

## Physical appearance and intimate friendship in adolescence in a Portuguese college students sample

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This cross-sectional study involves intimate friendships and the perception of ones own self, in adolescence. These factors acquire different values for boys and girls. 318 students were asked to answer a direct application questionnaire using Intimate Friendship Scale (Sharabany, 1994,2000), Self-Perception Profile for College Students (Neemann and Harter, 1986) and the Family Social Notation (Graffar, 1956). Intimate Friendship is higher for girls. These values are statistically significant for Intimate Friendship with the Best Friend as well as for the Intimate Friendship, in general. Intimate Friendship and Physical Appearance show a relationship close enough to be considered statistically significant.

## Body image and parental, peer and romantic attachment in Portuguese adolescents

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For the past three decades, women and, increasingly, men have been preoccupied with how they look and number of hypothesis have been offered to explain the high levels of body image dissatisfaction, and why only some adolescents exposed to the cultural messages develop body concerns and diet. Recent research has turned to more immediate sub cultural influences, such as parents and peers. The present study attempts to the exploration of the possible relationship between parental, peer and romantic attachment (according to Bartholomew's model of adult attachment) and body satisfaction and concerns in a sample of 879, male and female, Portuguese adolescents (early, middle and older ones). The applied and empirical implications of these findings will be considered for both social and clinical contexts.