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The role of body-related self-evaluations and emotions in the development of self-concept in adolescent girls

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In Western cultures that emphasize narrowly defined appearance and beauty ideals, the body is central to how adolescents define their concept of self. This is of particular concern for girls because the onset of puberty entails physical changes in the body (e.g., weight gain) that often move girls further away from the socially defined and often unrealistic idealized female physique. Researchers have posited that these negative evaluations of the body drastically undermine girls' global evaluations of the self. Yet, research linking physical self-evaluations (e.g., "I am a *strong* person") and higher order evaluations of the self (e.g., "I am a *worthwhile* person") is scarce and has exclusively been limited to cross-sectional designs and trait-level measures. As such, the overall purpose of my program of research is to longitudinally examine the temporal development and reciprocal relations between girls' self-evaluations, self-concept, and global self-worth during adolescence.

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