ISRCTN13316354 https://doi.org/10.1186/ISRCTN13316354

An online body image programme (BODYPOSI) for women in the first year after childbirth

Submission date
20/02/2026

Recruitment status
Recruiting

Registration date
26/02/2026

Overall study status
Ongoing

Last Edited
12/05/2026

Condition category
Pregnancy and Childbirth

[X] Prospectively registered
[_] Protocol
[_] Statistical analysis plan
[_] Results
[_] Individual participant data
[X] Record updated in last year

Plain English summary of protocol
Background and study aims
Many women notice changes in their bodies after having a baby. These changes can affect how they feel about their appearance, confidence, and emotional well-being. Some women feel pressure to return quickly to their pre-pregnancy body shape, which can increase stress and dissatisfaction.
It is important that new mothers have access to supportive tools that help them develop a positive and accepting relationship with their bodies during the first year after childbirth.
This study aims to test a newly developed online self-help programme called BODYPOSI. The main goal is to find out whether this programme helps women feel more positive about their bodies after childbirth. We will examine whether taking part helps women feel more positive and accepting about their bodies, including how they view their appearance, body functionality, and postpartum body changes, as well as their emotional well-being.

Who can participate?
Women can take part if they:
• are aged 18 years or older;
• gave birth between six weeks and 12 months ago;
• have not been diagnosed with an eating disorder (current or past);
• and do not have a diagnosed medical condition that affects body image perception.

What does the study involve?
Participants will complete online questionnaires about body image and well-being. They will then be randomly assigned to one of two groups.
1. Intervention group: Participants in this group will receive immediate access to the BODYPOSI online programme. The programme lasts four weeks and includes 12 short guided exercises (three per week). These exercises include mindfulness activities, reflection tasks, and short self-assessments designed to promote a positive body image. Participants will complete questionnaires before starting the programme, immediately after the four weeks, and again three months later.
2. Waitlist control group: Participants in this group will complete the same questionnaires at the

start of the study and again four weeks later. They will not receive the programme during this period. After completing these assessments, they will be offered access to the programme. All participation takes place online.

What are the possible benefits and risks of participating?
Participants in the BODYPOSI group may experience improved body confidence and emotional well-being.
Some participants may find that reflecting on body image or postpartum changes feels emotionally sensitive. If any questions cause discomfort, participants may skip them or stop participation at any time without giving a reason.
All participants will contribute to research that may help improve psychological support for new mothers in the future.

Where is the study run from?
The study is conducted by researchers at the Department of Psychology, Vytautas Magnus University, Lithuania.

When is the study starting and how long is it expected to run for?
The study is expected to begin in March 2026. Recruitment will be open for approximately three months. Final follow-up assessments are expected to be completed by February 2027.

Who is funding the study?
The study is funded by the Research Council of Lithuania.

Who is the main contact?
The main contact is the project lead, Associate Professor Dr. Gabija Jarašiūnaitė-Fedosejeva. You can contact her or the project team by email at: gabija.jarasiunaite-fedosejeva@vdu.lt or bodyposi@vdu.lt

Contact information

Type(s)
Principal investigator, Scientific, Public

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Additional identifiers

Study information

Scientific Title
A randomised controlled trial evaluating the effectiveness of the digital positive body image self-help intervention (BODYPOSI) in improving body image among postpartum women compared with a waitlist control

Acronym
BODYPOSI

Study objectives
1. Women who participate in the positive body image self-help program will report greater improvements in positive body image (i.e., higher body satisfaction, greater appreciation of body functionality, more favorable evaluation of postpartum body changes, and lower perceived societal pressure regarding these changes) compared to women in the control group.
2. Improvements in positive body image among women who participate in the program will be associated with improvements in health-related outcomes, including better mental health and better self-rated overall health.
3. Improvements in positive body image and health-related outcomes among women who participate in the program will be maintained three months after the completion of the intervention.

Ethics approval required
Ethics approval required

Ethics approval(s)
Approved 14/11/2025, Research Ethics Committee for Psychological Research, Vytautas Magnus University (Vytautas Magnus University Department of Psychology Jonavos str. 66 – 331, Kaunas, LT-44191, Lithuania; +370 37 327 947; rasa.marksaityte@vdu.lt), ref: EKL-2025.10

Primary study design
Interventional

Allocation
Randomized controlled trial

Masking
Open (masking not used)

Control
Uncontrolled

Assignment
Parallel

Purpose
Treatment

Study type(s)

Health condition(s) or problem(s) studied
Postpartum body image

Interventions
This randomized controlled interventional study includes two study arms:
(1) an intervention group receiving immediate access to an online positive body image self-help program and
(2) a waitlist control group receiving delayed access.

The intervention consists of an internet-based self-help program designed to promote positive body image during the postpartum period. The program is delivered via a secure online platform. Participants create a personal account and complete 12 structured exercises over four weeks, with three exercises recommended per week. The exercises focus on fostering body appreciation, body functionality awareness, positive evaluation of postpartum body changes, and reduction of perceived societal pressure. Automated email reminders are sent (with participant consent) to encourage adherence to the program and completion of assessments.

Participants randomized to the intervention group complete baseline assessments prior to beginning the program (T0), post-intervention assessments immediately after the four-week program (T1), and a follow-up assessment three months after completion of the intervention (T2). The total participation duration for this group is approximately four months.
Participants randomized to the waitlist control group complete baseline assessments at enrolment (T0) and a second assessment four weeks later (T1), without receiving the intervention during this period. After completing the second assessment, they are offered access to the program. No three-month follow-up assessment is conducted for the control group during the main evaluation phase.

Randomization is conducted automatically through the online platform after participants provide informed consent and complete baseline assessments. A computerized random allocation procedure assigns participants to either the intervention or waitlist control group in a 1:1 ratio.

Intervention Type
Behavioural

Primary outcome(s)
1. Body appreciation measured using Body Appreciation Scale-2 (BAS-2) (Tylka & Wood-Barcalow, 2015) at T0, T1, T2

2. Body functionality appreciation measured using Functionality Appreciation Scale (FAS) (Alleva et al., 2016) at T0, T1, T2

3. Appearance and weight satisfaction measured using Body Esteem Scale for Adults and Adolescents (BESAA) (Mendelson et al., 2001) at T0, T1, T2

4. Evaluation of postpartum body changes measured using Postpartum Body Image Scale (PBIS). Created by study authors (Jarašiūnaitė-Fedosejeva & Gibė, 2025) at T0, T1, T2

5. Perceived sociocultural appearance pressure related to postpartum body changes measured using Postpartum Sociocultural Appearance Pressure Scale (PSAPS). Created by study authors (Jarašiūnaitė-Fedosejeva & Gibė, 2025) at T0, T1, T2

Key secondary outcome(s)
1. Self-compassion measured using Self-Compassion Scale – Short Form (SCS-SF) (Raes et al., 2011) at T0, T1, T2

2. General health status measured using PROMIS Global Health Short Form (PROMIS Health Organization & PROMIS Cooperative Group, 2010) at T0, T1, T2

3. Postnatal depressive symptoms measured using Edinburgh Postnatal Depression Scale (EPDS) (Cox et al., 1987) at T0, T1, T2

4. Postpartum anxiety measured using Postpartum Specific Anxiety Scale (PSAS) (Fallon et al., 2016) at T0, T1, T2

Completion date
28/02/2027

Eligibility

Key inclusion criteria
1. Women aged 18 years or older.
2. Women in the postpartum period between 6 weeks and 12 months after childbirth.
3. Ability to understand study information and provide informed consent.
4. Ability to participate in an online study and complete questionnaires in Lithuanian.
5. Self-reported absence of diagnosed eating disorders.
6. Self-reported absence of medical conditions that could substantially affect body image perception.

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 Years

Upper age limit
50 Years

Sex
Female

Total final enrolment
0

Key exclusion criteria

1. Current or past diagnosis of an eating disorder (self-reported).
2. Current diagnosed medical or psychiatric conditions that may substantially affect body image perception (self-reported).
3. Withdrawal of informed consent at any stage of the study.
4. Inability to access or use the online intervention platform for technical reasons.

Date of first enrolment
02/03/2026

Date of final enrolment
31/10/2026

Locations

Countries of recruitment
Lithuania

Sponsor information

Organisation
Vytautas Magnus University

ROR
https://ror.org/04y7eh037

Funder(s)

Funder type

Funder Name
Lietuvos Mokslo Taryba

Alternative Name(s)
Research Council of Lithuania, LIETUVOS MOKSLO TARYBA - Lithuania, Lietuvos mokslo taryba., LMT

Funding Body Type
Government organisation

Funding Body Subtype
National government

Location
Lithuania

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not expected to be made available