

treating body image concerns. However, little is known of the effects of group based treatment programs for women, least of all men. This paper discusses the outcome of several six week intervention programs run over the last three years to assist adults with body image concerns and eating disorders. Separate programs were run for men ( $N=15$ ) and women ( $N=35$ ). The programs were run by intern psychologists under the training and supervision of a psychologist specialising in body image and eating concerns. Male interns ran the men's group and women ran the women's group. The program followed a cognitive behavioural treatment approach partly including education about body image beliefs, challenging beliefs about the body and behavioural challenges were set as homework. Pre and post intervention questionnaires were administered to group members as well as a control group. The program showed improvements in body image perceptions to become more positive, higher satisfaction with the self and life in general. Participants reported the cognitive components to be the most effective and membership of a group as motivating them towards a positive body image. Results highlighted the need for societal change in terms of the way the body is evaluated as well as the specific components important for change to occur in an individual in terms of their body image and well being.

*Keywords: cognitive behavioural therapy, body image, group intervention, eating disorders, well-being*

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## **The impact of ageing on capacity for and decisions about driving**

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This symposium will focus on developing a better understanding of the impact of ageing on drivers' ability to detect and respond to hazards and obstacles. While these abilities are important in decisions about whether to continue driving, a range of other factors will also impinge on these decisions. The key learning outcomes are: 1. to increase the awareness of researchers of the critical abilities that influence drivers' ability to detect and respond to hazards; 2. to encourage health practitioners to reflect on the range of factors that influence decisions about whether to continue driving; 3. to assist drivers to better understand the impact of ageing on their abilities; 4. to encourage designers and engineers to develop technologies that counter the negative effects of ageing; and 5. to provide road safety policy makers with a better scientific base with which to consider new legislation.

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## **Hazard perception and cognitive ageing in older drivers**

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One driving-related skill that has been found to relate to crash risk is hazard perception, which has been defined as the ability to anticipate potentially dangerous situations on the road ahead. There has been relatively little research in exploring this phenomenon amongst older drivers. What research there is suggests that hazard perception appears to slow after age 55 though this finding is based on a sample in which age was contaminated by pathology and participants were not matched across age groups. Our aim was to determine how hazard perception declined in a sample of healthy drivers who were matched across age and to investigate what cognitive, visual, or motor