

Talk on Tuesday, 23. Juni 2026

Start: 10:15 till 11.30 Uhr

in HS 424

The talk will be presented in English

How do we build Body Confidence? Designing and Evaluating Interventions to Improve Body Image

Prof. Dr. Ciara Mahon

City University Dublin



Ciara will present her research on body image interventions, focusing on the design and evaluation of school-based and digital approaches. Her talk will focus on compassion-based approaches to foster body confidence in young people. Findings from a large-scale RCT of the BodyKind school-based intervention and its adaptations for Ireland, Latin America and China will be discussed. Ciara will also outline her new Research Ireland Pathways project, which aims to develop a digital intervention to support young adult body image. This talk will incorporate an applied focus on the challenges and rewards of conducting intervention work.