

Relationship between Self-Objectification and Sexual Trauma including online

INTRODUCTION : The trauma symptoms in victims of sexual violence have long been treated by therapies that seek to reduce the fear response to the feared object. However, the damage to dignity and autonomy may have an impact on trauma-related symptoms, especially in victims of sexual violence (Moor et al., 2013). Therefore, the present study examined whether self-objectification and injury to dignity at the time of sexual violence victimization are related to trauma-related symptoms.

METHODS: The subjects were 438 individuals recruited by an Internet research firm. Among them, 101 victims of sexual violence (77 women and 24 men, mean age 35 years, SD = 8.31) were included in the analysis. Those who responded to the sexual experiences survey short form victimization (SES-SFV; Koss et al., 2007) and technology facilitated sexual violence victimization (TFSV-V; Powell & Henry, 2016) that they had experienced at least once were included in the analysis. The scales used were the SES-SFV, TFSV-V, Japanese version of the PTSD Checklist-5 (PCL-5, Weathers et al., 2013; Ito et al., 2019), Japanese version of the trauma-related guilt inventory global guilt and hindsight-bias (TRGI; Chou et al., 2023), self-objectification scale (SOS; Talmon & Ginzburg, 2016), peritraumatic dehumanization, objectification, and humiliation scale (Moor et al., 2013). In this study, 15 new items were added to the TFSV-V to reflect the rapidly changing technology and society, and the scale was used.

RESULTS: Results of the correlation analysis showed that the degree of loss of dignity and autonomy at the time of victimization, PTSD symptoms, guilt, and self-objectification were each significantly correlated in sexual assault victims. Thus, the sense of being objectified and self-objectification may affect PTSD symptoms and guilt. Future work will need to examine the extent to which the degree of objectified sensation and self-objectification influences PTSD symptoms, including other trauma-related factors.

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Yuna Matsuoka^{1,2}, Yushun Okabe^{1,2}, Kyeongwoo Park³, Daisuke Ito², Hyein Chang³

¹The Joint Graduate School (Ph.D. Program) in Science of School Education, Hyogo University of Teacher Education, Japan

²Research Fellow of Japan Society for the Promotion of Science

³Department of Psychology, Sungkyunkwan University

⁴Graduate School of Education, Hyogo University of Teacher Education



Introduction

- ◆ In the treatment of PTSD thus far, the reduction of fear responses has been a primary focus.
- ◆ However, there is a possibility that the erosion of dignity and internalized self-objectification resulting from traumatic experiences may also influence PTSD-related symptoms.
- ◆ Therefore, this study aims to investigate the relationship between trauma symptoms, self-objectification, and erosion of dignity.



Methods

Participants

Forty-three hundred and thirty-eight participants (mean age 36.09 years, SD = 8.67).

Among them, 101 victims of sexual violence (77 women and 24 men, mean age 35 years, SD = 8.31) were included in the analysis.

Measures

- The Sexual Experiences Survey Short Form Victimization (SES-SFV; Koss et al., 2007)
- Technology Facilitated Sexual Violence Victimization (TFSV-V; Powell & Henry, 2016) scales were utilized. The TFSV-V was expanded with 15 new items to capture evolving technology and societal changes.
- PTSD checklist-5 (PCL-5, Weathers et al., 2013)
- Trauma-related guilt inventory - global guilt and hindsight-bias (TRGI; Chou et al., 2023)
- Self-objectification scale (SOS; Talmon & Ginzburg, 2016)
- Peritraumatic dehumanization, objectification, and humiliation scale (Moor et al., 2013)

Procedure

- An online survey was conducted in Japan
- This study was conducted with the approval of the Ethical Review Committee

Data Analysis

- Correlation analysis was conducted, and correlation coefficients between each variable were calculated.



Results

- ✓ In sexual assault survivors, self-objectification was significantly correlated with loss of autonomy, dignity during the assault, PTSD symptoms, and feelings of guilt.



Conclusions



- ✓ Previous research suggests that sexual violence can lead to self-objectification (Fredrickson & Roberts, 1997).
- ✓ Moving forward, it is necessary to investigate the mechanisms through which self-objectification and erosion of dignity are associated with PTSD symptoms.



Email :
d22207h@hyogo-
u.ac.jp

Table 1 Correlation analysis

	PDOHS	SOS
PDOHS	—	.30 **
PCL-5	.30 **	.25 *
Guilty	.22 *	.34 ***

* p < .05, ** p < .01, *** p < .001