capabilities of a female (Gervais, Vescio, & Allen 2011), so one could assume that verbal statements would have an even greater effect. Furthermore, harassment from a stranger has been shown to have a negative effect on women's self confidence and self portrayal (Fairchild & Rudman, 2008), and the thought of an interaction with a male can make a woman feel body shame and social physique anxiety (Calogero, 2004). It's clear to see the effects of interactions between men and women and their effects on personal perception and feelings, and this was the basis for this study. The current analysis found consistent results in regards to liking men less and reporting lower desired body image after receiving an objectifying statement, but it failed to find congruent information regarding emotions. The participants felt more positive after receiving an objectifying statement, contradicting the negative effects that objectification generally has on women (Liss, Erchull, & Ramsey, 2011). Further studies are required in order to find which portrayals of objectification have different effects. Possibly the word choice used in the study did not fully encompass the concept of objectification and therefore did not create the negative emotions that generally come about for women. A study examining which objectifying terms (i.e. sexy, hot slut, etc.) most effect women could provide insight into the reasons for this contradiction.

Research in regards to attractiveness of an individual showed that attractive individuals were perceived to have more desired character traits and were thought to live lives with more competency and work related accomplishments (Dion, Berscheid, & Walster, 1972). Because attractive individuals are perceived to have more success, evolutionarily it makes sense to connect with an attractive person in order to allow your offspring to carry their traits through sexual selection (Buss, 1995). Therefore, we hypothesized that an attractive male would have a more positive effect on a woman, while an unattractive male would have a negative effect. Even though a pilot study was conducted to rate the levels of attractiveness of the two male photos, there were possible confounds in the way it distributed. Participants of the preliminary between-groups study viewed the two images side by side. In this scenario it is clear to see which is more attractive and which is less attractive. Because of the format, individuals may have ranked the photographs higher or lower than they would have if they only viewed one image. During the main within-groups study, participants only saw one photo paired with a statement. Without the second image to compare to, the female may have not viewed the individual as attractive or unattractive as they would have when they were side by side, as in the pilot study. Future studies should include better baseline research with multiple photos presented alone and the highest and lowest ranked would be used, rather than only two side by side.

Another limitation of the study was that individuals received their first impression statement on paper, rather than in person, which could alter the impact and effect of how the women felt. This is because in person interactions include facial expressions and other physical cues, which can provide greater insight into the meaning behind things

being said. A study similar to the current research, but in person could expand this idea and examine the effects of women having in person interactions with males and receiving statements face to face.

Furthermore, the study did not establish baseline measures of body image, self esteem, or mood to indicate whether or not there was a significant change after the participant read the first impression report, thus it did not account for the effect of everyday issues that could be impacting the participant's responses to the dependent measures. For example, if a participant had a test that day, fought with a significant other or just received the news that someone in their family was ill, their answers would more than likely be altered as a result of these issues, not the result of the study's manipulations. However participants were asked to respond how they were currently feeling in that specific moment in attempt to focus primarily on how the statement made them feel and not the effects of other issues that may be occurring in their life.

Additionally, results were collected through self-report measures and this could have resulted in biased or socially desirable responses; individuals could have answered in a manner that put themselves in a positive light (e.g., made themselves appear happier than they actually were feeling) or thought they were supposed to, rather than how they actually felt. However, this appears to be less of a concern as anecdotally the researcher saw the effects the statements had on individuals as they read them in person. Upon reading a statement regarding their personality or attractiveness, many participants smiled and showed happiness, whereas after reading an objectifying statement, many participants seemed upset and disgusted, furrowing their brows and looking around uneasily. Therefore we believe that these reactions showed many participants' true

feelings, which were confirmed by their responses on the self-report measures, which showed the negative emotions they felt towards the male and the lower desired body image they perceived of themselves.

Previous research and media reports, such as those presented earlier about Marissa Mayer and Shoshana Roberts, show how predominant objectification is within our culture. Everyday interactions between men and women can result in statements that can have a hindrance on the feelings and body perception of a female. It is important for men to gain an understanding of the consequences of their statements in order to reduce the stigmatizing effects such statements have on women. It is also important for women to have knowledge of how comments can make them feel and to introduce strategies that women can use to convey that objectifying statements are unacceptable and unwanted. Further research and distribution of information is required in attempts to lower the negative and stigmatizing effects of objectifying statements on women. Ultimately female CEOs should be able to give a press conference that focuses on the content of their speech, not their bodies, and women should be able to safely walk down the street without being catcalled. Research like the current study is integral in demonstrating the negative effects of objectification and hopefully leading to greater inclusion and safety of women.

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**Appendix A**

The following information will be shared with a student from Whitworth University who is also participating in our study. The student will read the information you provide here and then write his or her first impression of you, along with answering several questions. Please respond to each section as honest as possible so that we can examine the accuracy of first impressions.

Sex: Male      Female

Age: \_\_\_\_\_

Where did you grow up? \_\_\_\_\_

What is your major in school? \_\_\_\_\_

What are your five favorite activities?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Describe your ideal date:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What is your favorite movie? \_\_\_\_\_

If you could have any three wishes come true, what would they be?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Would you describe yourself as an introvert or an extrovert?

What is your dream job?

\_\_\_\_\_

\_\_\_\_\_

If you were a super hero, what would your super power be?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Appendix B

Attractive Male:



Unattractive Male:



## Appendix C

### Personality Focused Statement:

Based on the information you provided in the first part of this study, this individual rated you on your perceived humor, your overall personality, your goals and how well it seemed you could hold a conversation on a scale of 1 to 5. Here is how he ranked you in each category:

<u>Category</u>	<u>Rank</u>
Humor	5 of 5
Overall personality	5 of 5
Your goals	5 of 5
Conversation skills	5 of 5

We also asked participants to indicate where they thought they might hang out with you, if given a chance. Here is his response:

Q. If given a chance, where would you want to hang out with this person?

A. *A baseball game*

Participants were also asked to add any other first impressions they had of you. Here is the additional information he provided:

*“She looks like a very genuine, kind person and is definitely someone I would like to get to know. We have similar interests and I feel her personality and mine would match well and we would most likely be friends.”*

### Attractiveness Focused Statement:

Based on the information you provided in the first part of this study, this individual rated you on your overall beauty, your eyes, smile, and how well it seemed you could hold a conversation on a scale of 1 to 5. Here is how he ranked you in each category:

<u>Category</u>	<u>Rank</u>
Overall beauty	5 of 5
Eyes	5 of 5
Smile	5 of 5
Conversation skills	5 of 5

We also asked participants to indicate where they thought they might hang out with you, if given a chance. Here is his response:

Q. If given a chance, where would you want to hang out with this person?

A. *Lunch*

Participants were also asked to add any other first impressions they had of you. Here is the additional information he provided:

*“She has a really beautiful face, nice hair and I picture that when she is laughing with friends she has a good smile. It looks like she takes care of herself and she seems sweet.”*

Objectification Statement:

Based on the information you provided in the first part of this study, this individual rated you on your attractiveness, your date-ability and your ability to have fun on a scale of 1 to 5. Here is how he ranked you in each category:

<u>Category</u>	<u>Rank</u>
Attractiveness	5 of 5
Datability	5 of 5
Ability to have fun	5 of 5

We also asked participants to indicate where they thought they might hang out with you, if given a chance. Here is his response:

Q. If given a chance, where would you want to hang out with this person?

A. *A party*

Participants were also asked to add any other first impressions they had of you. Here is the additional information he provided:

*“She’s super hot. Definitely someone I would want to show off to my friends and I wish I could see her legs in this pic.”*

### Appendix D

This is a questionnaire designed to measure what you are thinking at this moment. There is, of course, no right answer for any statement. The best answer is what you feel is true of yourself at this moment. Be sure to answer all of the items, even if you are not certain of the best answer. Again, answer these questions as they are true for you RIGHT NOW. The following information will not be shared with other students.

Using the following scale, place a number in the box to the right of the statement that indicates what is true for you at this moment:

1	2	3	4	5
Not at all		somewhat		extremely

- |     |   |                          |
|-----|---|--------------------------|
| 1.  | I feel confident about my abilities.                              | <input type="checkbox"/> |
| 2.  | I am worried about whether I am regarded as a success or failure. | <input type="checkbox"/> |
| 3.  | I feel satisfied with the way my body looks right now.            | <input type="checkbox"/> |
| 4.  | I feel frustrated or rattled about my performance.                | <input type="checkbox"/> |
| 5.  | I feel that I am having trouble understanding things that I read. | <input type="checkbox"/> |
| 6.  | I feel that others respect and admire me.                         | <input type="checkbox"/> |
| 7.  | I am dissatisfied with my weight.                                 | <input type="checkbox"/> |
| 8.  | I feel self-conscious.  | <input type="checkbox"/> |
| 9.  | I feel as smart as others.  | <input type="checkbox"/> |
| 10. | I feel displeased with myself.                                    | <input type="checkbox"/> |
| 11. | I feel good about myself.   | <input type="checkbox"/> |
| 12. | I am pleased with my appearance right now.                        | <input type="checkbox"/> |
| 13. | I am worried about what other people think of me.                 | <input type="checkbox"/> |
| 14. | I feel confident that I understand things.                        | <input type="checkbox"/> |
| 15. | I feel inferior to others at this moment.                         | <input type="checkbox"/> |
| 16. | I feel unattractive.  | <input type="checkbox"/> |
| 17. | I feel concerned about the impression I am making.                | <input type="checkbox"/> |
| 18. | I feel that I have less scholastic ability right now than others. | <input type="checkbox"/> |
| 19. | I feel like I'm not doing well.                                   | <input type="checkbox"/> |
| 20. | I am worried about looking foolish.                               | <input type="checkbox"/> |

**Appendix E**

*For each of the following statements and/or questions, please circle the point on the scale that you feel is most appropriate in describing you. The following information will not be shared with other students.*

1. In general, I consider myself:

1	2	3	4	5
Not a very happy person			A very happy person	

2. Compared with most of my peers, I consider myself:

1	2	3	4	5
Less happy			More happy	

3. Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you?

1	2	3	4	5
Not at all			A great deal	

4. Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you?

1	2	3	4	5
Not at all			A great deal	

### Appendix F

The following information will not be shared with other students. In the first box please circle how you view yourself and in the second box please circle how you feel others view you.



Fig. 1 – Set of profiles proposed by Stunkard et al.<sup>(20)</sup>



Fig. 1 – Set of profiles proposed by Stunkard et al.<sup>(20)</sup>

**Appendix G**

Instructions: For each of the following items, indicate how you feel about the other participant and their first impression of you.

1. Your overall first impression of the individual was positive.

1	2	3	4	5
Strongly Disagree			Strongly Agree	

2. You would want to meet this person.

1	2	3	4	5
Strongly Disagree			Strongly Agree	

3. You would get along with this person.

1	2	3	4	5
Strongly Disagree			Strongly Agree	

4. This person liked you.

1	2	3	4	5
Strongly Disagree			Strongly Agree	

5. This is the type of person you would want your friends to meet.

1	2	3	4	5
Strongly Disagree			Strongly Agree	



### **Figure Captions**

Figure 1: Female reactions to statements made by attractive or unattractive males

Figure 2: Female self esteem in regards to statements made by attractive or unattractive males

Figure 3: Female performance self esteem in regards to statement type made by attractive or unattractive males

Figure 4: Female social self esteem in regards to statement type made by attractive or unattractive males

Figure 5: Female appearance self esteem in regards to statement type made by attractive or unattractive males

Figure 6: Female happiness in regards to statement type made by attractive or unattractive males

Figure 7: Female body image perceived by self in regards to statement type made by attractive or unattractive males

Figure 8: Female body image perceived by others in regards to statement type made by attractive or unattractive males

Figure 1

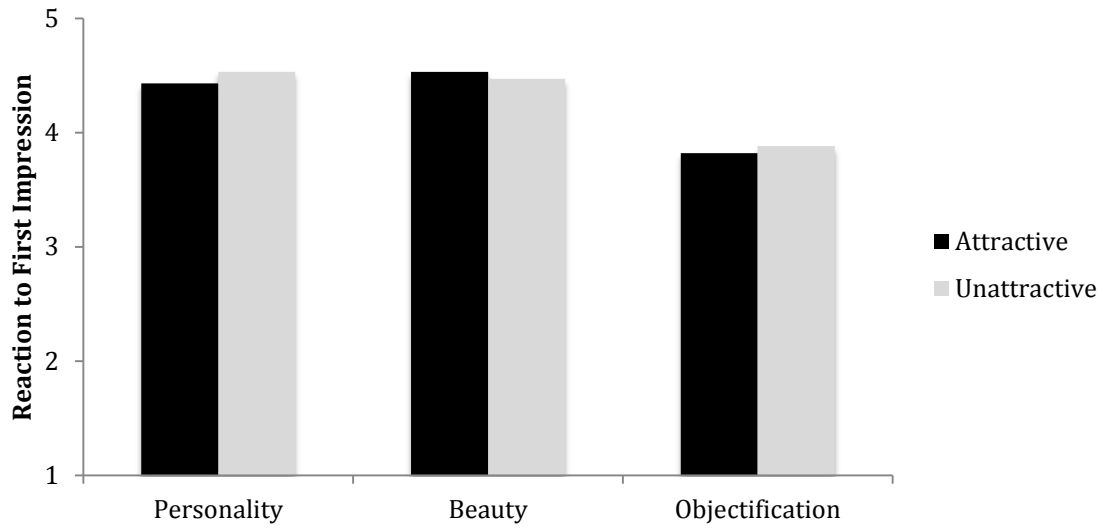


Figure 2

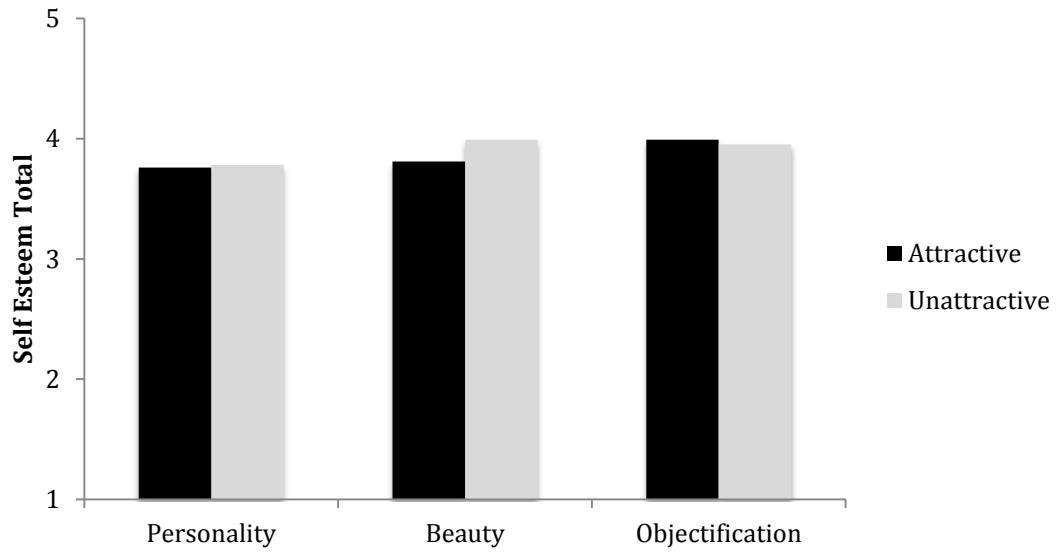


Figure 3

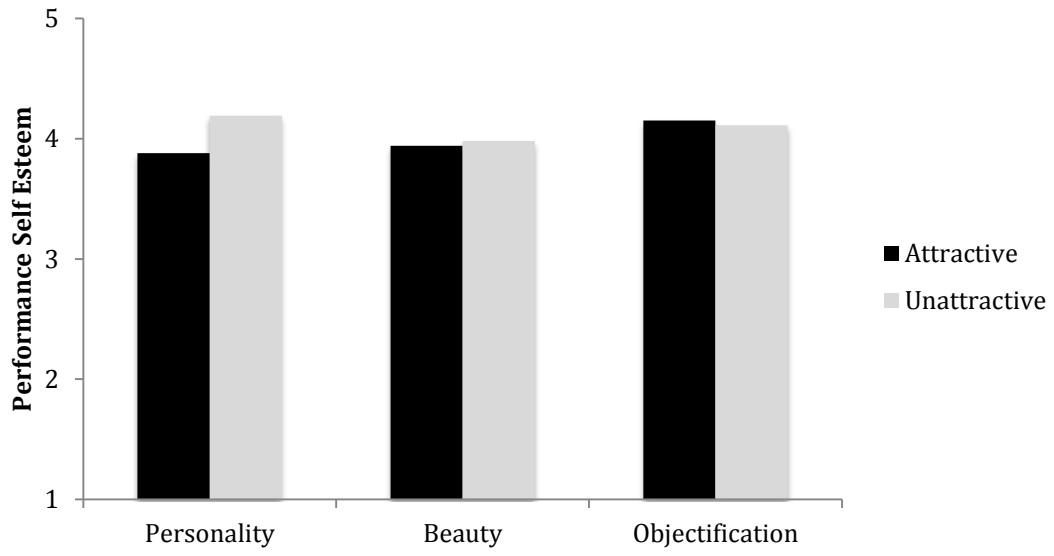


Figure 4

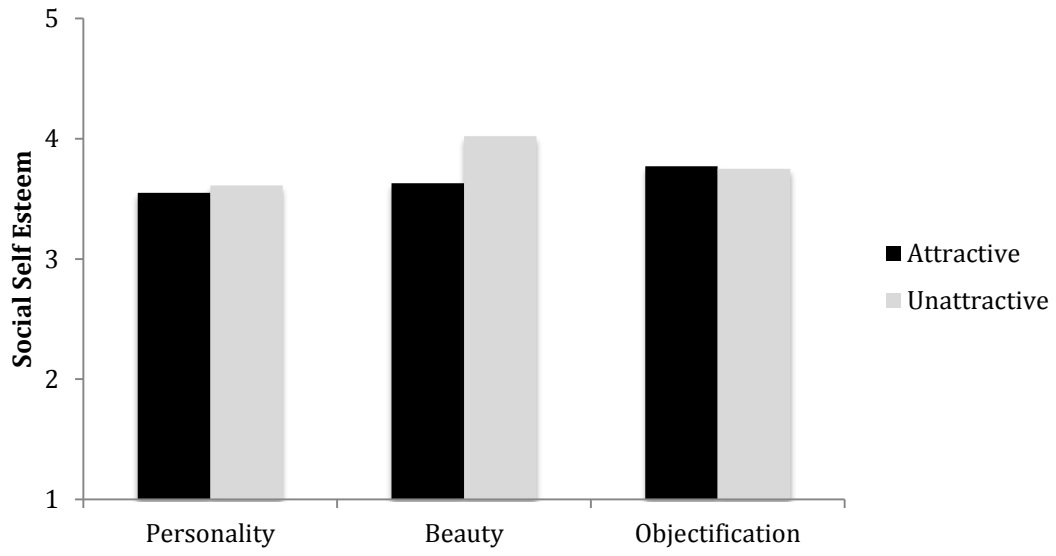


Figure 5

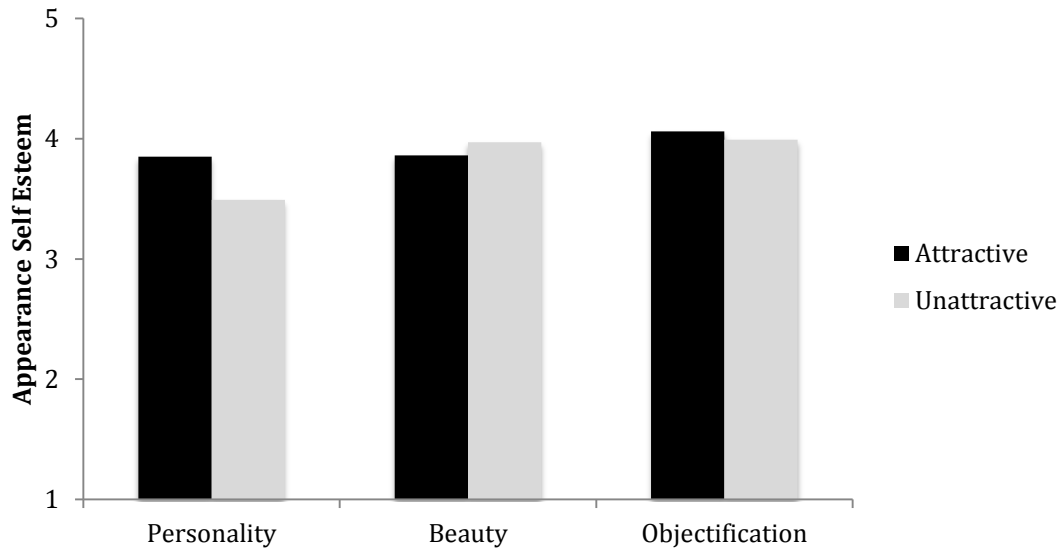


Figure 6

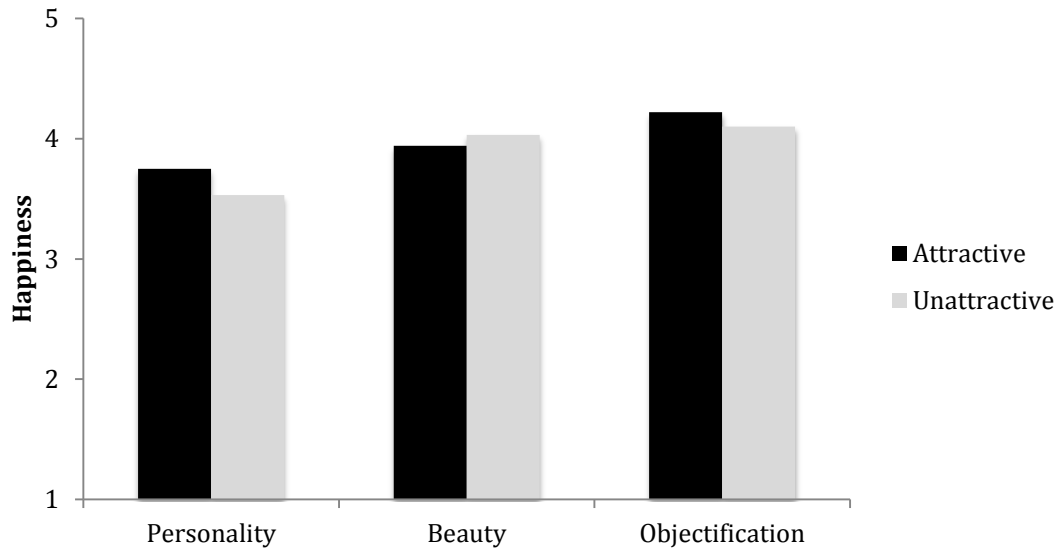


Figure 7

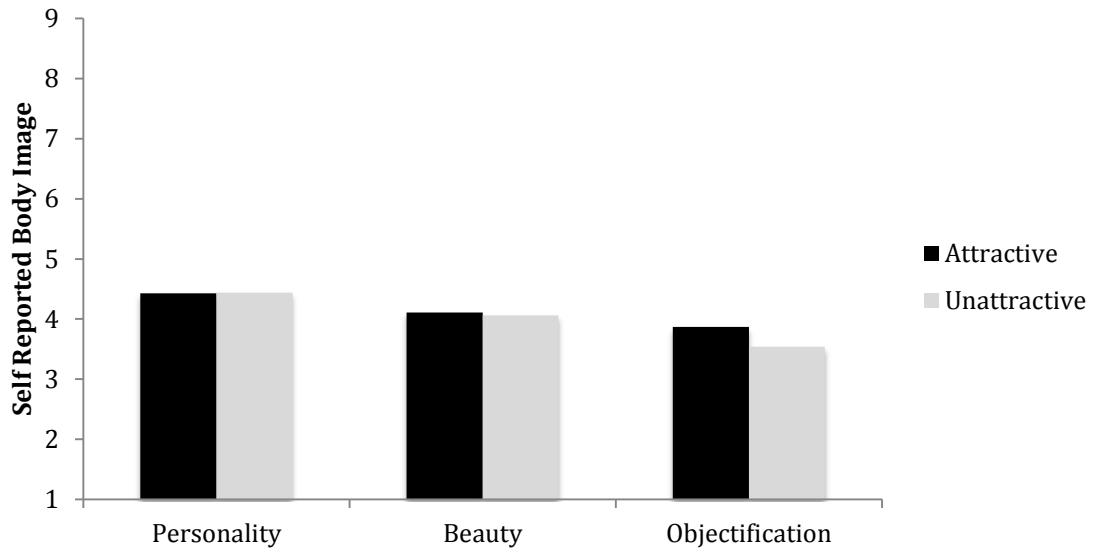


Figure 8

