



Association Between Positive Rational Acceptance and Depression, Anxiety, and Stress among Filipino Emerging Adults

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Introduction

There has been a surge in interest in positive body image. This attention yielded a variety of measures, including positive rational acceptance (PRA). PRA is a body image regulation mechanism when the body is exposed to challenges. This study evaluated the relationship between PRA and depression, anxiety, and stress levels.

Methods

Data was collected using a self-administered survey among 18-29 Filipinos. PRA Scale was used as the exposure, while DASS-21 ascertained depression, anxiety, and stress as the health outcomes. Associations between PRA and health outcomes were estimated using generalized linear models with a Poisson distribution, adjusted for age, sex, sexual orientation, working status, relationship status, residence type, educational attainment, media usage (television, movies, social media, and internet), and monthly household income. Effect estimates were expressed as adjusted Prevalence Ratio (aPR) with 95% confidence interval (95%CI). Ethical clearance was sought for this study (UPMREB: 2022-0407-01).

Table 1. Adjusted prevalence ratios (aPR) with 95% confidence interval (95%CI) for the association between positive rational acceptance scores and depression, anxiety, and stress levels adjusted for age, sex at birth, sexual orientation, average monthly income, working status, highest educational attainment, relationship status, type of residence, and different media use (movies, television, internet, and social media), with risk of having high depression, anxiety, and stress levels.

Positive Rational Acceptance Scores	Effect Estimates	
	aPR (95%CI)	p-values
Depression		
First Quartile	1.0	
Second Quartile	0.74 (0.63-0.86)	<0.001
Third Quartile	0.63 (0.54-0.73)	<0.001
Fourth Quartile	0.57 (0.48-0.67)	<0.001
Anxiety		
First Quartile	1.0	
Second Quartile	0.97 (0.93-1.01)	0.181
Third Quartile	0.95 (0.91-0.98)	0.005
Fourth Quartile	0.92 (0.88-0.96)	<0.001
Stress		
First Quartile	1.0	
Second Quartile	0.91 (0.85-0.97)	0.004
Third Quartile	0.85 (0.80-0.90)	<0.001
Fourth Quartile	0.85 (0.79-0.91)	<0.001

Results

A total of 3,127 with a mean age of 20.91 ± 2.97 (SD) years participated in the study. Approximately 26%, 63%, and 13% had severe/extreme levels of depression, anxiety, and stress, respectively. A lower risk of depression, anxiety, and stress is associated with a higher PRA score. The likelihood of having severe/extremely severe levels of depression, anxiety, and stress is decreased by 43% (aPR: 0.57; 95% CI: 0.48-0.67), 8% (aPR: 0.92; 95% CI: 0.88-0.96), and 15% (aPR: 0.85; 95% CI: 0.79-0.91), respectively, among those with the highest compared with the lowest quartile of PRA scores.

Conclusion

Prevalence of severe/extreme depression, anxiety, and stress are high among Filipino emerging adults. Our findings highlight the potential benefit of promoting adaptive body image coping strategies linked to better mental health outcomes, specifically in lowering the risk of having severe/extreme levels of depression, anxiety, and stress levels.

Full Protocol



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