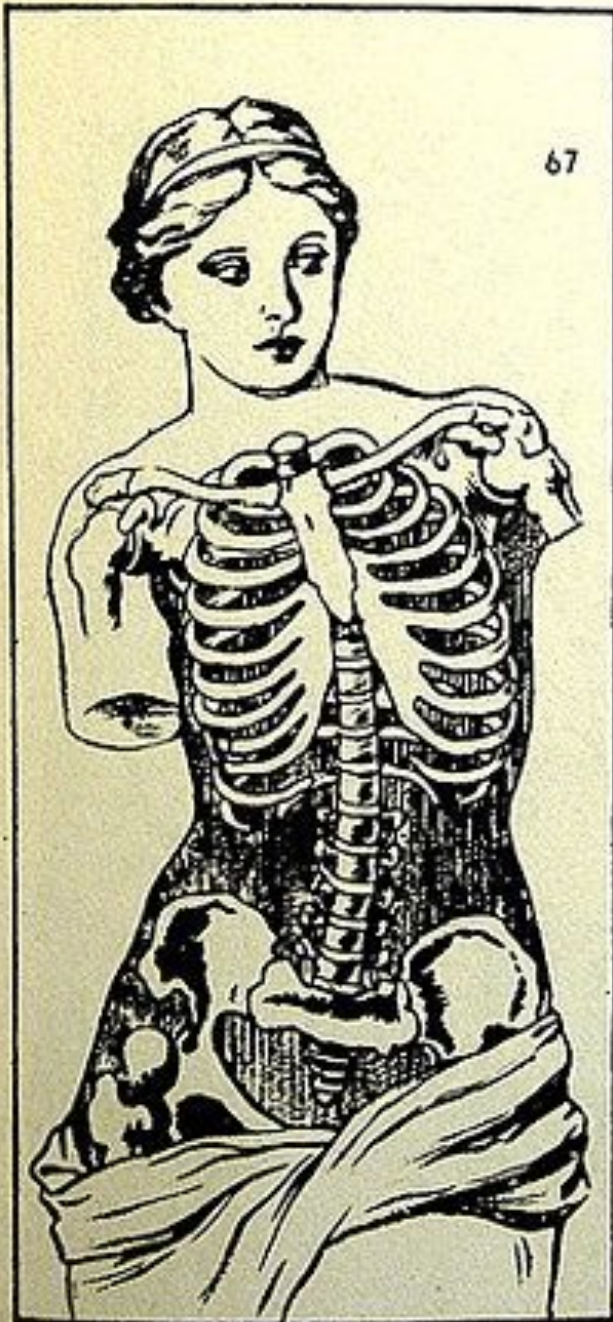


LIVING IN KILLER CORSETS:  
THE BODY'S RESPONSE TO VICTORIAN ERA  
CORSETS

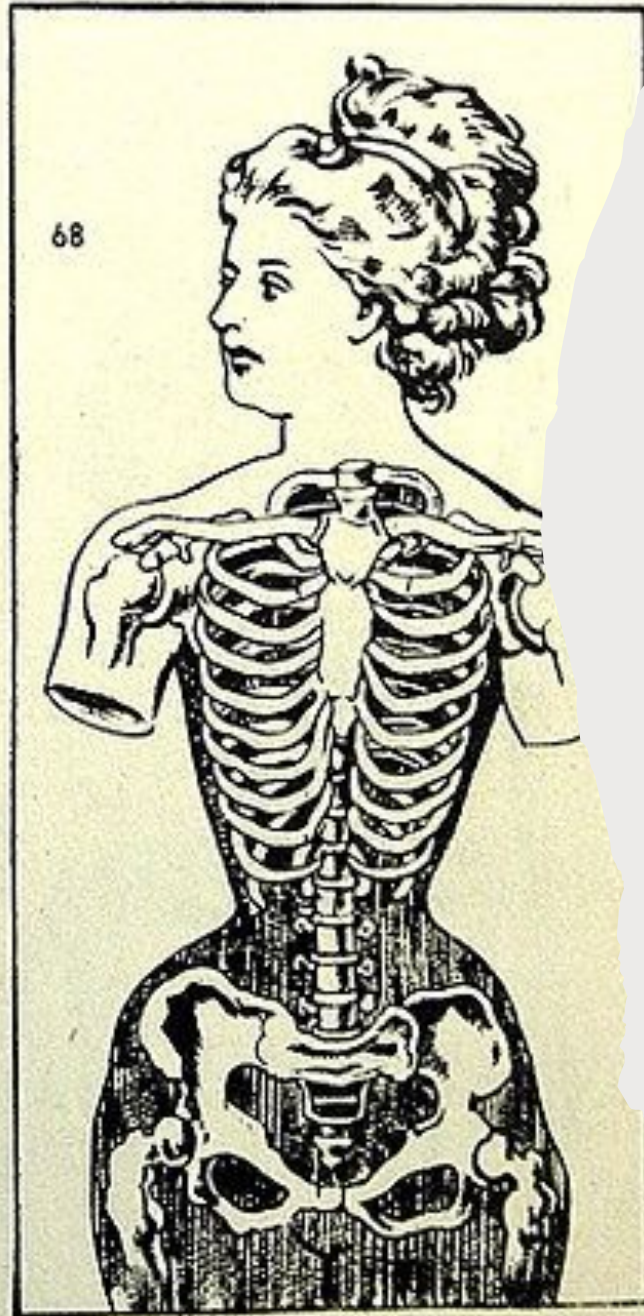
Presenter: Rachel Elaine Walker

Mentor: Maria Angela Diaz

The Ideal Female Body



Deformed by Tight Corsetting



## CONTEXT

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What do you think of when you hear the word “corset”?

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What are the common themes and misconceptions about them?

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Where do those ideas come from?

# RESEARCH DESIGN

## *HYPOTHESIS: HOW DO VICTORIAN CORSETS AFFECT MY BODY?*

- Make a Victorian-Era Corset
- Wear it
- Monitor vital signs with a smart watch
- Compare data using a multiple baseline approach

## *THESIS STATEMENT*

- Knowing how and why corsets support or restrict the body speaks not only to the history of a specific garment but also to the history of gendered rhetoric around women and their bodies that has not gone away.



# MAKING “THE PRETTY HOUSEMAID”

Fitting/mockup process

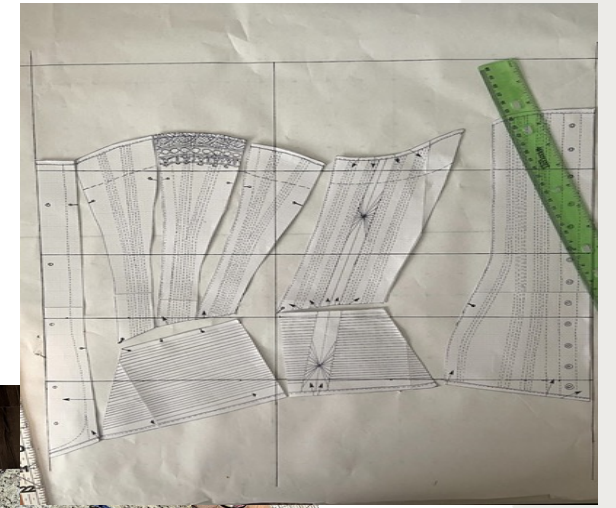
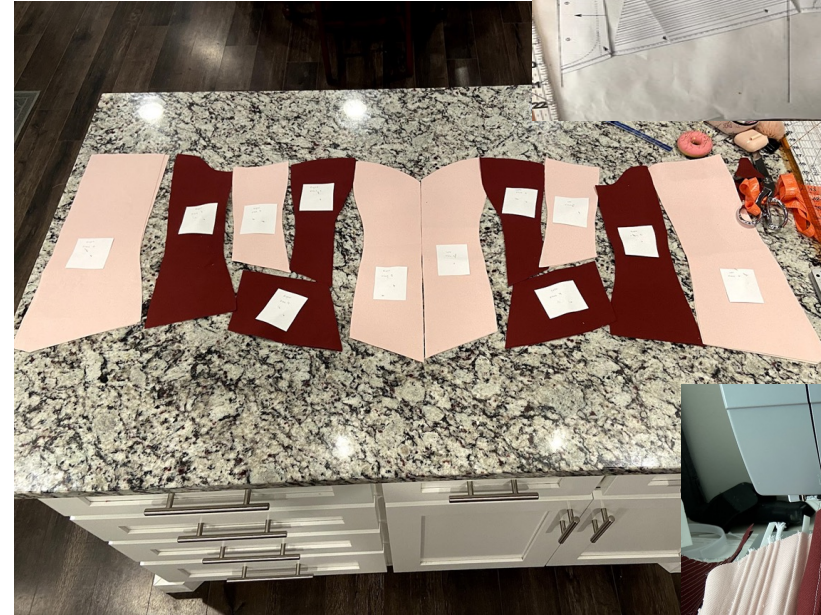
Waist training: February 1-7

July–Nov. 2021

Nov. 2021 – 31 Jan. 2022

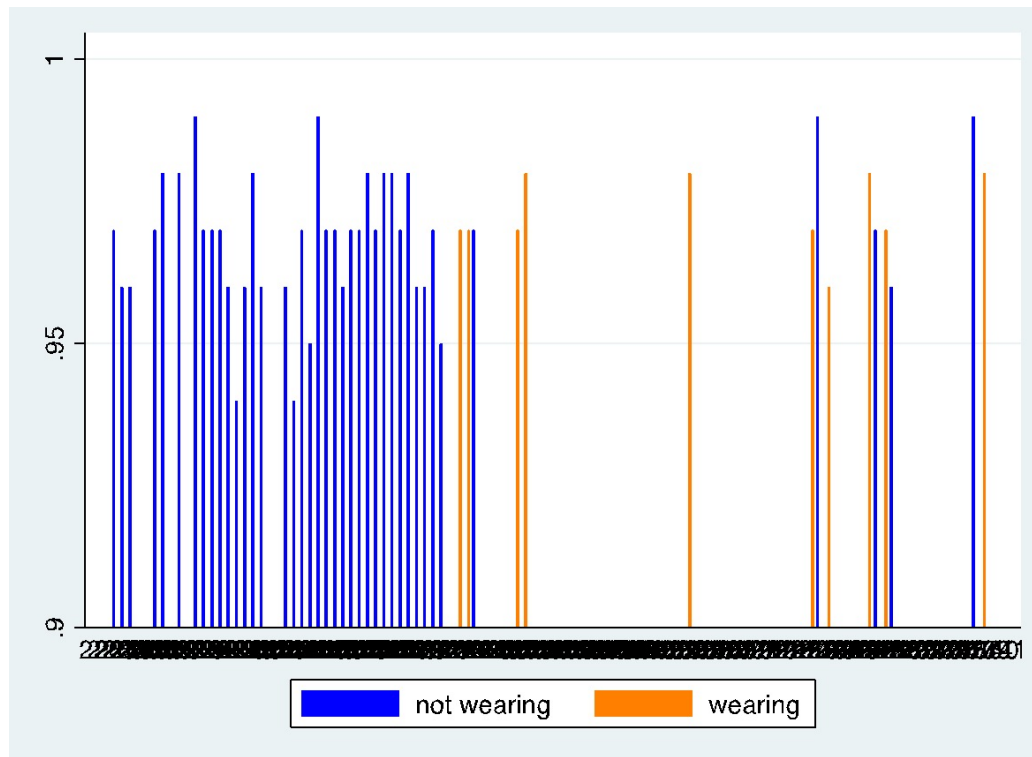
2022

Sewing final corset





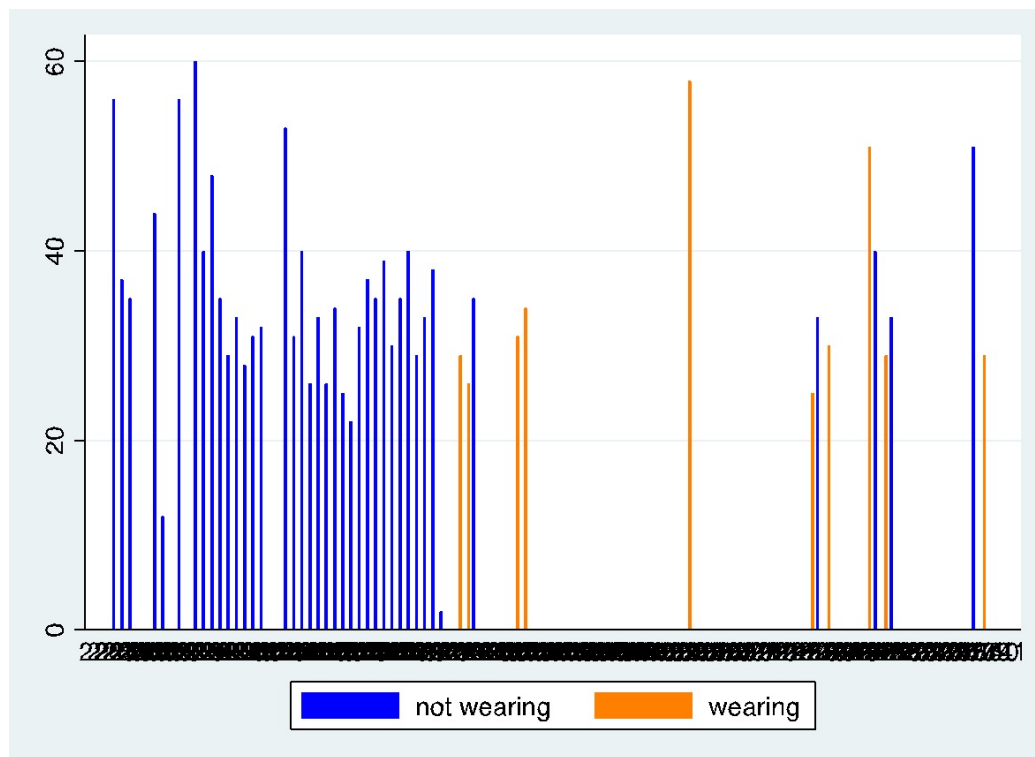




|             | <i>N</i> | <i>M</i> | <i>SD</i> |
|-------------|----------|----------|-----------|
| not wearing | 40       | 0.97     | 0.12      |
| wearing     | 10       | 0.97     | 0.01      |
| total       | 50       | 0.97     | 0.01      |

## RESULTS

*Pulse Oxygen (SpO2) level*



|                    | <i>N</i> | <i>M</i> | <i>SD</i> |
|--------------------|----------|----------|-----------|
| <b>not wearing</b> | 40       | 35.20    | 11.02     |
| <b>wearing</b>     | 10       | 34.20    | 11.10     |
| <b>total</b>       | 50       | 35.00    | 10.93     |

## RESULTS

### *Stress Levels*



# CONCLUSION

- Small sample size
- Only 2 of 7 variables analyzed suggested the wearing and not wearing samples were statistically different from one another
- More research needed
- Knowing how and why corsets support or restrict the body speaks not only to the history of a specific garment but also to the history of gendered rhetoric around women and their bodies that has not gone away.





# CONTACT INFO:

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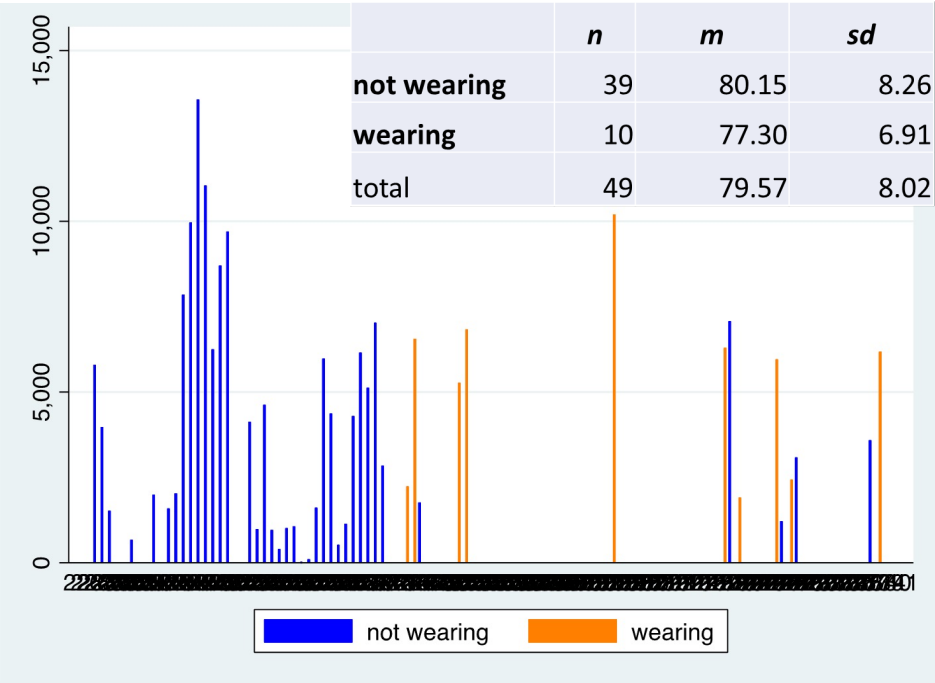
Project Blog:

[www.livinginkillercorsets.blogspot.com](http://www.livinginkillercorsets.blogspot.com)

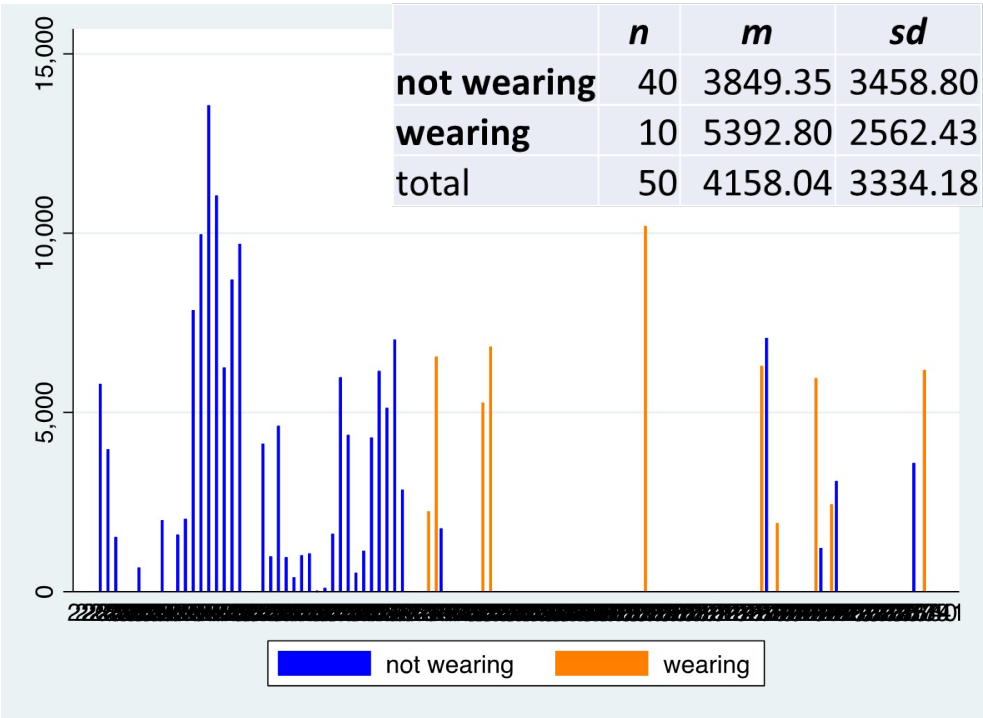
- In-depth posts on making and wearing the corset
- More about corset history
- Primary source findings

# RESULTS

## RESTING HEART RATE

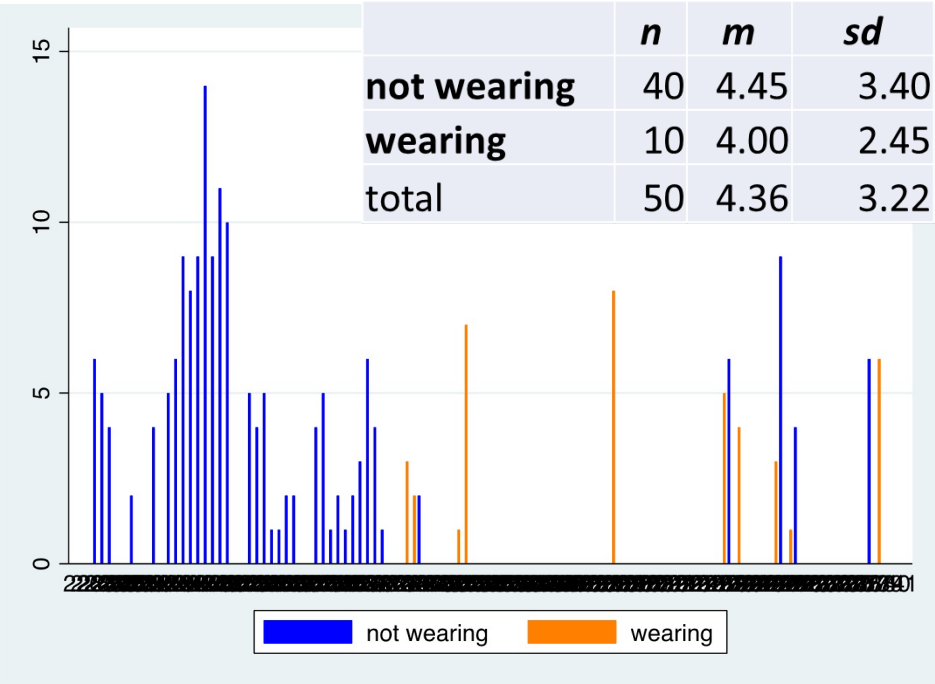


## STEPS TAKEN



# INTENSITY MINUTES

## FLOORS CLIMBED



## INTENSITY MINUTES

