



February 2015

## MONTH TOPIC

### Increased time on Facebook could lead women to negative body images

#### Purpose

The relation between time spent on facebook and women s body image.

#### Methods

Researchers from United Kingdom and United States surveyed 881 college women about their Facebook use, eating and exercise habits, and body image.

#### Results

Researchers were capable to find out that more time spent on Facebook could lead to negative feelings and more comparisons to the bodies of friends.

They also added that they were able to calculate how often women felt negatively about their own bodies after looking at someone else's photos or posts, and how frequently women compared their own bodies to those of their friends.

#### Conclusion

\* Public health professionals who work in the area of eating disorders and their prevention now have clear evidence of how social media relates to college women's body image and eating disorders.

\*While time spent on Facebook had no relation to eating disorders, it did predict worse body image among participants.

Falling In Love with Food: Connection and Disconnection in Food, Diet and Fashion Advertising ,February 24, 2015 ,Embry Riddle Aeronautical University, Willie Miller Auditorium ,Daytona Beach.

Smash the Scales in support of National Eating Disorders Awareness Week ,February 25, 2015 ,NC State University Brickyard ,Raleigh .

Conferences



## Readings

Obesity eating disorders and the media-Karin Eli , Stanley Ulijaszeck –2014.

Media and youth :A Developmental Perspective-Steven J Kirsh –2010.

Body Dissatisfaction, Eating Disorders and a Media Literacy Intervention Among Tanzanian Females-Moira Hennessey –2008.

Eating Disorders - Suzanne Abraham– 2008 .

**20 minutes of Facebook use contributed to maintenance of higher weight and shape concerns and anxiety**

**Recent study showed women who placed greater importance on receiving comments and "likes" on their status updates and were more likely to untag photos of themselves and compare their own photos to friends' posted photos reported the highest levels of disordered eating.**



## Month Topic continued

\*Poor body image can gradually lead to developing an unhealthy relationship with food.

\* The attention to physical attributes may be even more dangerous on social media than on traditional media because participants in social media are people we know. These comparisons are much more relevant and hit closer to home. Yet they may be just as unrealistic as the images we see on traditional media.

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<http://www.sciencedaily.com/releases/2014/04/140410083503.htm>


**International Communication Association. "Increased time on Facebook could lead women to negative body images." ScienceDaily. ScienceDaily, 10 April 2014.**

## Research

Stephanie A. Valutis, Anthony J. Goreczny, Leena Abdullah, Emily Magee, Joseph A. Wister. (2009). Weight Preoccupation, Body Image Dissatisfaction, and Self-Efficacy in Female Undergraduates. Retrieved September 28, 2014, from <http://www.scientificjournals.org/journals2009/articles/1421.pdf>

Natalie Colabianchi, Carolyn E. Levers-Landis, Elaine A. Borawski. (2006). Weight Preoccupation as a Function of Observed Physical Attractiveness: Ethnic Differences Among Normal-Weight Adolescent Females. Retrieved September 28, 2014, from <http://jpepsy.oxfordjournals.org/content/31/8/803.full.pdf>.



 **NO BODY IS PERFECT!**  
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**NO**  **BODY IS PERFECT!**

