**Table 1. "Styling as self-expression" - Course outline, Contents, and Aims**

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| --- | --- | --- |
| **Lesson** | **Content** | **Psychoeducational Aim** |
| 1 | Introduction to concepts and theories on the psychology of clothes | Restructuring the meaning of fashion for women and exploring emotional meaning of clothing |
| 2-3 | Clothing functions (Kwon and Parham,1994) | Guided self-discovery of personal and social motives for daily choices of clothing (personal and social identities are interdependent) |
| 4-5 | Objectification theory (Fredrickson and Roberts, 1997) | Feministic perspective on beauty standards, gender expectations and risks of self-objectification |
| 6-7 | Body image (Cash, 2008) | Fostering body acceptance through "flexible grooming"; Adjusting clothes to personal needs and preferences and not vice versa; Critical thinking about clothing size and fashion's exclusivity; Focusing on the body's assets and not imperfections; Media literacy around fashion, style and beauty expectations |
| 8 | Self compassion (Neff, 2003; Gilbert, 2005) | Befriending the body and self; Minimizing self-criticism in the context of the gaze in the mirror; Fostering self-compassion skills for moments of fluctuations in body image |
| 9 | Clothing styles and personality traits (Stolovy, 2021) | Clothing as a path for self-expression rather than the exclusive focus on body presentation – what kind of story do we want to express through clothes? |
| 10 | Enclothed cognition (Adam and Galinsky, 2012) | Utilizing the psychological effect of clothes from a point of agency and empowerment; Expressing strength of character through symbolic meaning of clothes |
| 11 | Openness to experience (Costa and McCrae, 1992) | Fostering playfulness with clothes; Guided self discovery of different expressions through clothes; The courage to challenge societal and personal expectations around styling (dressing in different ways) |
| 12 | Emotional regulation through clothing practices | Personal exploration of emotional effects of colors, fabrics, shapes, and tactical qualities of attire; Striving for positive body connection and comfort through clothing choices; Enhancing positive emotions and wellbeing through colors |
| 13 | Psychology of clothing consumption (Benson, 2004) | Exploring motives of shopping; Fostering mindfulness in shopping; Understanding the internal dialogue while measuring clothes in stores |

**Table 2. Basic information of the sample (N = 114)**

|  |  |
| --- | --- |
| **Variable** | **Mean, SD** |
| **Age** | 42.7, 9.5 |
| **Height (cm)** | 162.8, 5.4 |
| **Weight (kg)** | 66.1, 13.7 |
| **BMI** | 24.88, 5.06 |
| **Variable** | **N\*, %** |
| **Marital status** |  |
| Single | 15, 13.2% |
| Married or living as married | 89, 78.1% |
| Divorced | 8, 7% |
| Widowed | 1, 0.9% |
| **Children** |  |
| Yes | 99, 86.8% |
| No | 15, 13.2% |
| **Religious affiliation** |  |
| Secular | 47, 41.2% |
| Religious | 67, 58.8% |
| **Financial status** |  |
| Very good | 24, 21.1% |
| Good | 48, 42.1% |
| Moderate | 41, 36.0 % |
| Not good | 1, 0.9% |
| **Health condition** |  |
| Very good | 51, 44.7% |
| Good | 53, 46.5% |
| Moderate | 10, 8.8% |
| **Place of residence** |  |
| North country  Central country  South country | 38, 33.3%  74, 65%  1, 0.9% |

\*N presented excluding missing data.

**Table 3. Descriptive statistics and correlations of Body appreciation (BAS) and Clothing functions – Time 1 (N= 114)**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Variables | M | SD | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1.BAS  2.BMI |  |  | - | -.52\*\*\*  - | .15  -.20\* | .12  -.09 | .28\*\*  -.22\* | -.44\*\*\*  .34\*\*\* | -.04  .25\* |
| 3.Fashion |  |  |  |  | - | .52\*\*\* | .58\*\*\* | -.06 | -.18\* |
| 4.Individuality |  |  |  |  |  | - | .54\*\*\* | .02 | -.10 |
| 5.Assurance |  |  |  |  |  |  | - | -.13 | .15 |
| 6.Camouflage |  |  |  |  |  |  |  | - | .28\*\* |
| 7.Comfort |  |  |  |  |  |  |  |  | - |

\* Indicates signiﬁcance at p < .05. \*\* p < .01. \*\*\* p < .001

**Table 4. Descriptive statistics and correlations of Body appreciation (BAS) and Clothing functions – Time 2 (N= 114)**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Variables | M | SD | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1.BAS  2.BMI |  |  | - | -.34\*\*\*  - | .87\*\*\*  .16 | .86\*\*\*  -.07 | .93\*\*\*  -.15 | .80\*\*\*  .21\* | -.83\*\*\*  .10 |
| 3.Fashion |  |  |  |  | - | .88\*\*\* | .93\*\*\* | .79\*\*\* | .75\*\*\* |
| 4.Individuality |  |  |  |  |  | - | .91\*\*\* | .79\*\*\* | .72\*\*\* |
| 5.Assurance |  |  |  |  |  |  | - | .82\*\*\* | .81\*\*\* |
| 6.Camouflage |  |  |  |  |  |  |  | - | .82\*\*\* |
| 7.Comfort |  |  |  |  |  |  |  |  | - |

\* Indicates signiﬁcance at p < .05. \*\* p < .01. \*\*\* p < .001

**Table 5. Mean and standard deviations of research variables according to religious affiliation (N= 114)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Secular  (N = 47) | | Religious  (N= 67) | |
|  | Time 1  M (SD) | Time 2  M (SD) | Time 1  M (SD) | Time 2  M (SD) |
| BAS | 3.55  (0.67) | 3.87  (0.54) | 3.56  (0.61) | 3.86  (0.64) |
| BMI | 25.19 (5.81) | 25.03 (5.36) | 24.61 (4.69) | 24.76  (4.80) |
| Comfort | 4.44  (0.67) | 4.37 (0.70) | 4.04  (0.89) | 4.02  (0.96) |
| Camouflage | 3.09 (0.93) | 2.88  (0.92) | 3.15  (1.30) | 2.93  (0.73) |
| Assurance | 3.72  (0.62) | 3.97  (0.61) | 3.52  (0.66) | 3.85  (0.61) |
| Fashion | 2.76  (0.98) | 3.10  (0.98) | 2.82  (0.93) | 2.92  (0.86) |
| Individuality | 2.97  (0.92) | 3.11  (0.88) | 3.01  (0.96) | 3.37  (0.88) |

**BAS – body appreciation scale; BMI – body mass index**

**Table 6. Estimated marginal means and main effects of time for the research variables (N=114)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| p | P value | Main effect of time | EMM Time 2 | EMM Time 1 |  |
| .25 | <.001 | F (1, 96) = 32.32 | 3.86 (.06) | 3.56 (.07) | BAS |
| .00 | .96 | F (1, 96) = .00 | 24.90 (.52) | 24.90 (.53) | BMI |
| .00 | .62 | F (1, 96) = .24 | 4.19 (.09) | 4.24 (.08) | Comfort |
| .04 | <.05 | F (1, 96) = 4.36 | 2.90 (.08) | 3.12 (.12) | Camouflage |
| .24 | <.001 | F (1, 96) = 30.55 | 3.90 (.06) | 3.62 (.07) | Assurance |
| .09 | <.01 | F (1, 96) = 8.95 | 3.01 (.09) | 2.80 (.09) | Fashion |
| .10 | <.01 | F (1, 96) = 10.07 | 3.24 (.09) | 2.99 (.09) | Individuality |

**EMM= Estimated marginal means; BAS – body appreciation scale; BMI – body mass index**