Supplementary Materials 1

Descriptive statistics for entire sample at baseline data collection waves

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| --- | --- | --- | --- | --- |
|  |  | Younger cohort inYear 7 |  | Older cohort inYear 8 |
|  |  | *M* (SD) |  | Range |  | *M* (SD) |  | Range |
|  | Body esteem | 3.69 (.80) |  | 1.06 - 5 |  | 3.67 (.71) |  | 1.19 - 4.94 |
|  | General ideal internalisation | 1.94 (.89) |  | 1 - 4.56 |  | 2.03 (.95) |  | 1 - 5 |
|  | Athletic ideal internalisation | 2.32 (1.07) |  | 1 - 5 |  | 2.30 (.97) |  | 1 - 5 |
|  | Pressure from friends | 1.44 (.76) |  | 1 - 5 |  | 1.49 (.74) |  | 1 - 4.5 |
|  | Pressure from family | 1.39 (.70) |  | 1 - 5 |  | 1.37 (.63) |  | 1 - 5 |
|  | Pressure from media | 1.42 (.79) |  | 1 - 5 |  | 1.41 (.78) |  | 1 - 5 |
|  | Appearance comparisons | 2.03 (.90) |  | 1 - 4.75 |  | 1.86 (.92) |  | 1 - 5 |
|  | Teasing | 1.65 (.89) |  | 1 - 5 |  | 1.65 (.86) |  | 1 - 5 |
|  | Self-esteem | 2.81 (.54) |  | 1.33 - 4 |  | 2.94 (.60) |  | 1 - 4 |
|  | Positive affect | 3.90 (1.10) |  | 1 - 5 |  | 3.71 (1.05) |  | 1 - 5 |
|  | Negative affect | 1.79 (.84) |  | 1 - 5 |  | 1.63 (.80) |  | 1 - 5 |