The Relationship Between Neuroticism and Body Dissatisfaction
Kelsey Jackson, Lauren Kaighn, and Victoria Seader
PSY 211, Research Methods in Psychology

**INTRODUCTION**

Previous research has found that high neuroticism scores are associated with negative mood (Besser & Shackelford, 2007), such as depression (Yao, Luo, Yang, Wang, & Zhu, 2009). Furthermore, researchers found that depression symptoms were highly correlated with body dissatisfaction (Almeida, Severo, Araújo, Lopes, & Ramos, 2012). Because negative emotions are linked to body dissatisfaction and also negative emotions are also a characteristic of neuroticism, it was hypothesized that higher neuroticism scores would be positively correlated with body dissatisfaction.

**METHOD**

A convenience sample (N = 102, 42 male, 18 – 22 years of age, M age = 19.88) volunteered to participate in this study. A questionnaire was developed to examine a participant’s neuroticism score and body dissatisfaction score. Participants completed the Ten Item Personality Scale in order to determine their neuroticism score. The neuroticism traits listed were anxious, easily upset and calm, emotionally stable. In order to calculate body dissatisfaction, the Stunkard Figure was used, which has pictures of body types with the first being the skinniest and the last being the largest. From the pictures, participants chose the image they desired themselves to look like and what they perceived themselves to look like. The difference between what participants desired to look like and how they perceived themselves was their body dissatisfaction score.

**RESULTS**

In order to analyze each participant’s body dissatisfaction score, the difference between the figure the participants desired themselves to be was taken from their perceived body image; the higher the body dissatisfaction score, the more dissatisfied the participant was with their body. As seen in the Figure there was a positive correlation between neuroticism and body dissatisfaction. The more neurotic a person is, the more dissatisfied they are with their body and was significant, r = .21, p = .033 (2-tailed).

**CONCLUSION**

The hypothesis was supported. There was a positive relationship between neuroticism scores and body dissatisfaction. This research can help further findings on how personality can affect an individual personally, in this case focusing how they perceive themselves. Future research should focus on how society can help an individual be more satisfied with their body.

**REFERENCES**