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Research Article

Body posture effects on self-evaluation: A self-validation approach

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- Abstract
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Abstract

Building on the notion of embodied attitudes, we examined how body postures can influence self-evaluations by affecting thought confidence, a meta-cognitive process. Specifically, participants were asked to think about and write down their best or worse qualities while they were sitting down with their back erect and pushing their chest out (confident posture) or slouched forward with their back curved (doubtful posture). Then, participants completed a number of measures and reported their self-evaluations. In line with the *self-validation* hypothesis, we predicted and found that the effect of the direction of thoughts (positive/negative) on self-related attitudes was significantly greater when participants wrote their thoughts in the confident than in the doubtful posture. These postures did not influence the number or quality of thoughts listed, but did have an impact on the confidence with which people held their thoughts. Copyright © 2009 John Wiley & Sons, Ltd.

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