Public Abstract

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Graduation Term:SP 2016

Department:Educational & Counseling Psychology

Degree:PhD

Title:The Relationship Between Body Image and Marital Satisfaction

Recent concerns about rising obesity rates have lead to an increase in weight stigma and body dissatisfaction, and has been linked to poorer health outcomes and impaired quality of life. An online survey gathered information from married couples to evaluate the relationship between body satisfaction and marital satisfaction. A small but significant relationship was found between the husbands' body satisfaction and the marital satisfaction for both husbands and wives. This information can be used to guide development of public health interventions as well as couples counseling practices.