TARGET AUDIENCE

This program is for college students.

SUMMARY

The Stanford Healthy Body Image (HBI) Program, a guided self-help approach, is designed to prevent the start of or reversion to eating disorders and is intended to promote healthy weight maintenance and a positive body image among students.

EVIDENCE

No peer-reviewed publications evaluating the effectiveness of this program were located.

COMPONENTS

The Stanford HBI Program focuses on teaching participants about fitness and healthy eating and explores how participants can improve their body image. This program consists of the following components:

- Requires an initial online screening, which is used to help understand individuals' behaviors and their self image;
- Offers online interventions, titled Staying Fit and StudentBodies, that target those who are at risk for eating disorders; help students learn about healthy weight regulation and develop positive body esteem; and encourage participation in guided discussion groups, which focus on minimizing eating disorder risk factors and preventing eating disorders;
- Provides referrals to clinical services if diagnosed with an eating disorder; and
- Encourages participation in community outreach and online culture change through The Whole Image intervention, which focuses on developing healthy ideals about body size, decreasing weight stigma, and gaining social support for leading a healthy lifestyle.

PREVIOUS USE

The Stanford HBI Program was developed in 2004 and has been used at Stanford University, Stanford, California, and Washington University, St. Louis, Missouri.
Stanford Healthy Body Image (HBI) Program

TRAINING

No training is required to implement this program.

CONSIDERATIONS

Considerations for implementing this program include acquiring student buy-in and ensuring students have access to a computer or smartphone with internet capabilities.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION

If you are interested in implementing the Stanford HBI Program, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME

The program consists of an initial screening and a 10-week personal plan.

COST

The program is free to students.

EVALUATION PLAN

To move the Stanford HBI Program to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT

Contact the Clearinghouse with any questions regarding this program.

Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Megan Jones by phone 1-650-223-5742, email meganjones@stanford.edu, or visit http://bodyimage.stanford.edu/

SOURCE

http://bodyimage.stanford.edu/ and healthyweightandwellness.wustl.edu/research/healthy-body-image-program/