

Research Paper Body Image

This report reviews the evidence of media effects on self-esteem, body image and eating disorders, and aims to raise awareness of this important public health issue, with recommendations for action by government, media and education professionals, healthcare staff and others.

In this remarkable, first-of-its-kind book, twenty-five contributors—including musician Alanis Morissette, celebrity yoga instructor Seane Corn, and New York Times bestselling author Dr. Sara Gottfried—discuss how yoga and body image intersect. Through inspiring personal stories you’ll discover how yoga not only affects your physical health, but also how you feel about your body. Offering unique perspectives on yoga and how it has shaped their lives, the writers provide tips for using yoga to find self-empowerment and improved body image. This anthology unites a diverse collection of voices that address topics across the spectrum of human experience, from culture and media to gender and sexuality. Yoga and Body Image will help you learn to connect with and love your beautiful body. 2015 IPPY Award Bronze Medal Winner in Inspirational/Spiritual 2014 ForeWord IndieFab Bronze Winner for Body, Mind & Spirit

"This Handbook underscores the importance of gender in the lives of girls and women developmentally across significant phases of the life span. Considering the importance of cultural context, this book illustrates how gender socialization in female development and behavior affects self-evaluation, identity processes, and the social roles that girls and women adopt. Its chapters illustrate how externally induced risks such as poverty, discrimination, and violence present challenges to healthy development. Significantly, the chapters also draw attention to long overlooked and compelling strengths and capacities that provide a firm basis for growth and health."--BOOK JACKET.

Grounded in decades of influential research, this book thoroughly examines perfectionism: how it develops, its underlying mechanisms and psychological costs, and how to target it effectively in psychotherapy. The authors describe how perfectionistic tendencies--rooted in early relational and developmental experiences--make people vulnerable to a wide range of clinical problems. They present an integrative treatment approach and demonstrate ways to tailor interventions to the needs of individual clients. A group treatment model is also detailed. State-of-the-art assessment tools are discussed (and provided at the companion website). Throughout the book, vivid clinical illustrations make the core ideas and techniques concrete.

Girls at Puberty

Perceptions, Interpretations and Attitudes

A Dictionary of Arts, Sciences, Literature and General Information

A Handbook of Theory, Research, and Clinical Practice

Mothers, Daughters, and Body Image

Encyclopedia of Adolescence

This uniquely integrative handbook provides a comprehensive account of current theory, research, and clinical practice in the area of body image and body image disorders. The volume's 57 concise chapters have been contributed by internationally recognized experts from diverse mental health, medical, and allied health care disciplines. Authors review the nature and functions of body image; examine psychological, social-contextual, and physical influences on body image experiences; and present effective ways to assess, alleviate, and prevent body image-related suffering. Capturing the richness and complexity of the field in a readily accessible format, every chapter concludes with an informative annotated bibliography.

The publication of this volume at this time appears particularly auspicious. Biological, psychological, and social change is greater during the pubertal years than at any other period since infancy. While the past two decades have witnessed a virtual explosion of productive research on the first years of life, until recently research on adolescence, and particularly on puberty and early adolescence, has lagged substantially behind. This book provides encouraging evidence that things are changing for the better. Considered separately, the individual chapters in this book include important contributions to our growing knowledge of the biological mechanisms involved in pubertal onset and subsequent changes, as well as of the psychological and social aspects of these changes, both as consequences and determinants. In this regard, the book clearly benefits from the breadth of disciplines represented by the contributors, including developmental endocrinology, adolescent medicine, pediatrics, psychology, and sociology, among others.

Although it has become popular to blame the media for extolling unrealistic female body images, little academic work has addressed the issue. This book, drawing together literature from sociology, gender studies and psychology, offers a broad discussion of the topic in the context of socio-cultural change, gender politics, and self-identity.

The authors in this book ask us to consider whether the perception of beauty has been defined by our genetics and culture over the years - has it grown and changed? Do certain neural connections define our emotional reactions to beauty? Does beauty follow any rules or laws? Can the aspiration toward beauty be detrimental? Can we divorce ourselves from dictates and sink into a mindful connection with our internal beauty? Can we move from the superficial where "beauty is only skin deep" to an intense appreciation of beauty in all of its variations. The Perception of Beauty will lead to a deeper understanding and contemplation of nature, art, and the world around us.

An Eight-step Program for Learning to Like Your Looks

Becoming Women

The Encyclopaedia Britannica

Instruments for Clinical Health-care Research

Assessment and Treatment

25 Personal Stories About Beauty, Bravery & Loving Your Body

Western culture has increasingly valued physical appearance and in particular slenderness in the last 20 years. Unrealistic targets of thinness and excessive weight loss have led to eating disorders, the idea of obligatory exercise and other mental health problems. The concept of dissatisfaction with one's body image is driven home by images of ultra-thin models appearing in newspapers, magazines and television. This book brings together leading international research in this alarming and growing field.

Body image expert Dr Charlotte Markey helps girls aged 9-15 to understand, accept, and appreciate their bodies.

Body Image and the Media provides a balanced look at a hot-button topic. Explore the pros and cons of the idealized portrayal of people in different types of media, what effects this has on a boy's or girl's body image, the dangers of a negative body image, and what people do to change their bodies (including eating disorders and cosmetic surgery), as well as the influence of parents and peers on a person's body image. Full-color photos, a glossary, an index, sidebars, primary source documents, and other creative content enhance the book. It also includes prompts and activities that directly engage students in developing the reading, writing, and critical thinking skills required by the Common Core standards. This well-researched title has a credentialed content consultant and aligns with Common Core and state standards. Core Library is an imprint of ABDO Publishing Company.

2004 AJN BOOK OF THE YEAR AWARD WINNER! This Text Facilitates Researching Clinical Concepts And Will Enhance The Focus On Linking Clinical Variable Assessments With Routine Measurement Of Everyday Clinical Interventions. With This Book, Students Will Be Able To: Review Available Instruments That Measure Select Clinical Phenomena; Review Selected Studies Employing Each Tool; Identify An Instrument ' S Strengths And Weaknesses; And Develop Instruments For Cross-Cultural Research.

New Research

Perception of Beauty

Public Interest and Private Rights in Social Media

Understanding Body Dissatisfaction in Men, Women and Children

Body Image

Experimental Approaches to Body Image, Representation and Perception

This welcome resource traces the evolution of self-concept clarity and brings together diverse strands of research on this important and still-developing construct. Locating self-concept clarity within current models of personality, identity, and the self, expert contributors define the construct and its critical roles in both individual and collective identity and functioning. The book examines commonly-used measures for assessing clarity, particularly in relation to the more widely understood concept of self-esteem, with recommendations for best practices in assessment. In addition, a wealth of current data highlights the links between self-concept clarity and major areas of mental wellness and dysfunction, from adaptation and leadership to body image issues and schizophrenia. Along the way, it outlines important future directions in research on self-concept clarity. Included in the coverage: Situating self-concept clarity in the landscape of personality. Development of self-concept clarity across the lifespan. Self-concept clarity and romantic relationships. Who am I and why does it matter? Linking personal identity and self-concept clarity. Consequences of self-concept clarity for well-being and motivation. Self-concept clarity and psychopathology. Self-Concept Clarity fills varied theoretical, empirical, and practical needs across mental health fields, and will enhance the work of academics, psychologists interested in the construct as an area of research, and clinicians working with clients struggling with developing and improving their self-concept clarity.

Americans boast the largest waistlines in the world, suffering from epidemic levels of obesity, diabetes, hypertension, and heart disease. Britain is not far behind and other nations with first-world affluence are all wrestling to varying degrees with this problem too. Even countries in the earlier stages of industrialization are starting to get caught up in the battle of the bulge. Despite the fact that we are all, on average, quite overweight, our cultural media promotes a "cult of the thin and beautiful". All of us are bombarded with images and messages all day that lead many to unhealthy obsessions with the shape of their bodies. At best, these body-image issues can be unpleasant and distracting from the goal of being healthy and happy. At worst they can lead to serious mental health problems like body dysmorphic disorder (BDD) or eating disorders such as anorexia or bulimia nervosa.This revised edition of a classic workbook presents a complete approach to dealing with body image issues. It includes new evidence that confirms the effectiveness of its cognitive behavioural approach. The book presents new discussions of cosmetic surgery, weight loss, and other body-fixing options, as well as information for persons with physically disfiguring conditions. A major shift in this edition orients this book with others grounded in the tradition of mindfulness and acceptance.

For five decades, negative body image has been a major focus of study due to its association with psychological and social morbidity, including eating disorders. However, more recently the body image construct has broadened to include positive ways of living in the body, enabling greater understanding of embodied well-being, as well as protective factors and interventions to guide the prevention and treatment of eating disorders. Handbook of Positive Body Image and Embodiment is the first comprehensive, research-based resource to address the breadth of innovative theoretical concepts and related practices concerning positive ways of living in the body, including positive body image and embodiment. Presenting 37 chapters by world-renowned experts in body image and eating behaviors, this state-of-the-art collection delineates constructs of positive body image and embodiment, as well as social environments (such as families, peers, schools, media, and the Internet) and therapeutic processes that can enhance them. Constructs examined include positive embodiment, body appreciation, body functionality, body image flexibility, broad conceptualization of beauty, intuitive eating, and attuned sexuality. Also discussed are protective factors, such as environments that promote body acceptance, personal safety, diversity, and activism, and a resistant stance towards objectification, media images, and restrictive feminine ideals. The handbook also explores how therapeutic interventions (including Acceptance and Commitment Therapy, Cognitive Dissonance, and many more) and public health and policy initiatives can inform scholarly, clinical, and prevention-based work in the field of eating disorders.

Social media has an increasing role in the public and private world. This raises socio-political and legal issues in the corporate and academic spheres. Public Interest and Private Rights in Social Media provides insight into the use, impact and future of social media. The contributors provide guidance on social media and society, particularly the use of social media in the corporate sector and academia, the rising influence of social media in public and political opinion making, and the legal implications of social media. The Editor brings together unusual perspectives on the use of social media, both in developed and developing countries. This title consists of twelve chapters, each covering a salient topic, including: social media in the context of global media; the First Amendment and online calls for action; social media and the rule of law; social networks and the self; social media strategy in the public sector; social media in humanitarian work; social media as a tool in business education; social media and the 'continuum of transparency'; business and social media; making a difference to customer service with social media; social analytics data and platforms; and altruism as a valuable dimension of the digital age. Provides a guide to the key components of corporate and academic use of social media Offers technological and non-technological, legal, and international perspectives Considers socio-political impact and legal issues

The Body Image Book for Girls

Biological and Psychosocial Perspectives

The Media and Body Image

Self-Concept Clarity

Occupational Outlook Handbook

Smart People Don't Diet

A celebration of the many different sizes, shapes, and colors of the people who live in Shaperville, where everyone is different and each is a star. Includes discussion questions and a note to parents and educators.

Pop culture and the media today are saturated with the focus on the aesthetics of the human body. Magazines and infotainment shows speculate whether this or that actress had breast implants or a nose job. Americans are not just focusing on celebrities but on themselves too and today have unprecedented opportunities to rework what nature gave them. One can now drop in to have cosmetic surgery at the local mall. Contemplating the superficial nature of it all grows tiresome, and pop culture vultures and students can get a better fix for their fascination with the body beautiful through the cultural insight provided in this amazing set. Cultural Encyclopedia of the Body is a treasure trove of essays that explore the human body alphabetically by part, detailing practices and beliefs from the past and present and from around the world that are sometimes mind-blowing and eye-popping. Body parts are examined through a multifaceted cultural lens. Readers will explore how the parts are understood, what they mean to disparate societies, how they are managed, treated, and transformed, and how they are depicted and represented. The entries draw from many disciplines that are concerned to some degree or another with human bodies, including anthropology archeology, sociology, religion, political history, philosophy, art history, literary studies, and medicine. The encyclopedia proffers information on a number of cultures, tribes, and customs from East and West. Ancient practices to the latest fad, which in fact might continue ancient practices, are illuminated. Other considerations that arise in the essays include comparisons among cultures, the changing perceptions of the body, and issues of race, gender, religion, community and belonging, ethnicity, power structures, human rights.

*The standard reference for practitioners, researchers, and students, this acclaimed work brings together internationally recognized experts from diverse mental health, medical, and allied health care disciplines. Contributors review established and emerging theories and findings; probe questions of culture, gender, health, and disorder; and present evidence-based assessment, treatment, and prevention approaches for the full range of body image concerns. Capturing the richness and complexity of the field in a readily accessible format, each of the 53 concise chapters concludes with an informative annotated bibliography. New to This Edition *Addresses the most urgent current questions in the field. *Reflects significant advances in key areas: assessment, body image in boys and men, obesity, illness-related body image issues, and cross-cultural research. *Conceptual Foundations section now incorporates evolutionary, genetic, and positive psychology perspectives. *Increased coverage of prevention.*

When women are told that what is important about us is how we look, it becomes increasingly difficult for us to feel comfortable with our appearance and how we feel about our bodies. We are told, over and over—if we just lost weight, fit into those old jeans, or into a new smaller pair—we will be happier and feel better about ourselves. The truth is, so many women despise their appearance, weight, and shape, that experts who study women's body image now consider this feeling to be normal. But it does not have to be that way. It is possible for us as women to love ourselves, our bodies, as we are. We need a new story about what it means to be a woman in this world. Based on her original research, Hillary L McBride shares the true stories of young women, and their mothers, and provides unique insights into how our relationships with our bodies are shaped by what we see around us and the specific things we can do to have healthier relationships with our appearance, and all the other parts of ourselves that make us women. In Mothers, Daughters, and Body Image McBride tells her own story of recovery from an eating disorder, and how her struggles led her to dream of a new vision for womanhood—from one without body shame, negative comparisons, or insecurities, to one of freedom, connection, and acceptance.

The Body Image Workbook

Intuitive Eating, 2nd Edition

The Embodied Self in Image Culture

Encyclopedia of Body Image and Human Appearance

Handbook of Behavior, Food and Nutrition

A Handbook of Science, Practice, and Prevention

Examines the relationship between body image disturbances and eating disorders in our most vulnerable population: children and adolescents. The editors present a dynamic approach that combines current research, assessment techniques, and suggestions for treatment and prevention. This volume delivers direction for researchers in the with young clients suffering from these disorders.

Have you ever wondered what it would feel like to accept and enjoy the way you look instead of constantly worrying about and criticizing your appearance? What if instead of focusing on your flaws, you felt confident with the body you have right now? If you don't like what you see when you look in the mirror, you may not realize that the cosmetic surgery, pricey beauty treatments, or weight loss programs, but you may need to do something even more drastic-change your perspective and the way you view yourself. The Body Image Workbook offers a comprehensive program to help you stop focusing on your perceived imperfections and start feeling more confident about yourself. You will learn to celebrate your body instead of feeling ashamed of it. This new edition includes discussions of our obsession with physical appearance and with body-fixing options. It helps you discover your personal body image strengths and vulnerabilities and then guides you in creating new, life-changing experiences of mindfulness and body acceptance. You will learn to love yourself in a whole new light-seeing the beauty of the real you.

Being on a diet is a miserable experience for most people, and it rarely leads to the desired goal of shedding fat. In fact, studies show that dieters often gain weight rather than lose it, because the intensity, restrictions, and short duration of most diets means they are ill - equipped to produce long - term effects. In Smart People Don't Diet, the author addresses the underlying causes of weight gain and offering proven strategies for lasting weight management. This book will show you how to eat well, lose weight, and keep it off - without dieting. The gimmicks don't work, but Dr Markey's reasonable, accessible advice will help you get - and stay - healthy.

Body schema is a system of sensory-motor capacities that function without awareness or the necessity of perceptual monitoring. Body image consists of a system of perceptions, attitudes, and beliefs pertaining to one's own body. In 2005 Shaun Gallagher published an influential book entitled How the Body Shapes the Mind (OUP). That book explored the complicated relationship between the two. It also established the idea that there is a double dissociation, whereby body schema and body image refer to two different but closely related systems. Given that many kinds of pathological cases can be described in terms of body schema and body image (phantom limbs, asomatognosia, apraxia, body dysmorphic disorder, among others), we might expect to find a growing consensus about these concepts and the relevant neural activities connected to these systems. Instead, an examination of the scientific literature reveals continued ambiguity and disagreement. This volume brings together leading experts from the fields of philosophy and psychology to explore fundamental questions about the relationship between body schema and body image, and addresses ongoing debates about the role of the brain and the role of social and cultural factors in our understanding of embodiment.

The Image and Appearance of the Human Body

A Relational Approach to Conceptualization, Assessment, and Treatment

How Psychology, Common Sense, and the Latest Science Can Help You Lose Weight Permanently

Body Image, Eating Disorders, and Obesity in Youth

If Looks Could Kill

An Eight-Step Program for Learning to Like Your Looks

In a culture where beauty is currency, women's bodies are often perceived as measures of value and worth. The search for visibility and self-acceptance can be daunting, especially for those on the cultural margins of "beauty." Becoming Women offers a thoughtful examination of the search for identity in an image-oriented world. That search is told through the experiences of a group of women who came of age in the wake of second and third wave feminism, featuring voices from marginalized and misrepresented groups. Carla Rice pairs popular imagery with personal narratives to expose the "culture of contradiction" where increases in individual body acceptance have been matched by even more restrictive feminine image ideals and norms. With insider insights from the Dove Campaign for Real Beauty, Rice exposes the beauty industry's colonization of women's bodies, and examines why "the beauty myth" has yet to be resolved.

This scholarly work is the most comprehensive existing resource on human physical appearance—how people's outer physical characteristics and their inner perceptions and attitudes about their own appearance (body image) affect their lives. The encyclopedia's 117 full-length chapters are composed and edited by the world's experts from a range of disciplines—social, behavioral, and biomedical sciences. The extensive topical coverage in this valuable reference work includes: (1) Important theories, perspectives, and concepts for understanding body image and appearance; (2) Scientific measurement of body image and physical attributes (anthropometry); (3) The development and determinants of human appearance and body image over the lifespan; (4) How culture and society influences the meanings of human appearance; (5) The psychosocial effects of appearance-altering disease, damage, and visible differences; (6) Appearance self-change and self-management; (7) The prevention and treatment of body image problems, including psychosocial and medical interventions. Chapters are written in a manner that is accessible and informative to a wide audience, including the educated public, college and graduate students, and scientists and clinical practitioners. Each well-organized chapter provides a glossary of definitions of any technical terms and a Further Reading section of recommended sources for continued learning about the topic. Available online via ScienceDirect or in a limited-release print version. The Encyclopedia of Body Image and Human Appearance is a unique reference for a growing area of scientific inquiry It brings together in one source the research from experts in a variety of fields examining this psychological and sociological phenomenon The breadth of topics covered, and the current fascination with this subject area ensure this reference will be of interest to researchers and a lay audience alike

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We've all been there-angry with ourselves for overeating, for our lack of willpower, for failing at yet another diet that was supposed to be the last one. But the problem is not you, it's that dieting, with its emphasis on rules and regulations, has stopped you from listening to your body. Written by two prominent nutritionists, Intuitive Eating focuses on nurturing your body rather than starving it, encourages natural weight loss, and helps you find the weight you were meant to be. Learn: *How to reject diet mentality forever *How our three Eating Personalities define our eating difficulties *How to feel your feelings without using food *How to honor hunger and feel fullness *How to follow the ten principles of Intuitive Eating, step-by-step *How to achieve a new and safe relationship with food and, ultimately, your body With much more compassionate, thoughtful advice on satisfying, healthy living, this newly revised edition also includes a chapter on how the Intuitive Eating philosophy can be a safe and effective model on the path to recovery from an eating disorder.

Rainbow Reflections: Body Image Comics for Queer Men

Perspectives on Assessment, Research, and Applications

The Psychological and Physiological Benefits of the Arts

Yoga and Body Image

Cultural Encyclopedia of the Body [2 volumes]

A Revolutionary Program That Works

*Encyclopedia of Adolescence**Springer Science & Business Media*

Like Shakespeare's Juliet, Annabella, accompanied by her down-to-earth nurse, is introduced to a series of suitors to her hand. Like Juliet, she finds all of them unsatisfactory - and rightly so, for the audience know that the nastiest of them is having an affair with her domineering aunt. Like Juliet, Annabella is wooed by a sensitive and passionate young man whose love she returns - but this young man happens to be her own brother, Giovanni. When they consummate their love and she, to avoid the scandal of extramarital pregnancy, agrees to marry her aunt's lover, the tragic outcome is inevitable. John Ford, writing his psychologically powerful and intellectually challenging tragedies in the early years of King Charles I's reign, is a playwright of the first rank, as 20th-century directors have shown both in the theatre and on film.

Includes Obligatory Exercise Questionnaire, Teasing Assessment Scale, Body Image Anxiety Scale, and the Multidimensional Body Self-relations Questionnaire. Table 4.1 includes a listing of measures used in theassessment of size estimation accuracy and subjective aspects of body image disturbance.

Body Image: Understanding Body Dissatisfaction in Men, Women and Children presents a review of what is presently known and the results of some new research on body image. It compares the effects of gender, sexuality, social class, age and ethnicity on satisfaction with the way we look and suggests how these differences arise. Why, for instance, are heterosexual men much happier with their body images than women or gay men? Sarah Grogan discusses the effect of media presentation of the ideal body and other cultural influences. Surprisingly, despite the almost exclusive media preference for very young female bodies, she finds that older women are not less satisfied with their bodies than younger women. Written for readers from a variety of disciplines, this clear and eclectic book will make the ideal text for students from psychology, sociology, gender and media studies.

Shapesville

Assessment, Prevention, and Treatment

Body Image Disturbance

Constructs, Protective Factors, and Interventions

Body Image and the Media

Handbook of Girls' and Women's Psychological Health

Body image is considered a multi-dimensional concept that includes perceptual, attitudinal, affective, and behavioural dimensions. The definition of body image is the mental picture we have in our minds of the size, shape and form of our bodies and our feelings concerning these characteristics and one's body parts. This book presents topical research data from across the globe in the study of body image, including understanding body image instability and distortion; body image and cancer patients; the advertising media and its contribution to body image problems and dysfunctional eating; alexithymia, body image and eating disorders; sociocultural influences on male body image; body image research in people of African descent; and body image measurement in exercise research, in women with physical disabilities, and in patients undergoing plastic surgery.

An encyclopedia designed especially to meet the needs of elementary, junior high, and senior high school students.

The Encyclopedia of Adolescence breaks new ground as an important central resource for the study of adolescence. Comprehensive in breath and textbook in depth, the Encyclopedia of Adolescence - with entries presented in easy-to-access A to Z format - serves as a reference repository of knowledge in the field as well as a frequently updated conduit of new knowledge long before such information trickles down from research to standard textbooks. By making full use of Springer's print and online flexibility, the Encyclopedia is at the forefront of efforts to advance the field by pushing and creating new boundaries and areas of study that further our understanding of adolescents and their place in society. Substantively, the Encyclopedia draws from four major areas of research relating to adolescence. The first broad area includes research relating to "Self, Identity and Development in Adolescence". This area covers research relating to identity, from early adolescence through emerging adulthood; basic aspects of development (e.g., biological, cognitive, social); and foundational developmental theories. In addition, this area focuses on various types of identity: gender, sexual, civic, moral, political, racial, spiritual, religious, and so forth. The second broad area centers on "Adolescents' Social and Personal Relationships". This area of research examines the nature and influence of a variety of important relationships, including family, peer, friends, sexual and romantic as well as significant nonparental adults. The third area examines "Adolescents in Social Institutions". This area of research centers on the influence and nature of important institutions that serve as the socializing contexts for adolescents. These major institutions include schools, religious groups, justice systems, medical fields, cultural contexts, media, legal systems, economic structures, and youth organizations. "Adolescent Mental Health" constitutes the last major area of research. This broad area of research focuses on the wide variety of human thoughts, actions, and behaviors relating to mental health, from psychopathology to thriving. Major topic examples include deviance, violence, crime, pathology (DSM), normalcy, risk, victimization, disabilities, flow, and positive youth development.

This book disseminates current information pertaining to the modulatory effects of foods and other food substances on behavior and neurological pathways and, importantly, vice versa. This ranges from the neuroendocrine control of eating to the effects of life-threatening disease on eating behavior. The importance of this contribution to the scientific literature lies in the fact that food and eating are an essential component of cultural heritage but the effects of perturbations in the food/cognitive axis can be profound. The complex interrelationship between neuropsychological processing, diet, and behavioral outcome is explored within the context of the most contemporary psychobiological research in the area. This comprehensive psychobiology- and pathology-themed text examines the broad spectrum of diet, behavioral, and neuropsychological interactions from normative function to occurrences of severe and enduring psychopathological processes.

Perfectionism

The World Book Encyclopedia

Body Schema and Body Image

Handbook of Positive Body Image and Embodiment

New Directions