

Table 1. Descriptive statistics and correlations of between-participant variables.

Variable	<i>M</i>	<i>SD</i>	1	2	3	4	5	6
1. Age	53.94	6.88	–					
2. BMI	34.84	4.21	–0.06	–				
3. Group	–	–	–0.07	0.03	–			
4. Health reason	3.69	0.34	0.20*	0.02	–0.02	0.70		
5. Appearance to others	2.94	0.64	–0.11	–0.11	0.06	0.26**	0.86	
6. Appearance to self	1.68	0.63	–0.10	0.11	–0.03	0.23**	0.66**	0.90

SD: standard deviation; *BMI*: body mass index.

N = 236. Estimates of internal consistency displayed on diagonal where appropriate. For group, 1 = web only, 2 = discussion, 3 = email.

***p* < 0.001; **p* < 0.01.

Table 1. Descriptive statistics and correlations of between-participant variables.