

ACTIVITY 148

You can obtain 3 CEUs for reading the article: "THE RELATIONSHIP BETWEEN FEMALE ADIPOSITY AND PHYSICAL ATTRACTIVENESS AMONGST ADULTS IN RURAL RANAKA VILLAGE, BOTSWANA" and answering the accompanying questions. This article has been accredited for CEUs. Ref number: DT/A01/P00008/2020/00001

1. Select the most correct statement from the list below:

- a. Evidence suggests that perceptions about body image are associated with body size to a greater extent in men than in women.
- b. Evidence suggests that perceptions about body image are associated with waist:hip ratio to a greater extent than with general obesity.
- c. Evidence suggests that perceptions about body image are associated with body size to a greater extent in women than in men.

2. The perceptions of physical attractiveness of the female body size in Botswana were...

- a. similar among men and women.
- b. older men rated an image with a higher percentage body fat as more attractive.
- c. women with tertiary education rated an image with a higher percentage body fat as more attractive.

3. Regression lines to show the relationships between the attractiveness rankings given by participants revealed the following:

- a. The total group of men gave higher rankings to leaner images and gave lower rankings to images with a higher percentage body fat.
- b. The total group of Women gave lower rankings to leaner images and gave higher rankings to images with a higher percentage body fat.
- c. Only young men gave higher rankings to leaner images and gave lower rankings to images with a higher percentage body fat.

4. Please select the most correct statement from the list below about the correlation between the attractiveness rankings and waist:hip ratio (WHR) of the images:

- a. There was a significant negative correlation between the attractiveness rankings of men and WHR of the images.
- b. There was no significant correlation between the attractiveness rankings of men and women, respectively, and WHR of the images.
- c. There was a significant positive correlation between the attractiveness rankings of women and WHR of the images.

5. Please select the most correct statement from the list below about the correlation between the attractiveness rankings and the body mass index category of the study participants:

- a. Only groups with BMI below 25 kg/m² gave higher rankings to leaner images and lower rankings to images with a higher % body fat.
- b. Only groups with BMI above 25 kg/m² generally gave higher rankings to leaner images and lower rankings to images with a higher % body fat.
- c. Both groups with BMI below or above 25 kg/m² generally gave higher rankings to leaner images and lower rankings to images with a higher % body fat.

6. Please select the most correct statement from the list below about the correlation between the attractiveness rankings and the socio-demographic characteristics of the study participants:

- a. There was no agreement in attractiveness scores given to different body sizes between Botswana women and men, due to differences in their socio-demographic characteristics.
- b. There was a general agreement in attractiveness scores given to different body sizes between Botswana women and men, regardless of the differences in their socio-demographic and anthropometric characteristics.
- c. There was no agreement in attractiveness scores given to different body sizes between Botswana women and men, due to differences in their anthropometric characteristics.

7. Please select the most correct statement from the list below about the agreement of the results with previous studies on ratings of female attractiveness of men and women in the same population:

- a. These results are consistent with previous studies because ratings of female attractiveness did not differ significantly between men and women in the same population.
- b. These results differ from previous studies, because ratings of female attractiveness were significantly different between men and women in Botswana.
- c. These results differ from previous studies, because ratings of female attractiveness were not significantly different between men and women in Botswana, but were significantly different between men and women in other African countries.

8. Women in rural populations are required to do a lot of manual labour that requires physical strength, therefore, among these populations:

- a. a bigger female body size may be perceived to have physical strength, but not good health.
- b. a bigger female body size may be perceived to have physical strength and good health.
- c. a bigger female body size may be perceived to have less physical strength and poor health.

9. Perceptions about HIV/AIDS may influence the rankings of female attractiveness of some participants in sub-Saharan African countries, who might consider:

- a. no difference in body size between women infected by this disease, due to the high prevalence of HIV/AIDS in African countries.
- b. thinner women to have HIV infection.
- c. thinner women and obese women to be equally infected by this disease.

10. An earlier multi-country study, including Kenya, Morocco, Nigeria and Senegal showed that in poorer communities:

- a. a lean female body is considered attractive and a sign of evolutionary fitness.
- b. a bigger female body is not considered attractive, but a sign of evolutionary fitness.
- c. a bigger female body may be considered attractive and a sign of evolutionary fitness.

11. The results of the same multi-country study suggested that carrying larger fat stores could be equated to:

- a. both good health and fertility in non-famine conditions.
- b. good health, but lower fertility in famine conditions.
- c. poor health and lower fertility in non-famine conditions.

12. Previous studies in South Africa showed that black women had a higher preference for:

- a. a bigger body size than their white counterparts in studies including a majority of urban participants.
- b. a bigger body size than their white counterparts in studies including a majority of rural participants.
- c. a smaller body size than their white counterparts in studies including a majority of participants with a high education level.

13. The key findings of this study were unexpected because:

- a. all participants were from a rural village.
- b. all participants were from urban areas.
- c. all participants had a high level of education.

14. Please select the most correct statement from the list below about weight and body image as elements in the conception of physical attractiveness:

- a. body size is not important in the conception of physical attractiveness for most cultures.
- b. weight and body image are elements in the conception of physical attractiveness for many cultures, but each differs in their preferences.
- c. height is the most important element in the conception of physical attractiveness for most cultures, but each differs in their preferences.

15. The role of waist to hip ratio (WHR) has been widely studied in relation to physical attractiveness. Select the WHR that was rated most attractive:

- a. Images with a WHR of around 0.90 was rated most attractive.
- b. Images with a WHR > 1 was rated most attractive.
- c. Images with a WHR of around 0.75 was rated most attractive.

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