

February 2016 – April 2017

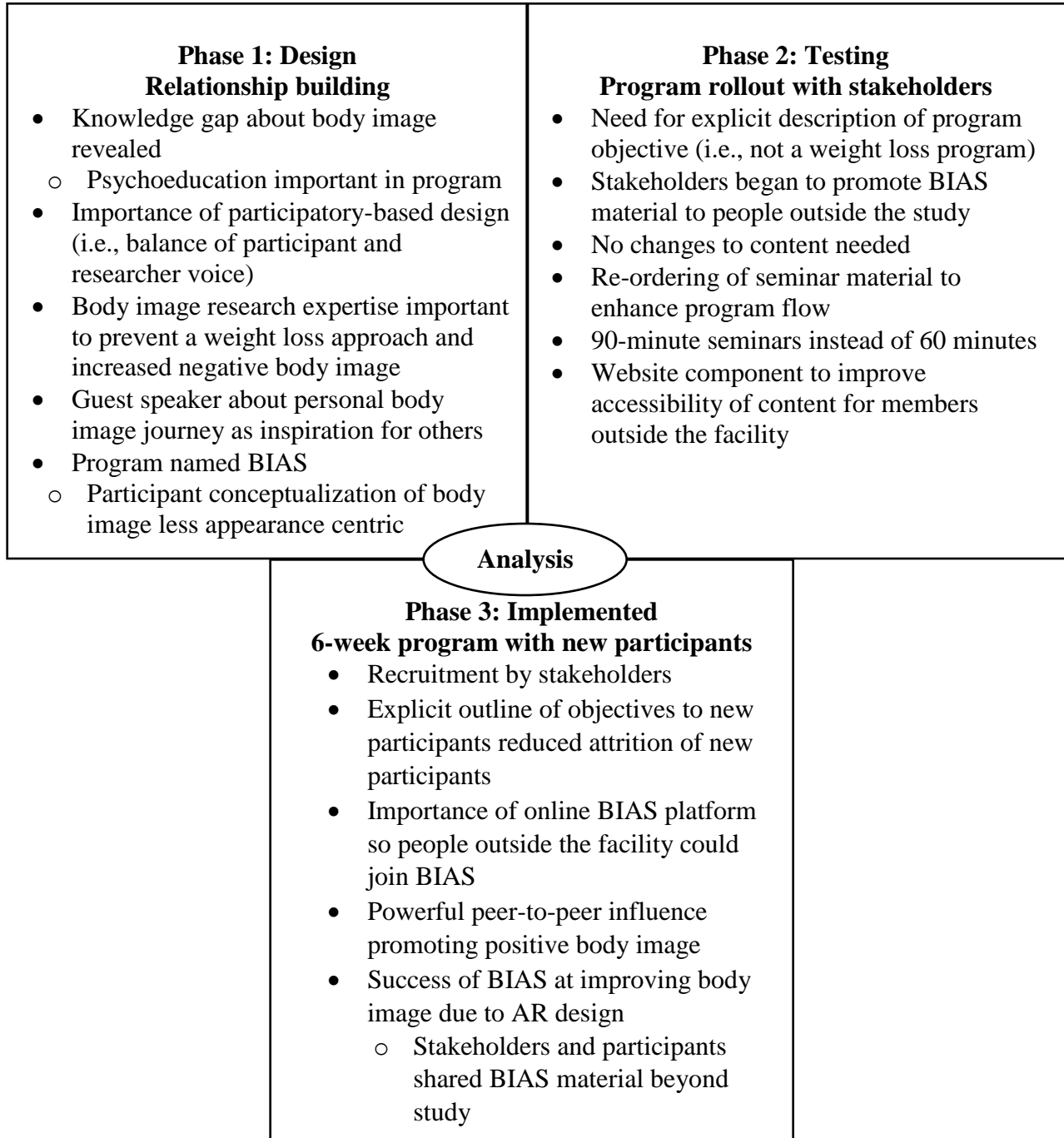


Figure 1. Three phases of the BIAS project and their outcomes mapped onto Stringer's (2014) phases of AR

Table 1

*Participant characteristics*

| <b>Pseudonym</b>                              | <b>Age</b> | <b>Gender</b> | <b>Interview length<br/>(Minutes)</b> | <b>Program Affiliation</b> |                                     |            |
|---|------------|---------------|---------------------------------------|----------------------------|-------------------------------------|------------|
| <b>Stakeholders</b>                           |            |               |                                       |                            |                                     |            |
|   |            |               |                                       |                            | <b>Power-Cord</b>                   |            |
|   |            |               |                                       | <b>Level of injury</b>     | <b>Years post-injury</b>            | <b>AIS</b> |
| 1. Philip                                     | 40         | Male          | 40.21                                 | T10                        | 1                                   | D          |
| 2. Penny                                      | 61         | Female        | 49.36                                 | C6                         | 1.9                                 | D          |
| 3. Samuel                                     | 82         | Male          | 57.55                                 |                            | SeniorFit                           |            |
| 4. Debbie                                     | 72         | Female        | 37.09                                 |                            | SeniorFit                           |            |
| 5. Jessica                                    | 59         | Female        | 47.40                                 |                            | SeniorFit                           |            |
| 6. Becca                                      | 69         | Female        | 39.30                                 |                            | SeniorFit                           |            |
| 7. Elizabeth                                  | 67         | Female        | 40.80                                 |                            | Heart Strong                        |            |
| <b>Additional member who were interviewed</b> |            |               |                                       |                            |                                     |            |
|   |            |               |                                       |                            | <b>Power-Cord</b>                   |            |
|   |            |               |                                       | <b>Level of injury</b>     | <b>Years post-injury</b>            | <b>AIS</b> |
| 8. Miranda                                    | 65         | Female        | 47.55                                 | L2                         | 30                                  | D          |
| 9. Cynthia                                    | 65         | Female        | 46.03                                 | C3                         | 38                                  | D          |
| 10. Samantha                                  | 63         | Female        | 14.48                                 | L3                         | 5                                   | D          |
| 11. Scott                                     | 68         | Male          | 56.59                                 |                            | SeniorFit                           |            |
| 12. Dylan                                     | 73         | Male          | 36.12                                 |                            | SeniorFit                           |            |
| 13. Jennifer                                  | 67         | Female        | 47.04                                 |                            | SeniorFit                           |            |
| 14. Rachel                                    | 70         | Female        | 48.27                                 |                            | SeniorFit                           |            |
| 15. Amy Lynn                                  | 56         | Female        | 27.19                                 |                            | Power Cord-MS                       |            |
| 16. Larry                                     | 70         | Male          | 41.54                                 |                            | SeniorFit                           |            |
| <b>Student trainees</b>                       |            |               |                                       |                            |                                     |            |
| 17. Trevor                                    | 21         | Male          | 30.44                                 |                            | SeniorFit                           |            |
| 18. Melanie                                   | 21         | Female        | 21.14                                 |                            | SeniorFit & Power Cord              |            |
| 19. Michael                                   | 23         | Male          | 35.50                                 |                            | SeniorFit, Heart Strong, Power Cord |            |

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*Note.* AIS is the American Spinal Injury Association Impairment Scale. A score of A means the injury is complete and there is no sensory or motor function below the level of injury (including the S4-S5 segments); Scores B-D indicate an incomplete injury, and thus some motor and or sensory function remains below the injury. Specifically, a score of B means there is sensory but no motor function below the injury (including the S4-S5 segments); a score of C means there is sensory and motor function below the level of the injury (including the S4-S5 segments), however, at least half of the key muscles below the injury have less than anti-gravity strength; a score of D means there is sensory and motor function below the level of the injury (including the S4-S5 segments), and at least half of the key muscles below the injury have at least anti-gravity strength.

Table 2

*Interview guide*

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Now I would like to start off with you telling me a little about yourself

- Some background information?
- What made you become involved at the facility?
- What made you decide to join this research study?
- What resonated with you about this project/what made you want to participate?

What do you think body image is?

- How do you define body image?

What do you think having a positive body image means?

- How do you define positive body image?
- What are the important components?
- How do you recognize someone with a positive body image?

What do you think having a negative body image means?

- How do you define negative body image?
- What are the components?
- How do you recognize someone with a negative body image?

What is your experience with body image?

- How do you view your body?
- What are some strategies for improving positive body image experiences?

If there was to be a positive body image program developed at the Centre, how would you imagine it being implemented?

- Lecture based? Workshop? Interactive?
- Should there be guest speakers? Led by a professional? A panel of professionals? Members?

What would be some important topics that you would hope get covered?

- What type of content is important to be covered?
- What aspects would grab people's attention?
- What aspects would turn people away?
- What components would make it a comfortable environment?
- What components would make it an uncomfortable environment?

How would a positive body image program be beneficial to you?

- How could it be designed so that it helps your body image as well?
- What do you bring that would contribute to this program?
- Would resources be useful for members of this program?
- Anything tangible (e.g., website, pamphlets, handouts?)

What are some ways the program could be made sustainable long term?

- What are some ways to make sure this program continues down the road?

Is there anything else you can think of that would be important for implementing a positive body image program for members of the Centre?

Great, thank you!

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Table 3

*Abbreviated program outline*

|  |  |
|--|--|
| <b>Seminar #1: Introduction to body image</b>  |  |
| 30 minutes   | 1. <i>Informed consent and questionnaire package.</i><br>2. <i>Ground rules: Confidentiality and respect for others.</i> |
| 20 minutes   | 3. Go over agenda. Introduction of everyone in the group.  |
| 15 minutes   | 4. Activity: What is body image?   |
| 15 minutes   | 5. Presentation about body image definition.   |
| 10 minutes   | 6. Tutorial for navigating the BIAS website.   |
| <b>Take home task:</b> What did you learn from this seminar?   |  |
| <b>Video: Cameron Russell TED Talks</b>  |  |
| <i>Distribute feedback sheets. Everyone is provided with a handout and a reference list.</i>         |  |
| <b>Seminar #2: Myths and truths about body image &amp; introduction to positive body image</b>       |  |
| 30 minutes   | 1. Go over agenda. Opportunity to share take home task and video.  |
| 30 minutes   | 2. Myths and truths game.  |
| 20 minutes   | 3. Presentation about positive body image.   |
| <b>Take home task 1:</b> Gratitude Activity.   |  |
| <b>Take home task 2:</b> Write down as many positive things about your body as you can (goal is 10). |  |
| <i>Distribute feedback sheets. Everyone is provided with a handout and reference list.</i>           |  |
| <b>Seminar #3: Social influences on our body image</b>   |  |
| 20 minutes   | 1. Go over agenda for the seminar. Opportunity to share take home task.  |
| 10 minutes   | 2. NEDIC blog reading.   |
| 15 minutes   | 3. Guidelines about discussing food and weight with children.  |
| 15 minutes   | 4. Myths and truths game about weight.   |
| 10 minutes   | 5. Presentation on how other people influence body image.  |
| 10 minutes   | 6. Reflection Activity: Coping styles used.  |
| 10 minutes   | 7. Presentation about body image coping.   |
| <b>Take home task: Amy Cuddy Video</b>   |  |
| <i>Distribute feedback sheets. Everyone is provided with a handout.</i>                              |  |
| <b>Seminar #4: Individual differences in body image</b>  |  |
| 20 minutes   | 1. Go over agenda for seminar. Opportunity to discuss video.   |
| 20 minutes   | 2. Media literacy activity.  |
| 20 minutes   | 3. Presentation of beauty ideals in history.   |
| 20 minutes   | 4. Broad concept of beauty activity.   |
| <b>Take home task:</b> Write down 5 things that make you unique and bring to the next session.       |  |
| <i>Distribute feedback sheets. Everyone is provided with a handout.</i>                              |  |
| <b>Seminar #5: Respecting the body</b>   |  |
| 20 minutes   | 1. Go over agenda for the seminar. Opportunity to share take home task.  |
| 15 minutes   | 2. Introduction to intuitive eating.   |
| 10 minutes   | 3. Intuitive eating activity.  |
| 15 minutes   | 4. Video: Poodle science.  |
| 10 minutes   | 5. Presentation on embodied exercise.  |
| 10 minutes   | 6. Opportunity to discuss readings.  |

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**Take home task:** Write a letter to a loved one about what was learned.

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*Distribute feedback sheet. Everyone is provided with a handout.*

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**Seminar #6: Conclusion**

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| 20 minutes | 1. Guest speaker. |
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| 10 minutes | 2. Opportunity to discuss homework from seminar #5. |
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| 10 minutes | 3. Activity Revisited: 10 positive things. |
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| 10 minutes | 4. Activity Revisited: What is body image? |
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| 10 minutes | 5. Final take home message. |
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**Take home task:** Final promise or pledge.

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| 20 minutes | 6. <i>Final questionnaire package.</i> |
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*Distribute feedback sheets. Everyone provided a handout with final take home message.*

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