

## **The Effects of Mindful Meditation on Body Image in Female Collegiate Athletes During the Late Luteal and Early Follicular Phases of the Menstrual Cycle**

VICTORIA BOWDEN, KATIE JANKEVICIUS, ROBYN H. WHITEHEAD & MALCOLM T. WHITEHEAD

Human Performance Lab; Kinesiology & Health Science; Stephen F. Austin State University; Nacogdoches, TX

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*Advisor / Mentor: Whitehead, Robyn H. (whitehearh@sfasu.edu)*

### **ABSTRACT**

Body image has been studied in previous research but there is a gap in research with the consideration of body image changes during the phases of the menstrual cycle. **PURPOSE:** The purpose of this study was to examine the effects of a mindful meditation intervention on body image during the late luteal and early follicular phases of the menstrual cycle in collegiate female athletes. **METHODS:** This study included 8 female collegiate athletes ( $20.5 \pm 1.8$  years,  $1.7 \pm 0.1$  m,  $62.4 \pm 8.9$  kg,  $26.4 \pm 6.9\%$ ) participating in both the control and mindful meditation intervention with each taking 3 weeks to complete. Body image was measured by using 3 surveys, the Self-Compassion Scale, Rosenberg Self-Esteem Scale and the Body Appreciation Scale to compare the control to the intervention. These surveys were taken prior to each of the 3 weeks and at the end of the 3 weeks. Participants made no change to their lifestyle during the control period. During the mindful meditation intervention, participants completed the intervention with each session lasting approximately 20 minutes for 5 days a week for the 3 weeks of the intervention protocol. Each week of the control was compared to the corresponding week during the intervention for all of the surveys. **RESULTS:** There were no significant differences found in any of the surveys between the control and the intervention. Although there was no significant difference found between the conditions. However, there was a trend of body image improving noted with the addition of mindful meditation. **DISCUSSION:** The major limitation of this study is the small cohort; the results could potentially be bolstered by an increased in participants. These results along with future research in body image can help to fill in the gaps of female research with the menstrual cycle in consideration.