

Molloy University

DigitalCommons@Molloy

Molloy Multidisciplinary Undergraduate Research Conference

Apr 26th, 10:45 AM - 11:30 AM

The Media's Influence on Disordered Eating and Body Dysmorphia in Males and Females

Alexis Kotanidis

Student presenter, akotanidis1031@gmail.com

Jamie Vitrano

Faculty mentor, jvitrano@molloy.edu

Follow this and additional works at: <https://digitalcommons.molloy.edu/murc>



Part of the [Health Psychology Commons](#), [Mental Disorders Commons](#), [Other Psychology Commons](#), [Psychiatric and Mental Health Commons](#), and the [Social Psychology Commons](#)



This work is licensed under a [Creative Commons Attribution-NonCommercial-No Derivative Works 4.0 International License](#).

[DigitalCommons@Molloy Feedback](#)

Kotanidis, Alexis and Vitrano, Jamie, "The Media's Influence on Disordered Eating and Body Dysmorphia in Males and Females" (2024). *Molloy Multidisciplinary Undergraduate Research Conference*. 19.
<https://digitalcommons.molloy.edu/murc/2024/All/19>

This Poster is brought to you for free and open access by DigitalCommons@Molloy. It has been accepted for inclusion in Molloy Multidisciplinary Undergraduate Research Conference by an authorized administrator of DigitalCommons@Molloy. For permissions, please contact the author(s) at the email addresses listed above. If there are no email addresses listed or for more information, please contact tochter@molloy.edu.

The Media's Influence on Disordered Eating and Body Dysmorphia in Males and Females

Alexis Kotanidis, School of Arts and Sciences, *Molloy University*

Faculty Advisor: Dr. Jamie Vitrano, Department of Psychology, *Molloy University*

Research Question?



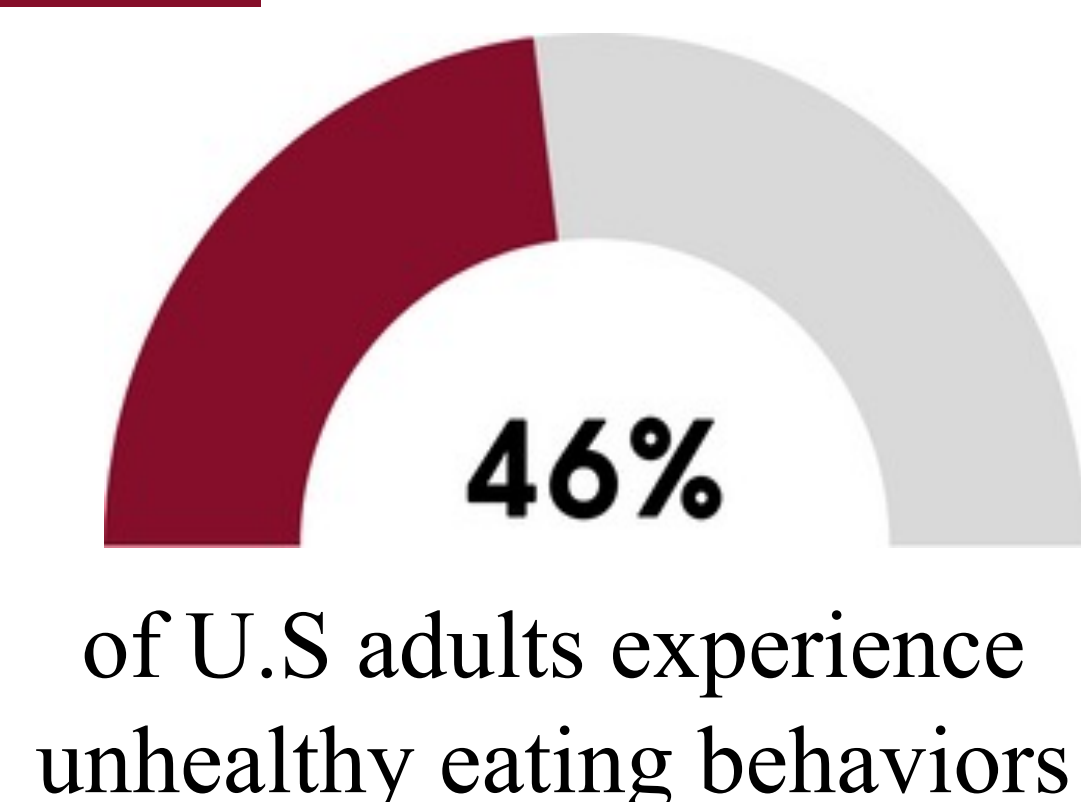
How do different types of media influence disordered eating behaviors and body dysmorphia in men and women?

Introduction

- Modern media, including print, television, and social media, reaches billions of people worldwide and significantly impacts their feelings about themselves and their bodies
- The media often promotes unrealistic beauty standards, leading individuals to issues like disordered eating and body dysmorphia
- To address these challenges, efforts should focus on promoting a more diverse and inclusive portrayal of beauty in the media to prevent and treat these issues effectively

Disordered Eating

- Frequent dieting
- Anxiety associated with specific foods
- Rigid rituals surrounding food and exercise
- Preoccupation with food, weight, and body image



Body Dysmorphia

- Excessive concern about flaws in appearance
- Avoiding social situations due to concerns with appearance
- Comparing oneself to others constantly
- Feeling anxious or depressed about appearance
- Low self-esteem related to appearance

Higher body dissatisfaction is associated with a poorer quality of life, psychological distress and the risk of unhealthy eating behaviors and eating disorders



Social Media

- **Facebook** usage has been linked to increased body dissatisfaction and negative mood, especially among women who compare themselves to others
- **Instagram** usage correlates positively with self-objectification, especially when exposed to "fitspiration" images, but not directly with body dissatisfaction
- **Snapchat**, mainly through its filters, influences body image concerns, with women reporting higher levels of issues compared to men
- **TikTok** trends may unintentionally promote unhealthy eating habits and body dissatisfaction, potentially increasing disordered eating behaviors

4.8 billion social media users worldwide representing 59.9% of the global population and 97% of all internet users

Advertisements

Men

- Skincare ads for men often promote flawless skin and muscular bodies as ideal beauty standards.
- Ads imply that using skincare products is essential for confidence and attractiveness.
- Common themes in men's skincare ads include combating aging, focusing on appearance over strength, and educating men about skincare.

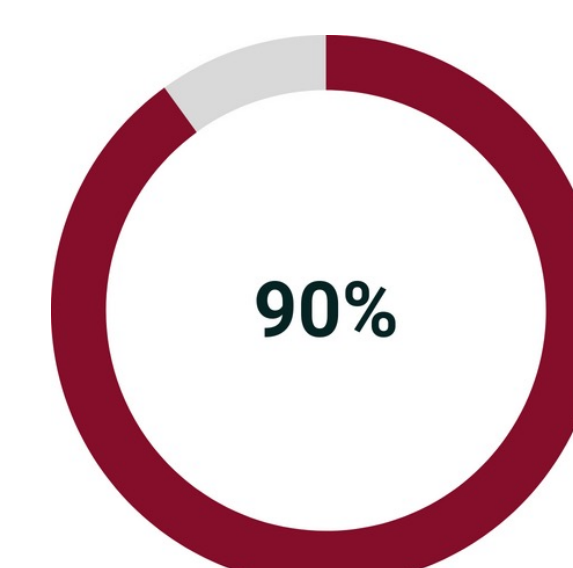


Women

- Research suggests that ads for beauty-enhancing products can negatively impact women's self-perception.
- Some women find positive effects from skincare and makeup, linking usage to self-esteem and body image satisfaction.



LGBTQ+



The Trevor Project's 2022 survey found around 90% of LGBTQ+ youth have been dissatisfied with their bodies or experienced disordered eating

Treatments

Body Dysmorphic Disorder (BDD)

- Serotonin Reuptake Inhibitors (SRIs)
- Cognitive-Behavioral Therapy (CBT)

Eating Disorders

- Cognitive-Behavioral Therapy (CBT)
- Nutritional Counseling
- Medication
- Support Groups/Group Therapy

Treatment Goals

- Improve physical and mental well-being
- Promote healthy eating habits
- Enhance body image and self-esteem
- Improve overall quality of life

Conclusion

Media Influence on Body Image

- Unrealistic standards in ads and entertainment
- Affects all ages, genders, backgrounds

Challenges for Different Groups

- Cultural, LGBTQ+, disabled individuals
- Family and peer influence

Promoting Positive Body Image

- Programs on body positivity and healthy habits
- Acceptance of diverse body types
- Encouraging self-acceptance