



*Body-related emotional experiences in sport among adolescent girls:  
Participation outcomes over time*

**Catherine M. Sabiston, PhD.**  
Canada Research Chair in Physical Activity & Mental Health  
Professor, University of Toronto



## ***Sport Participation***

- *Numerous physical, social, and emotional benefits*
- *Disengagement commonly occurs in adolescence*
- *Girls are 6x more likely to drop-out*
- *Mostly anecdotal evidence for body image factors*
- *Body-related self-conscious emotions may explain sport experiences*
  - *Guilt, shame, envy, embarrassment, pride*



## *Purpose*

*To assess body-related emotions (guilt, shame, envy, embarrassment, pride) among adolescent girls involved in sport, explore how the emotions change over time, and to test sport outcomes related to the emotions.*

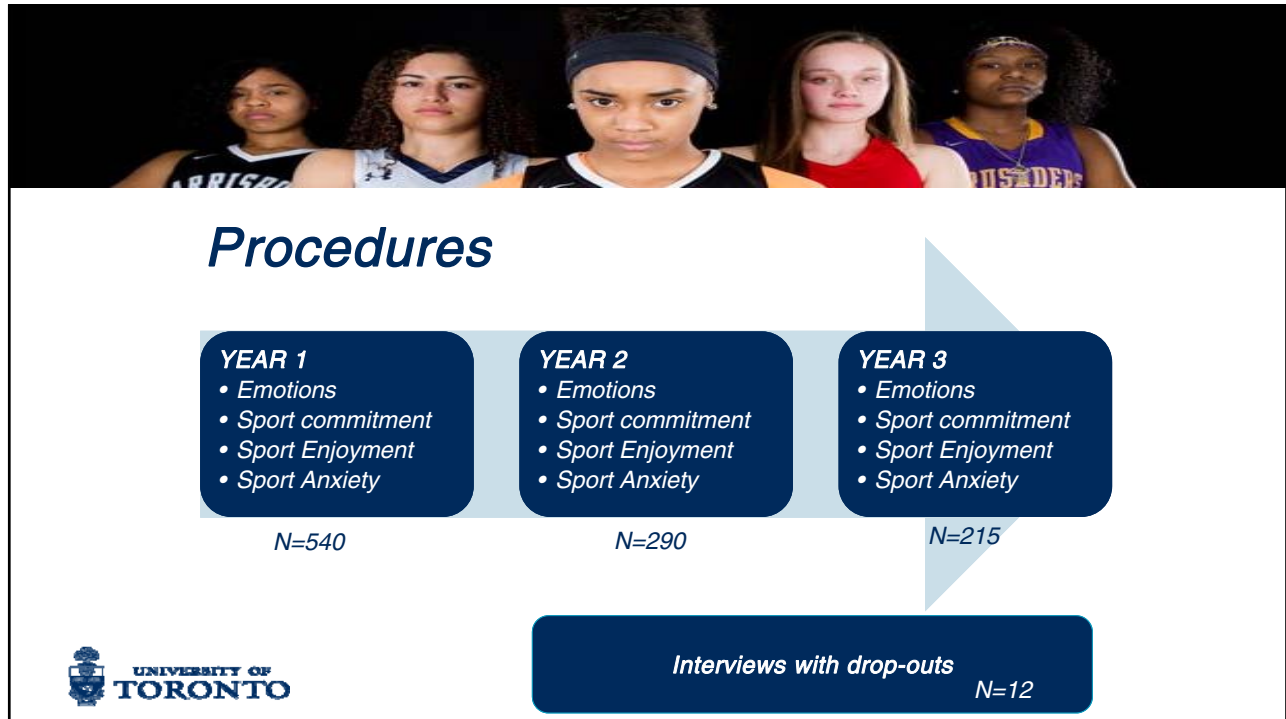
<https://vimeo.com/124934021>



## *Participants*

- *Adolescent girls*
- *$M_{age} = 14 (\pm 1.5)$  years*
- *7.03 years of experience with sport*
  - *Soccer, hockey, softball, ...*
- *57% enrolled in at least two sports*









## Main Findings



*Guilt  
Shame  
Envy  
Embarrassment*



*Pride*




## Policy & Practice Implications

- *Reduce body talk and weigh commentary*
- *Education and information for parents, coaches, and teammates -> code of conduct?*
- *Programs aimed at self-compassion may be valuable*
- *Increase and sustain recreational sport experiences for adolescent girls*



Confidential



*Thank you!*

