

Bibliography

Abell, S.C. & Richards, M.H. (1996). The relationship between body shape satisfaction and self-esteem: an investigation of gender and class differences. *Journal of Youth and Adolescence*, 25(5), 691-703.

Allan, J. (1994). A biomedical and feminist perspective on women's experiences with weight management. *Western Journal of Nursing Research*, 16(5), 524-543.

American Psychiatric Association. (1994). *Diagnostic and statistical manual of mental disorders* (4th ed.). Washington, DC: APA.

Amundson, J.K. (2001). Why narrative therapy need not fear science and "other" things. *The Journal of Family Therapy*, 23, 175-188.

Anderson, H. & Goolishian, H.A. (1988). Human systems as linguistic systems: preliminary and evolving ideas about the implications for clinical theory. *Family Process*, 27(4), 371-393.

Anderson, H. & Goolishian, H.A. (1992). The client is the expert: a not-knowing approach to therapy. In S. McNamee & K.J. Gergen (Eds.), *Therapy as a social construction*. London: Sage. (pp. 25-39).

Anderson, W.T. (1990). *Reality isn't what it used to be*. New York: Harper & Row.

Atkinson, B.J. & Heath, A.W. (1990). Further thoughts on second-order family therapy – this time it's personal. *Family Process*, 29, 145-155.

Ball, D., Piercy, F. & Bischof, G. (1993). Externalising the problem through the use of cartoons: a case example. *Journal of Systemic Therapies*, 12, 19-21.

Banister, P. (ed) (1994). *Qualitative methods in psychology: a research guide*. Buckingham: Open University.

Baron, R.A. & Byrne, D. (1997). *Social psychology* (8th ed.). Boston: Allyn and Bacon

- Bateson, G. (1972). *Steps to an ecology of mind*. New York: Ballantine Books.
- Baumeister, R.F., Tice, D.M. & Hutton, D.G. (1989). Self-presentational motivations and personality differences in self-esteem. *Journal of Personality*, 57, 547-579.
- Bednar, R., Wells, G. & Peterson, S. (1989). *Self-esteem: paradoxes and innovations in clinical theory and practice*. Washington D.C.: APA
- Besley, A.C. (2002). Foucault and the turn to narrative therapy. *British Journal of Guidance and Counselling*, 30(2), 125-143.
- Bickman, L. & Rog, D.J. (Eds.). (1998). *Handbook of applied social research methods*. Thousand Oaks: Sage.
- Björntorp, P. (1984). Morphological classifications of obesity. What they tell us, what they don't. *International Journal of Obesity*, 8, 525.
- Blackburn, G.L. & Kandors, B.S. (1994). *Obesity, Pathophysiology, psychology and treatment*. New York: Chapman & Hall.
- Blair, S.N., Shaten, J., Brownell, K., Collins, G. & Lissner, L. (1993). Body weight change, all-cause mortality and case specific mortality in the Multiple Risk Factor Intervention Trial. *Annals of Internal Medicine*, 119, 749-757.
- Bosman, D.B., Van der Merwe, I.W. & Hiemstra, L.W. (1984). *Tweetalige Woordboek – Biligual Dictionary*. Kaapstad: Tafelberg.
- Bouchard, C., Depres, J.P. et al. (1993). Exercise and obesity. *Obesity Resources*, 1, 133-147.
- Braten, S. (1984). The third position: beyond artificial and autopoietic reduction. In F. Geyer & J. van der Zouwen (Eds.), *Socio-cybernetic paradoxes: Observation, control and evolution of self-steering systems*. London: Sage.
- Bray, G.A. (1989). Classification and evaluation of the obesities. *Med. Clin. N. Am.* 73(1), 161-181.

Brown, P.J. (1986). Cultural and genetic adaptations to malaria: problems of comparison. *Human Biology, 14*, 311-332.

Brown, P.J. (1993). Cultural perspectives on the etiology and treatment of obesity. In A.J. Stunkard & T.A. Wadden (Eds), *Obesity: theory and therapy* (2nd ed.), (pp. 179-193). New York: Raven.

Brown, J.D. (1996). The Myths and realities of self-esteem. *Contemporary Psychology, 41*(11), 1109.

Brown, J.D. & Dutton, K.A. (1995). The thrill of victory, the complexity of defeat: self-esteem and people's emotional reactions to success or failure. *Journal of Personality and Social Psychology, 68*(4), 712-722.

Brownell, D.D. & Rodin, J. (1994). The dieting maelstrom: Is it possible and advisable to lose weight? *American Psychologist, 49*, 781-791.

Bruch, H. (1962). Perceptual and conceptual disturbances in Anorexia Nervosa. *Psycho-som. Medicine. 24*, 187-194.

Bruch, H. (1969). Hunger and instinct, *Journal of Nervous Mental Disorders. 149*, 91-114.

Bruner, J. (1973). *Beyond the information given: Selected pages of Jerome Bruner*. New York: Norton.

Bruner, J. (1990). *Acts of meaning*. Cambridge: Harvard University.

Bruner, J. (1992). Another look at new look 1. *American Psychologist, 47*, 780-783.

Bruner, J. & Kalmar, D.A. (1998). Narrative and metanarrative in the construction of self. In M. Ferrari M.P. & Sternberg, R.J. (Eds.). *Self-awareness: its nature and development* (pp. 308-331). New York: Guilford.

Bryman, A. (1988). *Quantity an quality in social research*. London: Unwin Hyman.

- Burman, E. (1994). *Deconstructing developmental psychology*. London: Routledge.
- Caeser, P.L. & Roberts, M.F. (1991). A Conversational journey with clients and helpers: Therapist as tourist, not a tour guide. *Journal of Strategic and Systemic Therapies*, 10(3), 38-49.
- Campbell J.D. & Lavalley, L.F. (1993). Who am I? The role of self-concept confusion in understanding the behaviour of people with low self-esteem. In R.F. Baumeister (ed.). *Self-esteem: the puzzle of low self-regard*. New York: Plenum.
- Capps, L. & Ochs, E. (1995). *Constructing panic: the discourse of agoraphobia*. Cambridge: Cambridge University.
- Carlson, T.D. (1997). Using art in narrative therapy: enhancing therapeutic possibilities. *The American Journal of Family Therapy*, 25(3), 271-283.
- Carver, C.S. & Scheier, M.F. (1981). *Attention and self regulation: a control theory approach to human behaviour*. New York: Springer-Verlag.
- Carver, C.S., Lawrence, J.W. & Scheier, M.F. (1996). A control process perspective on the origin of affect. In L.L. Martin & A. Tesser (Eds.), *Striving and feeling: interactions among goals, affect, and self-regulation* (pp. 11-52). Mahwah, NJ: Erlbaum.
- Chagnon, Y.C., Pérusse, L. & Bouchard, C. (2000). The molecular and epidemiological genetics of obesity. In D.H. Lockwood & T.G. Heffner (Eds), *Obesity: pathology and theory*, (pp.57-89). Berlin: Springer.
- Chandarana, P.D., Holiday, R., Conlon, P. & Deslippe, T. (1988). Psychological considerations in gastric stapling surgery. *Journal of Psychosomatic Resources*, 32, 85-92.
- Colvin, C.R., Block, J. & Funder, D.C. (1995). Overly positive self-evaluations and personality: negative implications for mental health. *Journal of Personality and Social Psychology*, 68(6), 1152-1162.

Considine, R.V. & Caro, J.F. (1997). Leptin and the regulation of body weight. *International Journal of Cellular Biology*, 29, 1255-1272.

Concise Medical Dictionary, 5th ed. (1998). Oxford: Oxford University. (p. 454).

Corbin, C.B. & Fletcher, P. (1968). Diet and physical activity patterns of obese and non-obese elementary school children. *Resource Questions*, 39, 922-928.

Creswell, J.W. (1997). *Qualitative inquiry and research design: choosing among five traditions*. London: Sage.

Davies, B. & Harré, R. (1990). Positioning: the discursive production of selves. *Journal for the Theory of social Behaviour*, 20, 43-63.

Davis, J. & Lax, W. (1991). Introduction to special section: Expanding the reflecting position in family therapy. *Journal of Strategic and Systemic Therapies*, 10(3&4), 1-3

DeFoore, B. (1988). *Anger: deal with it, heal with it, and stop it from killing you*. Florida: Health communications.

DeJong, W. & Kleck, R.E. (1986). The social psychological effects of overweight. In CP Herman, MP Zanna, ET Higgins (Eds.). *Physical appearance, stigma and social behaviour: the Ontario Symposium* (Vol 3). Hillsdale: Lawrence Erlbaum. (pp. 65-87).

Dell, P. (1986). In defense of "lineal causality". *Family Process*, 25, 513-521.

De Vos, A.S. & Van Zyl, C.G. (1998). The grounded theory methodology. In A.S. de Vos (ed.), *Research at grass roots: A primer for the caring professions* (pp.265-276). Pretoria: Van Schaik.

Dey, I. (1993). *Qualitative data analysis: a user-friendly guide for social scientists*. New York: Routledge.

Dietz, W.H. & Gortmaker, S.L. (1985). Do we fatten our children at the television set? Obesity and television viewing in children and adolescents. *Pediatrics*, 75, 807-812.

- DiGirolamo, M., Harp, J. & Stevens, J. (2000). Obesity: definition and epidemiology. In D.H. Lockwood & T.G. Heffner (Eds), *Obesity: pathology and theory*, (pp.3-28). Berlin: Springer.
- Dimbley, R. and Burton, G. (1985). *More than words: an introduction to communication*. New York: Methuen.
- Doan, R.E. (1998). The king is dead; long live the king: narrative therapy and practicing what we preach. *Family Process*, 37, 379-385.
- Doherty, W.J. (1991). Family therapy goes post-modern. *Networker*, 36-37.
- Dollan, B. (1991). Cross-cultural aspects of anorexia nervosa and bulimia: a review. *International Journal of Eating Disorders*, 10, 67-78.
- Doyle, R.E. (1992). *Essential skills and strategies in the helping process*. California: Brooks / Cole.
- Drury, C.A.A. & Louis, M. (2002). Exploring the association between body weight, stigma of obesity, and health care avoidance. *Journal of the American Academy of Nurse Practitioners*, 14(12), 554-561.
- DuBois, B. (1983). Passionate scholarship: notes on values knowing and method in feminist social science. In G. Bowles and R. Duelli-Klein (Eds.). *Theories of women's studies*. London: Routledge and Kegan Paul.
- English, C. (1993). Gaining and loosing weight: Identity transformations. *Deviant Behaviour: An interdisciplinary Journal*, 14, 227-241.
- Epstein, L.H. (1993). New developments in childhood obesity. In AJ Stunkard and Wadden (Eds.). *Obesity: theory and therapy*. New York: Raven. (pp. 301-312).
- Epstein, L.H., Smith, J.A., Vara, L.S. & Rodefer, J.S. (1991). Behavioral economic analysis of activity choice in obese children. *Health Psychology*, 10, 311-316.
- Epston, D. (1994). Extending the conversation. *Networker*, 31-39.

Epston, D. & Madigan, S. (1995). From “Spy-chiatric gaze” to communities of concern: from professional monologue to dialogue. In S. Freedman (ed.) *The Reflecting team in action*. New York: Guilford.

Epston, D., White, M. & Murray, K.D. (1992). A proposal for the authoring therapy. In S. McNamee & K.J. Gergen (Eds.), *Therapy as social construction*. London: Sage.

Erber, R. & Tesser, A. (1992). Task effort and the regulation of mood: the absorption hypothesis. *Journal of Experimental Social Psychology*, 28, 339-359.

Erikson, E.H. (1963). *Childhood and society* (2nd ed.). New York: Norton.

Fabian, L.J. & Thompson, J.K. (1989). Body image and eating disturbance in young females. *International Journal of Eating Disorders*, 8, 63-74.

Fairclough, N. (1992). *Discourse and social change*. Cambridge: Polity.

Faust, M. (1982). Alternative constructions of adolescent growth. In J. Brooks-Gunn, and A.C. Petersen (eds.), *Girls at Puberty Biological, Psychological, and Social Perspectives*. New York: Plenum.

Ferron, C. (1997). Body image in adolescence: Cross-cultural research – results of the preliminary phase of a quantitative survey. *Adolescence*, 32, 735-745.

Flaskas, C. & Humphreys, C. (1993). Theorizing about power: intersecting the ideas of Foucault with the “Problem” of power in family therapy. *Family Process*, 32, 35-47.

Foreyt, J.P., Brunner, R.L., Goodrick, G.K., Cutter, G., Brownell, K.D. & Jeor, S.T. (1995). Psychological correlates of weight fluctuations. *International Journal of Eating Disorders*, 17, 253-275.

Foucault, M. (1977). *Discipline and punish: the British of the prison*, A.M. Sheridan (Trans.). London: Penguin.

- Foucault, M. (1980). Two lectures. In C. Gordon (ed.), *Power / knowledge: Selected interviews and other writings 1972-1977*. London: Guilford. (pp. 78-108).
- Foucault, M. (1988). The political technology of individuals. In L.H. Martin, H. Gutman & P.H. Hutton (Eds.), *Technologies of the self*. Amherst: University of Massachusetts.
- Freedman, R. (1988). *Bodylove: learning to like our looks and ourselves*. Glasgow: Collins.
- Freedman, J. & Combs, G. (1996). *Narrative therapy: the Social construction of preferred realities*. London: WW Norton & Company.
- Freeman, J., Epston, D. & Lobovits, D. (1997). *Playful approaches to serious problems: narrative therapy with children and families*. New York: Norton.
- Friedman, B. (1999). *Former obese women's experience of loss of weight: a phenomenological perspective*. MA-thesis. Pretoria: University of Pretoria.
- Friedman, M.A. & Brownell, K.D. (1995). Psychological correlates of obesity: moving to the next research generation. *Psychological Bulletin*, 117, 3-20
- Frost, R.O., Goolkasian, G.A., Ely, R.J. & Blanchard, F.A. (1982). Depression, restraint, and eating behaviour. *Behaviour Research and Therapy*, 20, 113-121.
- Fruggerri, L. (1992). Therapeutic process as the social construction of change. In S. McNamee & K.J. Gergen (Eds.), *Therapy as a social construction*. London: Sage. (pp.41-50).
- Fuller, M.I. & Groce, S.B. (1991). Obese women's responses to appearance norms. *Free Inquiry in Creative Sociology*, 19(2), 167-173.
- Gardner, R.M., Morell, J., Urrutia, R. & Espinoza, T. (1989). Judgements of body size following significant weight loss. *Journal of Social Behaviour and Personality*, 4(5), 603-613.
- Gergen, K. (1985). The constructionist movement in modern psychology. *American Psychologist*, 40, 266-275.

Gergen, K.J. (1990). Therapeutic professions and the diffusion of deficit. *Journal of Mind and Behaviour, 11*, 353-368.

Gergen, K.J. (1991). *The saturated self: dilemmas of identity in contemporary life*. New York: Basic Books.

Gergen, K.J. (1995). On taking ourselves seriously. *Journal of Systemic therapies, 13*(4), 10-12.

Gergen, K.J. & Davis, K.E. (eds) (1985). *The social construction of the person*. New York: Springer-Verlag.

Glaser, B. & Strauss, A. (1967). *The discovery of grounded theory: strategies for qualitative research*. Chicago: Aldine.

Goldner, V. (1985). Warning: family therapy may be hazardous to your health. *Family Therapy Networker, 9*(6), 18-23.

Goldner, V. (1991). Feminism and systemic practice: two critical traditions in transition. *Journal of Strategic and Systemic Therapies, 10*, 118-126.

Goolishian, H.A. & Winderman, C. (1988). Constructivism, autopoiesis and problem determined systems. *Irish Journal of Family Therapy, 9*, 130-143.

Gortmaker, S. & Dietz, W. (1990). Inactivity, diet and the fattening of America. *American Journal of the Dietetic Association, 90*, 1247-1255.

Gortmaker, S.L., Must, A., Perrin, J.M., Sobol, A.M. & Dietz, W.H. (1993). Social and economic consequences of overweight in adolescence and young adulthood. *New English Journal of Medicine, 329*, 1008-1012.

Gous, A.M.J. (1995). *Die rol van gerigte beelding by gewigsverlies*. Potchefstroom: Universiteit van Potchefstroom.

Gray, D.S. (1989). Diagnosis and prevalence of obesity. *Med. Clin. N. Am. 73*(1), 1-13.

- Griffith, J.L. & Griffith, M.E. (1994). *The body speaks: therapeutic dialogues for mind-body problems*. New York: Basic Books.
- Gross, M. (1983). Correcting perceptual abnormalities, anorexia nervosa and obesity by use of hypnosis. *Journal of the American Society of Psychosomatic Dentistry and Medicine*, 30(4), 142-150
- Henrique, J., Hollway, W., Urwin, C., Venn, C. & Walkerdine, V. (1984). *Changing the subject: psychology, social regulation and subjectivity*. London: Methuen & Co.
- Herman, J.L. (1992). *Trauma and recovery*. New York: Basic Books.
- Hewson, D. (1991). From laboratory to therapy room: prediction questions for reconstructing the “new-old” story. *Dulwich Centre Newsletter*, (3), 5-12.
- Hickey, M.S., Israel, R.G., Gardiner, S.N. et al. (1996). Gender differences in serum leptin levels in humans. *Biochemical Molecular Medicine*, 59, 1-6.
- Hill, A.J. & Williams, J. (1998). Psychological health in a non-clinical sample of obese women. *International Journal of Obesity and Related Metabolic Disorders*, 22(6), 578-583.
- Hirsch, J., Fried, S.K., Edens, N.K. & Liebel, R.L. (1989). The fat cell. *Med. Clin. N. Am.* 73(1), 83-93.
- Hoffman, L. (1988). A constructivist position for family therapy. *Irish Journal of Family Therapy*, 9, 110-129.
- Hoffman, L. (1990). Constructing realities: an art of lenses. *Family Process*, 29, 1-12.
- Hoffman, L. (1992). A reflexive stance for family therapy. In S. McNamee & K.J. Gergen (Eds.), *Therapy as a social construction*. London: Sage. (pp. 7-24).
- Howard, C.E. & Porzelius, L.K. (1999). The role of dieting in binge eating: Etiology and treatment implications. *Clinical Psychology Review*, 19, 25-44.

Hughes, G. & Degher, D. (1993). Coping with a deviant identity. *Deviant behaviour: An Interdisciplinary Journal*, 14, 297-315.

Ibson, R., Crystal, D. & Wells, J.C. (1987). *Reader's Digest Universal Dictionary, 1st ed.* London: Reader's Digest Association.

Imber-Black, E. (1986). Maybe "lineal causality" needs another defence lawyer: a feminist response to Dell. *Family Process*, 25, 523-525.

James, W. (1890). *Principles of psychology*. New York: Holt, Rinehart & Winston.

James, W. (1907). Pragmatism: a new name for some old ways of thinking. In D. Olin (ed.) (1992). *Pragmatism in Focus*. New York: Routledge.

Janis, I.L. (1982). *Victims of groupthink (2nd ed.)*. Boston: Houghton Mifflin.

Jasper, C.R. & Klassen, M.L. (1990). Perceptions of salespersons' appearance and evaluation of job performance. *Perceptive Motor Skills*, 71, 563-566.

Johnson, M.L., Burke, B.S. & Mayer, J. (1956). Relative importance of inactivity and overeating in the energy balance of obese high school girls. *American Journal of Clinical Nutrition*, 4, 37-44.

Jones, S.C. (1973). Self and interpersonal evaluations: Esteem theories versus consistency theories. *Psychological Bulletin*, 79, 185-199.

Jordan, P.J., Van Rooyen, D. & Strumper, J. (2002). The lived experience of patients on mechanical ventilation. *Health SA Gesondheid*, 7(4), 24-37.

Jordaan, W.J. & Jordaan, J.J. (1987). *Mens in konteks*. Johannesburg: Lexicon Uitgewers.

Kelly, J.G. (1990). Changing contexts and the field of community psychology. *American Journal of Community Psychology*, 18(6), 769-792.

Kelly, G. (1955). *The psychology of personal constructs*. New York: Norton.

- Kernberg, O. (1975). *Borderline conditions and pathological narcissism*. New York: Jason Alexander.
- Kuczmarski, R.J., Flegal, K.M., Campbell, S.M. & Johnson, C.L. (1994). Increasing prevalence of overweight among US adults. *Journal of the American Medical Association*, 272(3), 205-211.
- Kuiper, N.A. & Derry, P.A. (1982). Depressed and nondepressed content self-reference in mild depression. *Journal of Personality*, 50, 67-79.
- Kuiper, N.A. & MacDonald, M.R. (1982). Self and other perception in mild depressives. *Social Cognition*, 1, 233-239.
- Larkin, J.C. & Pines, H.A. (1979). No fat persons need apply. *Social Work Occupation*, 6, 312-327.
- Lax, W.D. (1992). Postmodern thinking in a clinical practice. In S. McNamee & K.J. Gergen (Eds.), *Therapy as a social construction*. London: Sage. (pp. 69-83).
- Lewis, R.J., Cash, T.F., Jacobi, L & Bubb-Lewis, C. (1997). Prejudice toward fat people: the development and validation of the antifat attitudes test. *Obesity Resources*, 5, 297-307.
- Lieblich, A., Tuval-Mashiach, R. & Zilber, T. (1998). *Narrative research: reading, analysis, and interpretation*. London: Sage.
- Lifton, R. (1993). *The protean self*. New York: Basic Books.
- Lissner, L., Odell, P.M., D'Agostino, R.B., Stokes, J., Kreger, B.E., Belanger, A.J. & Brownell, K.D. (1991). Variability in body weight and health outcomes in the Framingham population. *New England Journal of Medicine*, 324, 1839-1844.
- Louw, D.A. (1989). *Suid-Afrikaanse handboek van abnormale gedrag*. Halfweghuis: Southern Boekuitgewers.
- Louw, D.A. (1996). *Menslike ontwikkeling*. Pretoria: Penrose.
- Luepnitz, D. (1988). *The family interpreted*. New York: Basic Books.

Lyotard, J.F. (1988). *The post-modern condition: a report on knowledge*, tr. G. Bennington and B. Massumi. Minneapolis, MN: University of Minnesota Press.

Lyznicki, J., Young, D., Riggs, J. & Davis, R. (2001). Obesity: assessment and management in primary care. *American Family Physician*, 63(11), 2185-2196.

MacIntyre, A. (1981). *After virtue: a study in moral theory*. London: Duckworth.

MacKinnon, L.K. & Miller, D. (1986). The new epistemology and the Milan approach: feminist and socio-political considerations. *Journal of Marital and Family Therapy*, 13, 139-155.

MacLeod, C. (2002). Deconstructive discourse analysis: extending the methodological conversation. *South African Journal of Psychology*, 32(1), 17-24.

Mahan, K.L. & Arlin, M.T. (1992). *Food, nutrition & diet therapy*. Philadelphia: W.B. Saunders.

Manning, P.K., Cullum-Swan, B. (1994). Narrative, content, and scientific analysis. In N.K. Denzin & Y.S. Lincoln (Eds.), *Handbook of qualitative research* (pp.463-477). Thousand Oaks, CA: Sage.

Manson, J.E., Colditz, G.A., Stampfer, M.J., Willet, W.C., Rosner, B., Monson, R.R., Speizer, F.E. & Hennekens, C.H. (1990). A prospective study of obesity and risk of coronary heart disease in women. *New English Journal of Medicine*, 322, 882-889.

Martin, S., Housley, K., McCoy, H. & Greenhouse, P. (1988). Self-esteem of adolescent girls as related to weight. *Perception of Motor Skills*, 67, 879-884.

McLeod, J. (2000). Foreword. In M. Payne (Ed.), *Narrative therapy: and introduction for counsellors*. London: Sage.

McKinley, N.M. & Hyde, J.S. (1996). The objectified body consciousness scale: development and validation. *Psychology of Women Quarterly*, 20, 181-215.

- Melnyk, M.G. & Weinstein, E. (1994). Preventing obesity in black women by targeting adolescents: a literature review. *Journal of the American Dietetic Association*, 94, 536-554.
- Mendelson, B., & White, R. (1982). Relation between body-esteem of obese and normal children. *Perception of Motor Skills*, 61, 899-905.
- Mendelson, B., & White, R. (1985). Development of self-body-esteem in overweight youngsters. *Developmental Psychology*, 21, 90-96.
- Miles, M.B. & Huberman, A.M. (1994). *Qualitative data analyses*. Thousand Oaks: Sage
- Mills, A. (1985). Art therapy on a residential treatment team for troubled children. *Journal of Child Care*, 2, 61-71.
- Mills, S.D. & Sprenkle, D.H. (1995). Family therapy in the post-modern era. *Family Relations*, 44, 368-376.
- Mintz, L.B. & Betz, N.E. (1988). Prevalence and correlates of eating disordered behaviours among undergraduate women. *Journal of Counseling Psychology*, 35, 463-471.
- Molinari, E. & Riva, G. (1995). Self-Others perception in a clinical sample of obese women. *Perception and motor skills*, 80, 1283-1289.
- Mruk, C. (1995). *Self-esteem: research, theory and practice*. New York: Springer.
- Must, A., Jacques, P.F., Dallal, G.E., Bajema, C.J. & Dietz, W.H. (1992). Long term morbidity and mortality of overweight adolescents: a follow-up of the Harvard Growth Study of 1922 to 1935. *New English Journal of Medicine*, 327, 1350-1335.
- Muth, J.L. & Cash, T.F. (1997). Body-image attitudes: what difference does gender make? *Journal of Applied Social Psychology*, 27, 1438-1452.
- Myers, A. & Rosen, J.C. (1999). Obesity stigmatization and coping: relation to mental health symptoms, body image, and self-esteem. *International Journal of Obesity and Related Metabolic Disorders*, 23(3), 221-230.

- Natsoulas, T. (1998). Consciousness and self-awareness. In M. Ferrari M.P. & Sternberg, R.J. (Eds.). *Self-awareness: its nature and development* (pp. 12-33). New York: Guilford.
- Nauta, H., Hospers, H. & Jansen, A. (2001). One-year follow-up effects of two obesity treatments on psychological well-being and weight. *British Journal of Health Psychology*, 6, 271-284.
- Neimeyer, R. (1993). An appraisal of constructivist psychotherapies. *Journal of Consulting and Clinical Psychology*, 67, 221-234.
- Neisser, U. (1988). Five kinds of self-knowledge. *Philosophical psychology*, 1, 35-59.
- Neuman, W.L. (2000). *Social research methods: Qualitative and quantitative approaches (4th edition)*. London: Allyn and Bacon.
- Niedenthal, P.M. & Kitayama, S. (Eds.). (1994). *The heart's eye: emotional influences in perception and attention*. New York: Academic Press.
- Nietzsche, F. (1956/1887). *The Genealogy of Morals*. F. Golfing (Trans.). New York: Doubleday.
- Nir, Z. & Neuman, L. (1995). Relationship among self-esteem, internal-external locus of control, and weight change after participation in a weight reduction program. *Journal of Clinical Psychology*, 51(4), 482-490.
- Ogawa, Y., Masuzaki, H., Isse, N et al. (1995). Molecular cloning of rat obese DNA and augmented gene expression in genetically obese Zucker Fatty (fa/fa) rats. *Journal of Clinical Investigation*, 96, 1647-1652.
- O'Hanlon, B. (1994). The third wave. *Networker*, 19-29.
- O'Hara, M. & Anderson, W.T. (1991). Welcome to the post-modern world. *The Family Therapy Networker*, 15(4), 18-25.
- Olson, C.L., Schumaker, H.D. & Yawn, B.P. (1994). Overweight women delay medical care. *Archives of Family Medicine*, 3, 888-892.

- Omer, H. & Alon, N. (1997). *Constructing therapeutic narratives*. Northvale-NJ: Jason Aronson.
- Packer, J. (1990). *Barriers to Health care utilization: the effect of the medical stigma of "obesity" on women*. Dissertation Abstracts International. (University Microfilms, Ann Arbor, Michigan. Publication # 9108157).
- Parker, (1994). Qualitative research. In P. Banister (ed.), *Qualitative methods in psychology: a research guide (pp. 1-16)*. Buckingham: Open University.
- Parnes, S.J. (1972). Programming creative behaviour. In C.W. Taylor (ed.), *Climate for creativity*. New York: Pergamon.
- Parrott, W.G. & Sabini, J. (1990). Mood and memory under natural conditions: evidence for mood incongruent recall. *Journal of Personality and Social Psychology*, 59, 321-336.
- Parry, A. & Doan, R.E. (1994). *Story re-visions: Narrative therapy in the postmodern world*. New York: Guilford.
- Pauly, L.L. (1988). Customer weight as a variable in salespersons' response time. *Journal of Social Psychology*, 129, 713-714.
- Petty, R.E., Schumann, D., Richman, S.A. & Strathman, A.J. (1993). Positive mood and persuasion: different roles for affect under low and high elaboration conditions. *Journal of Personality and Social Psychology*, 64, 5-20.
- Phillips, N. (2001). *I'm doing what I'd rather be doing: the big difference, life works when you choose it*. London: Pearson Education.
- Plummer, K. (1995). "Coming out, breaking the silence and recovering: Introducing some modernist tales", Chapter 4 in *Telling sexual stories: power, change and social worlds*. London: Routledge.
- Polivy, J. & Herman, C.P. (1992). Undieting: a program to help people stop dieting. *International Journal of Eating Disorders*, 11, 261-268.

- Polkinghorne, D.E. (1988). *Narrative knowing and the human sciences*. New York: State University of New York.
- Popkin, B. (1998). The obesity epidemics a world wide phenomenon: trends in transitional societies. *Nutrition Reviews*, 56, 106-114.
- Potash, C. (2002). Difference in body image perceptions amongst adolescent males and females. *UNISA Psychologia*, 28, 41-47.
- Punch, K. (1998). *Introduction to social research: quantitative and qualitative approaches*. London: Sage.
- Rand, C.S.W. & Macgregor, A.M.C. (1990). Morbidly obese patients' perceptions of social discrimination before and after surgery for obesity. *South Medical Journal*, 83, 1390-1395.
- Reinharz, S. (1992). *Feminist methods in social research*. New York: Oxford University.
- Reisman, C.K. (1993). *Narrative analysis* (Qualitative Research Methods Series, Vol.30), Newbury Park, CA: Sage.
- Richardson, S.A. (1971). Handicap, appearance and stigma. *Social Science of Medicine*, 5, 621-628.
- Risch, N. (1990). Linkage strategies for genetically complex traits. I. Multilocus models. *American Journal of Human Genetics*, 46, 222-228.
- Rodin, J., Schank, D. & Striegel-Moore, R. (1989). Psychological features of obesity. *Obesity*, 73(1), 47-66.
- Rodin, J., Silberstein, L. & Striegel-Moore, R. (1984). Women and weight: a normative discontent. *Nebraska Symposium on Motivation*, 32, 267-307.
- Rodin, J., Silberstein, L. & Striegel-Moore, R. (1988). Women and weight: a normative discontent. In TB Soneregger (Ed.). *Psychology and gender: Nebraska symposium on motivation*. Lincoln: University of Nebraska. (pp. 257-307).

- Rose, H.E. & Mayer, J. (1968). Activity, caloric intake, fat storage and the energy balance of infants. *Pediatrics*, 41, 18-29.
- Rosenbaum, M., Nicolson, M., Hirsch, J. et al. (1996). Effects of gender, body composition, and menopause on plasma concentration of leptin. *Journal of Clinical End Metabolism*, 81, 3424-3427.
- Rosenblum, G. & Lewis, M. (1999). The relations among body image, physical attractiveness, and body mass in adolescence. *Journal of Child Development*, 70(1), 50-64.
- Rotenberg, M. (1987). *Re-biographing and deviance: Psychotherapeutic narrativism and the midrash*. New York: Prager.
- Roth, S. & Epston, D. (1996). Developing Externalizing conversations: an exercise. *Journal of Systemic Therapies*, 15(1), 5-12.
- Rothblum, E.D. (1999). Contradictions and confounds in coverage of obesity: Psychology Journals, Textbooks and the Media. *Journal of Social Sciences*, 55(2), 355-369.
- Rothblum, E.D., Miller, C.T. & Carbutt, B. (1988). Stereotypes of obese female applicants. *International Journal of Eating Disorders*, 7, 277-283.
- Rotter, J.B. (1975). Some problems and misconceptions related to the construct of internal and external control of reinforcement. *Journal of Consulting and Clinical Psychology*, 48, 56-67.
- Sampson, E.E. (1989). "The deconstruction of the self". In J. Shotter and K.J. Gergen (eds), *Texts of Identity*. London: Sage.
- Sargent, J.D. & Blanchflower, D.G. (1994). Obesity and stature in adolescents and learning in young adulthood. Analysis of a British birth cohort. *Arch Ped Adolesc Med*, 148, 681-687.
- Sarlio-Lahteenkorva, S., Stunkard, A.J. & Rissanen, A. (1995). Psychosocial factors and quality of life in obesity. *International Journal of Obesity*, 19(6), 1-5
- Sarup, M. (1989). *An introductory guide to post-structuralism and post-modernism*. Athens, GA: University of Georgia.

- Sarwer, D.B., Wadden, T.A. & Foster, G.D. (1998). Assessment of body image dissatisfaction in obese women: specificity, severity and clinical significance. *Journal of Consulting and Clinical Psychology, 66*(4), 651-654.
- Schoeller, D.A. (1995). Limitations in the assessment of dietary energy intake by self-report. *Metabolism, 44*, 18-22.
- Schoeman, S.J. (1993). *Obesity: health benefits of a diet and a combined diet-exercise programme*. MA-thesis. Pretoria: University of Pretoria.
- Schon, D.A. (1983). *The Reflexive practitioner: how professionals think in action*. New York: Basic Books.
- Seidell, J.C. (1997). Time trends in obesity: an epidemiological perspective. *Horm Metab Res, 29*, 155-158.
- Seidell, J. & Flegal, K. (1997). Assessing obesity: classification and epidemiology. *British Medical Bulletin, 53*, 238-252.
- Senekal, M., Steyn, N.P., Mashego, T-A.B. & Nel, J.H. (2001). Evaluation of body shape, eating disorders and weight management related parameters in black female students of rural and urban origins. *South African Journal of Psychology, 31*(1), 45-53.
- Shrauger, J.S. (1975). Responses to evaluation as a function of initial self-perceptions. *Psychological Bulletin, 82*, 581-596.
- Silverman, D. (1993). *Interpreting qualitative data: methods for analyzing talk, text and interaction*. London: Sage.
- Smelser, N.J. (1989). Self-esteem and social problems: an introduction. In A.M. Mecca, N.J. Smelser & J. Vasconcellos (Eds.), *The social importance of self-esteem*. Berkeley: University of California.
- Smith, S.M. & Shaffer, D.R. (1991). Good moods and the inhibition of systematic processing: willing but not able, or able but not willing? *Motivation and Emotion, 15*, 243-279.

- Smith, S.M. & Petty, R.E. (1995). Personality moderators of mood congruency effects on cognition: the role of self-esteem and negative mood regulation. *Journal of Personality and Social Psychology*, 68(6), 1092-1107.
- Smuts, H.E. (1992). An interactional approach to creativity. *South African Journal of Psychology*, 22 (2), 44-51.
- Solomon, S., Greenberg, J. & Pyszczynski, T. (1991). A terror management theory of social behaviour: the psychological function of self-esteem and cultural worldviews. In M.P. Zanna (Ed.), *Advances in Experimental Social Psychology*, 24, 93-159. San Diego, CA: Academic Press.
- Steinberg, C.L. & Birk, J.M. (1983). Weight and compliance: male-female differences. *Journal of Gender Psychology*, 109, 95-102.
- Strauss, A.L. & Corbin, J.M. (1998). *Basics of qualitative research: techniques and procedures for developing grounded theory*. London: Sage.
- Strauss, L. (2001). *“Dragons make the best friends”: a social constructionist exploration of schizophrenia*. University of Pretoria: Unpublished Masters thesis.
- Stunkard, A.J. (1993). Introduction and overview. In A.J. Stunkard & T.A. Wadden (Eds), *Obesity: theory and therapy* (2nd ed.), (pp. 1-10). New York: Raven.
- Stunkard, A.J. & Mendelson, M. (1961). Disturbances in body image of some obese persons. *American Journal of the Dieting Association*, 38, 328-331.
- Stunkard, A.J. & Wadden, T.A. (1993). Psychosocial consequences of obesity and dieting. Research and clinical findings. In AJ Stunkard and TA Wadden (Eds.). *Obesity: theory and therapy*. New York: Raven.
- Swann, W.B., Jr., Pelham, B.W. & Krull, D.S. (1989). Agreeable fancy or disagreeable truth? Reconciling self-enhancement and self-verification. *Journal of Personality and Social Psychology*, 57, 782-791.

Swartz, D.J., Phares, V., Tantleff-Dunn, S. & Thompson, J.K. (1999). Body image, psychological functioning, and parental feedback regarding physical appearance. *International Journal of Eating Disorders*, 25(3), 339-343.

Telch, C.F. & Agras, W.S. (1993). The effects of a very low calorie diet on binge eating. *Behavior Therapy*, 24, 177-193.

Thomas, V.G. (1989). Body-image satisfaction among black women. *Journal of Social Psychology*, 129, 107-112.

Tindall, C. (1994). Issues of evaluation. In P. Banister (ed.), *Qualitative methods in psychology* (pp. 142-159). London: Sage.

Tomm, K. (1987). Interventive interviewing: Part II, Reflexive questioning as a means to enable self healing. *Family Process*, 26, 167-184.

Torrance, E.P. (1967). *Understanding the fourth grade slump in creativity*. Athens, GA: Georgia studies of creative behaviour.

Van Itallie, T.B. (1985). Health implications of overweight and obesity in the United States. *Annals of Internal Medicine*, 103(6 pt 2), 983-988.

Van-Langenhove, L. & Harre, R. (1993). Positioning an autobiography: telling your life. In N. Coupland & J.F. Nussbaum (Eds.). *Discourse and lifespan identity: Vol.1. Language and language behaviours* (pp. 81-99). Newbury Park, CA: Sage.

Van Rooyen, H. (1995). *Irreverence: a psychotherapeutic stance*. Unpublished Master dissertation in clinical psychology. Pretoria: University of South Africa.

Visscher, T.L. & Seidell, J.C. (2001). The public health impact of obesity. *Annual Review of Public Health*, 22, 355-375.

Wadden, T.A. & Foster, G.D. (1992). Behavioral assessment and treatment of markedly obese patients. In TA Wadden and TB VanItallie (Eds.). *Treatment of the seriously obese patient*. New York: Guilford. (pp. 290-330).

Wadden, T.A. & Stunkard, A.J. (1985). Social and psychological consequences of obesity. *Annual International Medicine*, 103, 1062-1067.

Wadden T.A. & Stunkard, A.J. (1993). Psychosocial consequences of obesity and dieting: research and clinical findings. In AJ Stunkard & TA Wadden (Eds.). *Obesity: theory and therapy* (2nd ed). New York: Raven.

Wadison, H. (1973). Art techniques used in conjoint marital therapy. *American Journal of Art Therapy*, 12, 147-164.

Wardle, J. (1996). Obesity and behaviour change: matching problems to practice. *International Journal of Obesity*, 20(1), 1-8.

Watzlawick, P. (1990). *Munchhausen's pigtail or psychotherapy and "reality"*. New York: W.W. Norton & company.

Weingarten, K. (2000). Witnessing, wonder and hope. *Family Process*, 39(4), 389-402.

Weiss, J.M. (1984). *Behavioural and psychological influences on gastrointestinal pathology: Experimental techniques and findings*. In W.D. Gentry (Ed.), *Handbook of behavioural medicine* (pp 174-221). New York: Guilford.

Weller, J.S. (1993). Planting your feet firmly in emptiness: expressive arts therapy and meditation. *Journal of the Expressive Arts Therapies Exchange*, 3, 104-105.

White, L.A. (2002). Eating disorders. *Careers Unlimited for Graduates*, 2, 66.

White, M. (1993). Deconstruction and therapy. In S. Gilligan & R. Price (Eds.), *Therapeutic conversations* (pp.23-51). New York: Norton

White, M. (1995). *Re-authoring lives: interviews and essays*. Adelaide: Dulwich Centre.

White, M. (1997). *Narratives of therapists' lives*. Adelaide: Dulwich Centre.

- White, M. <http://www.massey.ac.nz/~Alock/virtual/narrativ.htm> - downloaded from website in February 2002.
- White, M. & Epston, D. (1989). *Literate means to therapeutic ends*. Adelaide: Dulwich Centre.
- White, M. & Epston, D. (1990). *Narrative means to therapeutic ends*. New York: W.W. Norton.
- Wiggins, S., Potter, J. & Wildsmith, A. (2001). Eating your words: discursive psychology and the reconstruction of eating practices. *Journal of Health Psychology*, 6(1), 5-15.
- Wigren, J. (1994). Narrative completion in the treatment of trauma. *Psychotherapy*, 31(3), 415-423.
- Wilkinson, P.W., Parken, J.M., Pearlson, G., Strong, H. & Sykes, P. (1977). Energy intake and physical activity in obese children. *British Medical Journal*, 284, 756.
- Willet, W. (1998). Is dietary fat a major deterrent of body fat? *American Journal of Clinical Nutrition*, 67 (Suppl), 556S-562S.
- Williams, P. (1997). Relationship of distance run per week to coronary heartdisease risk factors in 8283 male runners. *Arch International Medicine*, 157, 191-198.
- Winslade, J. & Monk, G. (1999). *Narrative counselling in schools: powerful and brief*. Thousand Oaks, CA: Corwin.
- Wise, S.K. (1981). Dance therapy: use of imagery for food awareness. *Obesity and metabolism*, 1(2), 96-104.
- Woods, W.P. & Heretick, D.M.L. (1983-1984). Self-schemata in anorexia and obesity. *Imagination, Cognition and Personality*, 3(1), 31-48.
- Wright, R. (1994). *The moral animal*. New York: Pantheon Books.
- Zdrowski, D. (1996). Eating out: The experience of eating in public for the “overweight” woman. *Women’s Studies International Forum*, 19(6), 655-664.

Zhang, Y., Proenca, R., Maffel, M., Barone, M., Leopold, L. & Friedman, J.M. (1994). Positional cloning of the mouse obese gene and its human homologue. *Science*, 372, 425-432.

Zimmerman, J.L. & Dickerson, V.C. (1994). Using a narrative metaphor: implications for theory and clinical practice. *Family Process*, 33, 233-245.

Zimmerman, T.S. & Shepherd, S.D. (1993). Externalising the problem of bulimia: conversation, drawing, and letter writing in group therapy. *Journal of Systemic Therapies*, 12, 22-31.