

5-2018

# The Effects of Media on Young Adults with Eating Disorders

Kelsey Sherry

California State University, Monterey Bay, [ksherry@csumb.edu](mailto:ksherry@csumb.edu)

Follow this and additional works at: [https://digitalcommons.csumb.edu/caps\\_thes\\_all](https://digitalcommons.csumb.edu/caps_thes_all)



Part of the [Other Mental and Social Health Commons](#)

---

## Recommended Citation

Sherry, Kelsey, "The Effects of Media on Young Adults with Eating Disorders" (2018). *Capstone Projects and Master's Theses*. 248.  
[https://digitalcommons.csumb.edu/caps\\_thes\\_all/248](https://digitalcommons.csumb.edu/caps_thes_all/248)

This Capstone Project (Open Access) is brought to you for free and open access by the Capstone Projects and Master's Theses at Digital Commons @ CSUMB. It has been accepted for inclusion in Capstone Projects and Master's Theses by an authorized administrator of Digital Commons @ CSUMB. For more information, please contact [digitalcommons@csumb.edu](mailto:digitalcommons@csumb.edu).

Effects of Media on Young Adults with Eating Disorders

Kelsey Sherry

College of Education

California State University Monterey Bay

Abstract

This senior capstone research is to examine the effects of media on young adults (age 18-24) with eating disorders. Through the use of literature review, interviews with five young adults with eating disorder and surveys of classmates in a small Liberal Studies class at a California State University on personal body image their relationship with the media, the results indicated that the media has both positive and negative effects on young adults with eating disorders depending on the different sources of media that may have alternate effects on the psyche of the young adults. The media also benefits young adults on keeping them up with current events as well as providing resources for them from recovering from eating disorder as well.

## **Introduction and Background**

Approximately every single hour, someone dies as a direct result of health complications due to an eating disorder. Eating disorders have always been an issue to be aware of. Within the last couple of decades, they have become more detrimental to the mental and physical health of society. Media sources such as newspapers, magazines and television have been a primary resource for retrieving news and finding out what is going on around the world dating back to the 1900's. "The media plays a major role in the way women perceive their bodies. Female role models in film and television are thinner now than in the decades preceding 1960. It seems that the thin female body has become an ideal. It is an expectation reinforced by advertisements, articles, books, and thin models wearing the latest fashions. Consequently, adolescents and adult women who are not thin are dissatisfied with their bodies" (Gabel and Kearney, 1998, para. 6).

The research I gathered is interesting because it elaborates on the semi-recent inventions of Facebook, Instagram, and Twitter. I also elaborate on the effects of the young adult population constantly being influenced by media on how to live, what to think, and who they should be. "Appearance comparison has consistently been shown to engender body image dissatisfaction. To date, most studies have demonstrated this relationship between appearance comparison and body image dissatisfaction in the context of conventional media images depicting the thin-ideal. Social comparison theory posits that people are more likely to compare themselves to similar others" (Cohen and Blaszczynski, 2015, abstract). The young adult population (age 18-25) is most susceptible to being influenced because social media sites have become the biggest trend for staying in touch and connected with friends. Popular social media sites such as Facebook, Instagram and Twitter have all attracted the attention of young adults in search of new ways to see what their friends are doing with their lives.

## EFFECTS OF MEDIA ON YOUNG ADULTS WITH EATING DISORDERS

Besides bulimia, statistics for anorexia, binge eating disorder, and eating disorders not otherwise specified are also increasing annually. These are just the reported cases of an individual suffering from an eating disorder, there are many more in society that are in the process of developing an eating disorder or not wanting to admit they have one. Many others in society that are suffering refuse to go to treatment, due to the stigma around eating disorders, causing one to feel shame or embarrassment.

The rationale for my research is to prove that media could be both a negative influence on young adults with eating disorders as well as positive. All media, especially social media, can be a toxic source of information while trying to recover from an eating disorder when the young adult is relying on it for the wrong reasons, such as to keep in contact with friends or keep up to date with celebrities lives. This toxicity is because young adults have the tendency to compare their lives to someone else's, often leading to a feeling of not being "good enough" and needing to modify their outside appearance to feel accepted and wanted by others. There is also pressure on the average young adult population to look a certain image, and many are dissatisfied with their body image due to media. Media can be a positive influence on a young adult's recovery from an eating disorder because media can provide resources for recovery, such as local counselors and treatment centers.

The question I plan to seek the question to is: How does media impact young adults with eating disorders? Related or secondary research questions include: according to research, how does media cause eating disorders in young adults, and how does it affect them? How does media affect their mental and physical health? What are the major types of media sources that impact young adults with eating disorders? What are the negative and positive effects of media on young adults? Are there resources that media could provide for young adults practicing eating

disorder behaviors, if so, what are they? After examining these questions, I will be able to come to a conclusion about medias effect on young adults with eating disorders. This conclusion will be valuable to my audience of all ages and backgrounds, especially teachers, students, principals and parents. I am anticipating my paper will help my audience as well as the rest of society become more aware of the social issue that is eating disorders.

### **Literature Review**

As indicated in the previous paragraph, Gabel and Kearney (1998) states that celebrities, actors and other humans who exist through media have become drastically thinner than media endorsers of the 1960's. Researchers have become curious about how the 'thin ideal' body type portrayed by media is impacting young adults today. Literature investigates if media can potentially cause eating disorders, and if media can also provide positive resources for recovery. This literature review will compare and contrast various research articles found, and why they were included or omitted to elaborate on my research topic. The media has tremendous effects on young adults with eating disorders. Media also effects the female collegiate population, the adolescent population and the young adult male population.

The following research was conducted on solely the female college athlete population, and discussed prevention, treatment and diagnosis. Individuals are surrounded in a culture that is hyper-focused on weight and appearance and also conducted their own in-field research regarding dissatisfaction with weight. This research discussed mental and physical health complications that arise with an eating disorder in the collegiate athlete's population. Results indicated that 17 collegiate female athletes who experienced eating disorders were influenced by internal and external factors. Internal factors included low self-esteem and perfectionism while

external factors included toxic relationships, poor role-models, and performance in their sport. Negative comments by coaches, disordered eating among teammates, and performance pressure all contributed to the development of their eating disorders. (Arthur-Cameselle and Quatromoni, 2011). Media typically only advertises athletes with low body fat percentages, as if they are the only body type an athlete can have. This image that media portrays can influence athletes thoughts negatively because it can reinforce the notion that if a person isn't lean, they aren't athletic enough to claim they are successful at their sport.

Another set of research focused on the student population and discussed how teachers can intervene and assist children experiencing an eating disorder. Results stated there are signs for instructors and school psychologists to be aware of to better identify any students experiencing an eating disorder. This article explained the possible ways eating disorders can manifest in schools. This article also elaborates on the powerful role teachers and counselors hold as well as the ability to intervene and prevent the onset of an eating disorder. (Hellings and Bowles, 2017). Media begins influencing individuals from a young age, and instructors at school have the power to intervene and clarify children's beliefs about their self-perception. Research conducted by Arthur-Cameselle and Quatromoni (2011) differs from Hellings and Bowles (2017) because it elaborates on the mental and physical pressures that female collegiate athletes face from their coaches and teammates to perform well. Hellings and Bowles (2017) research states that negative reinforcement can cause negative self-perception in individuals, which is similar to Cameselle and Quatromoni (2011) with the notion that negative feedback from coaches can cause feelings of failure among athletes. Both articles support the notion that administration holds much influence on the minds of these individuals.

Gois, Ferreira and Mendes (2018) examines the correlation of early traumatizing experiences and eating psychotherapy. This study examined the effects of self-criticism and body image focused shame as well as the development of eating disorders in roughly 500 individuals between the ages 18-40. “The path analysis indicated that the absence of early positive emotional experiences was associated with disordered eating behaviors, through an increased perception of being negatively perceived as inferior or unattractive by others, self-critical attitudes, and body image-focused shame. These findings suggest that shame and self-criticism are defensive mechanisms associated with early threatening emotional experiences, which may trigger disordered eating behaviors” (Gois, Ferreira and Mendes, 2018, abstract). Media has the capability to trigger feelings of shame and body-dissatisfaction among individuals young in age. Media can be traumatizing, for instance to children who don’t receive positive reinforcement from their peers, making those children more susceptible to looking to media for guidance and approval.

O’ Dea and Abraham (2002), discussed eating disorders and insecurities that occur occasionally in young college males. “The authors used the computerized Eating and Exercise Examination to investigate eating, weight, shape, and exercise behaviors in a convenience sample of 93 male college students. One fifth of the men worried about their weight and shape, followed rules about eating, and limited their food intake. Between 9% and 12% were unhappy with their body shape, felt fat, and seriously wanted to lose weight” (O’ Dea and Abraham, 2002, p. 273). Young adult males are also targeted by media, and feel pressure to become lean and muscular to fit medias idea of a ‘healthy’ male. Males, like females, want to be desired by others. Media can negatively influence individuals into thinking that the only way to be desired is to fit a certain image. All resources mentioned above state that body image causes individuals to feel

pressure to conform to medias ideal version of being successful and ‘healthy’. Gois, Ferreira and Mendes (2018) is similar to the research conducted by O’ Dea and Abraham (2002) because they both discuss that feelings of inadequacy can cause individuals to take drastic measures in altering their appearance so that they feel accepted by their peers and surrounding society.

### **Method and Procedures**

In order to understand the effects of media on young adults with eating disorders, I conducted a literature review on my topic, and conducted interviews with 5 friends in the Santa Barbara Treatment Center (see Appendix B for interview questions). I also had a group of 9 classmates at a small California State University complete an anonymous survey about their opinions of media and self-perception (see appendix A for survey questions).

### **Participants**

I first asked my classmates in a small California State University Liberal Studies college course to provide their email on a piece of paper so that I could send them an anonymous survey to complete via the website SurveyMonkey (Appendix A). Out of the fifteen emails I received, eight females and one male responded to my survey. On the survey, all nine participants clicked the bullet point stating they were between the ages of 20 and 25. For the second component of the research I gathered, I phone interviewed five females I met while I was in a treatment program in Santa Barbara, California. My participants preferred to keep their age and names anonymous, but all claimed to be within the ages of 18-25 and were also students either in high school or college.

## **Materials**

I used the website SurveyMonkey to collect my results for appendix A, with the purpose of further understanding if media has an effect on the average college student's body image. I then interviewed my five friends I stayed in contact with from the Santa Barbara treatment program (see Appendix B for interview questions) so that I could back up my research on the effects media can have on young adults with eating disorders.

## **Measures**

Appendix A helped to specify my audiences age range, gender, and how much time they spend using media. The format of my survey varied from yes/no responses, to bullet point multiple choice responses with only one response per question permitted.

Appendix B audience was asked to elaborate on five questions that would help me further explain medias effect on the young adult population that have experienced and eating disorder.

## **Procedures**

Appendix A results were kept anonymous and helped to specify my participant's age range, gender, and how much time they spend using media so that I could better understand my participants. I asked participants to fill in the bullet point in the following order for the type of media they rely on most for information, their opinion of media is a positive influence on society, if they believe media influences how people see themselves, if media has caused them to modify their appearance, and if so, what measures they've taken to modify their appearance. Lastly, I wanted to find out if comparisons happen often with young adults when they look at a source of media, and their opinion on if media is a potential factor in the development of an eating disorder.

Appendix B helped clarify what media has done to and for these young adults. Appendix B questions were open answer, kept anonymous, and they were allotted as much time as they needed to fully explain their personal experience. The five questions were asked as follows: please discuss your experience with your eating disorder, discuss if media played a part in your development of your eating disorder, if media was a trigger to take part in any eating disorder behaviors, your opinion of media's effect on your journey to recovery, how media has effected your mental health while coping, how media has effected your physical health while coping.

### **Results and Findings**

The results, findings and discussion sections below will discuss the results and findings of my survey, interviews and research that was collected online. The following paragraphs will discuss the findings around the secondary research questions. According to research, how does media cause eating disorders in young adults, and how does it affect them? How does media affect their mental and physical health? What are the major types of media sources that impact young adults with eating disorders? What are the negative and positive effects of media on young adults? Are there resources that media could provide for young adults practicing eating disorder behaviors, if so, what are they?

*How does media cause eating disorders in young adults, and how does it affect them?*

Media causes eating disorders in young adults through providing photo-shopped and heavily edited images of real people. "In the last 10 years, this growing clout has been accompanied by increasingly punishing standards of physical acceptability. Models get skinnier and images of models are photo shopped to be skinnier still. Cheap celebrity magazines now have "body editors" who chronicle the weight fluctuations, however minute, of both famous

women and those who are just vaguely recognizable” (Goldberg, 2009, para. 5). Many young adults are over-stimulated by the media surrounding them, especially social media accessible through applications on their cell phones. Eventually, these young adults become addicted to their practices of altering their appearance and basing their self-worth on society’s often unrealistic and unattainable beauty standards. These young adults become reliant on media to tell them how they should behave and look, and anything less than perfect will most likely be considered not “good enough”. “It’s not just magazines, but now also websites and blogs that push people to ‘fit in’ to a certain ideal, or way of living. There should act like this, dress like this, eat like this. The thing is that the fads are movable. So are the photos, the faces, the stories and the promises” (Ward, 2015, para. 2). These unattainable “body goals” portrayed by media cause young adults to experience extremely high levels of anxiety and depression due striving to fit into society’s standard of beauty.

### *How does media affect young adult’s mental and physical health?*

Media affects young adult’s mental and physical health in many detrimental ways according to the results from the 5 interviews that were conducted (see Appendix B). All five young adults stated in the interview that media has caused them to experience anxiety from the constant urge to modify their appearance. The interviewees were all currently struggling with bulimia and GAD (generalized anxiety disorder) for at least two years. They each admitted to having the social media sites Facebook and Instagram, and stated they each rely on these sites for inspiration to adjust their appearance. My interviewees each stated that they struggle with their self-esteem, and that their weight has a large influence on their mood and self-perception. All five interviewees were female, and stated that their main goal each day was to restrict their food intake as much as possible. “One compensatory behavior that is common in college students and

may also represent a differential risk profile for the development of eating disorders is exercise. One recent study, for instance, reported a 25% prevalence rate of eating disorders within female college athletes, with a majority of individuals endorsing use of exercise as a means for controlling body weight over and above any other form of eating-disordered behavior, including fasting, vomiting, and use of laxatives or diuretics” (Schaumberg, Anderson, Reilly and Anderson, 2014, p. 527). Two interviewees claimed to be exercise bulimics, where they explained that their tactic to purge calories was to over-exercise. “The sport environment, with its emphasis on body size and shape, weight, and physical training may camouflage disordered eating problems that athletes have, making identification particularly challenging” (Greenleaf, Petrie, Carter, and Reel, 2009, p. 494). Two subject participants (Participants A and B, personal communication, 18 March 2018) claimed to spend hours every day doing cardio and trying to be as active as possible in an attempt to expend as much energy as possible. Three other subject participants (Participants C, D and E, personal communication, 18 March 2018) were also bulimic, but were classified as the type to self-induce their vomiting. Participants C, D, and E were all classified as being underweight upon being admitted to the Santa Barbara Treatment Program. Participants C, D and E each claimed to have missed a menstrual cycle (anemia) within the last year due to malnutrition. “Strenuous exercise has been associated with various menstrual irregularities, including amenorrhea. As expected, female obligatory exercisers were more likely to have experienced amenorrhea than were nonobligatory exercisers. Factors that may contribute to the occurrence of athletic amenorrhea include exercise intensity, body composition change, nutritional deficiency, and psychological stress” (Brehm and Steffen, 1998, para. 37). Long term anemia can result in issues with fertility as an adult, or in worse cases, the inability to have children. Participants A, B, C, D, and E across the board have experienced an electrolyte

imbalance within the last year due to purging and not restoring their body with electrolytes. Another health concern that bulimics face is dental issues. Participant A elaborated on her experience of losing a tooth due to vomiting. She explained that this occurred because the stomach acid being thrown up causes cavities and enamel erosion. She explained how the gums surrounding her teeth were also eroding, and many times during binge/purge episodes, she experienced burning and sensitivity due to acid on the soft tissue inside her mouth and esophagus. Both bulimic and anorexic sufferers face extreme heart health issues, because malnutrition causes heart muscles to weaken, causing palpitations, eventually leading to a possible heart attack.

*What are the major types of media sources that impact young adults with eating disorders?*

The major types of media sources that impact young adults with eating disorders are all social media sites, especially the ones accessible via applications on a cell phone.

“Social media addiction is considered as a sort of Internet addiction. Individuals who spend too much time on social media have a desire to be notified of anything immediately, which can cause virtual tolerance, virtual communication and virtual problems. Behaviors that force the person into these actions can be explained as social media addiction” (Sahin, 2017, abstract). All 9 young adults (age 20-25) relied on the internet to receive information (social media sites, phone apps, online articles, and blogs) verses television or journalism, according to Appendix A. Media that is accessible through the internet have proved to be beneficial in society to instantly spread news, but users are susceptible to allowing these impulses evolve into addictions.

*What are the negative and positive effects of media on young adults?*

## EFFECTS OF MEDIA ON YOUNG ADULTS WITH EATING DISORDERS

Media can act as both a negative and positive influence on all young adults. Based on the survey of the young adult population participating in the study, 9 young adults between the ages of 20-25 that is not experiencing an eating disorder still compares themselves to people in the media. Of the nine young adults that completed Appendix A, eight were females and one was a male. Young adults spend much of their time observing some source of media, with the majority of survey participants spending 3-5 hours a day on any source of media. Results stated that all nine of the young adults relied on internet sites (social media, phone applications and blogs) for information. Roughly half of the responses from Appendix A stated they believe media is a positive influence on society, and the other half believed it to be negative. All subjects in Appendix A believe that media influences how people see themselves. “By using text and imagery that mirror the painful, obsessive states of body hatred, weight preoccupation, and compulsive dieting, the advertisements ensure that women with eating disorders cannot help but recognize themselves” (Wilson and Blackhurst, 1999, para. 38). Appendix A stated that 6 out of 9 subjects have wanted to modify their appearance after observing a source of media, with the majority taking part in dieting. In conclusion, all subjects believed media is a potential factor in the development of an eating disorder.

*Are there resources that media could provide for young adults practicing eating disorder behaviors, if so, what are they?*

There are resources and advice that media provides young adults that are practicing eating disorder behaviors. Media can provide resources and encouragement to assist sufferers in finding treatment centers and local counselors. Building strong support groups and working with professionals as much as possible is the only way one can fully recover from an eating disorder. “Psychosocial treatments for eating disorders have been designed to address the various

components of the disorders. Thus, cognitively oriented therapies have been developed to address distorted cognitions related to body shape and weight that serve to maintain disturbed eating behaviors. Behaviorally oriented therapies have been developed to directly alter food restriction, binge eating, and purging behaviors” (Keel and Haedt, 2008, p. 39). Seeking out treatment as early as possible increases the likelihood of a quick recovery because the longer a person engages in eating disorder behaviors the more engrained it becomes in their brain. Media also provides resources for mindful exercise such as restorative yoga and hikes through nature. Many media sites provide literature and work created by bloggers and artists that have experience in the eating disorder field that offer their tips for recovery. “The way she glows in the moonlight, The power of 10 million starts bright, My love the pain that you’ve been through, Will soon be light years behind you. I want to send my love to anyone struggling with body image struggles. Whatever your sex, size, or color, your pain is your pain and weight stigma is toxic. My wish for you is that you realize your Neon Light within” (Michael, 2018, para. 4). Jada Michael, a recovery activist, wrote the song Neon Light for her friend struggling with her eating disorder. Utilizing the recovery resources available could significantly improve one’s challenges on the journey to recovery.

### **Discussion**

Results and findings supported both the research collected and my hypothesis that media can have both positive and negative effects on young adults with eating disorders. Through the interviews conducted, most interviewees stated that media was a large factor of their development and continuation of their eating disorders. I hypothesized that media caused young adults to compare themselves to others they see on the media, especially social media sites. The survey confirmed my hypothesis that many young adults base their self-image standards off of

the people they see on media. Research stated this can result in young adults modifying their appearance in an effort to mimic what they observe through media.

Appendix A, B and research added an in-depth view of the college young adult population and the correlation of their body-image and media. This provided more of an understanding of how in some cases, the average young adult can become fixated on their outside appearance and give themselves any type of eating disorder. Existing literature on eating disorders are informative about what eating disorders are and how to identify if someone may have an eating disorder. Many eating disorder support websites also double as a treatment program contact page that provides resources for recovery. My research, interviews and survey helped clarify how and why eating disorders surface, specifically focusing on the young adult population. My hypothesis was that media plays a role in how young adults perceive themselves, which was reinforced by the results of the survey conducted. I hypothesized that young adults with eating disorders believed that media played a large role in the development and continuation of their eating disorders, which proved to be true through the interviews conducted.

### **Problems and Limitations**

My study had several limitations, especially with the population I interviewed and surveyed. I anticipated my interviews to be solely with female patients, but I was not expecting my survey results to include only one male's perspective. It was also fairly difficult to find research on eating disorders within the young adult population because the age range for being a young adult isn't concrete. Further research on this topic should include a broader and larger population. This population should include more male interviewees, and a more concrete age

range. This would help provide an opportunity to discuss whether eating disorders affect females more than males.

While trying to answer my research questions, I struggled to edit my interviewee's answers into language that my audience would be able to understand. The young adults that were in the Santa Barbara treatment program used terms and explained practices that they learned in counseling sessions that aren't used in society's everyday conversations.

While I was evaluating my research, interview and survey results, I concluded that altogether it was a sufficient amount of information to answer all of my research questions.

### **Recommendations**

Eating disorders can be very detrimental to the health and general well-being of the developing young adult population. It is important that society is aware of eating disorders and their symptoms in order to combat them as early as possible. I recommend teachers, administrators, parents, and students to practice awareness of the connection between media and young adults may be the only defense against the development of eating disorders. When society is more understanding of eating disorders, the more likely proper diagnosis and treatment is to be successful on the patient.

### **Conclusion**

This senior capstone examined the effects of media on young adults through the use of literature review, interviews with 9 classmates at CSUMB, and interviews conducted with 5 young adults with eating disorders. The results indicated that media can have both a positive and negative effect on young adults with eating disorders. Media has become easier to attain because most young adults now carry the internet in their pocket via cell phone. Media can be a reliable

way to stay informed with current events, but giving in to the impulse of constantly checking the phone screen for alerts can easily turn into an addiction. Media can begin causing symptoms of eating disorders when individuals compare and modify their appearance to resemble people they observe through media.

The interviews conducted proved that media played a role in the development and continuation of the individual's eating disorders. Social media sites proved they can be toxic to individuals in both Appendix A and B, when used for the wrong reasons. Interviews and survey results supported the notion that social media sites are sometimes used by young adults to adjust or modify their appearance. Results explained that all eating disorders cause negative health effects that can possibly lead to death if not treated. Media proved to provide resources for individuals suffering from an eating disorder such as treatment centers and recovery oriented activities. Lastly, research suggested that seeking out professional treatment as early as possible can increase the likelihood of attaining a successful recovery.

## References

- Arthur-Cameselle, J. N., & Quatromoni, P. A. (2011). Factors related to the onset of eating disorders reported by female collegiate athletes. *Sport Psychologist*, 25(1), 1-17.  
Retrieved from  
<http://search.ebscohost.com/login.aspx?direct=true&db=aph&AN=60905550&site=ehost-live>
- Brehm, B. J., & Steffen, J. J. (1998). Relation between obligatory exercise and eating disorders. *American Journal Of Health Behavior*, 22(2), 108-19. Retrieved from  
<http://search.ebscohost.com/login.aspx?direct=true&db=eric&AN=EJ563378&site=ehost-live>
- Cohen, R., & Blaszczynski, A. (2015). Comparative effects of facebook and conventional media on body image dissatisfaction. *Journal Of Eating Disorders*, 3(1), 1-11.  
doi:10.1186/s40337-015-0061-3
- Gabel, K. A., & Kearney, K. (1998). Promoting reasonable perspectives of body weight: issues for school counselors. *Professional School Counseling*, 1(5), 32-35. Retrieved from  
<http://search.ebscohost.com/login.aspx?direct=true&db=eric&AN=EJ574993&site=ehost-live>
- Gois, A. C., Ferreira, C., & Mendes, A. L. (2018). Steps toward understanding the impact of early emotional experiences on disordered eating: The role of self-criticism, shame, and body image shame. *Appetite*, 12510-17. doi:10.1016/j.appet.2018.01.025
- Goldberg, M. (2009, December 22). Beauty myths. *The American Prospect*. Retrieved from  
<http://prospect.org/article/beauty-myths-0>

## EFFECTS OF MEDIA ON YOUNG ADULTS WITH EATING DISORDERS

- Greenleaf, C., Petrie, T. A., Carter, J., & Reel, J. J. (2009). Female collegiate athletes: prevalence of eating disorders and disordered eating behaviors. *Journal Of American College Health, 57*(5), 489-496. Retrieved from <http://heldref.metapress.com/openurl.asp?genre=article&id=doi:10.3200/JACH.57.5.489-496>
- Hellings, B., & Bowles, T. (2007). Understanding and managing eating disorders in the school setting. *Australian Journal Of Guidance & Counselling, 17*(1), 60-67. Retrieved from <http://search.ebscohost.com/login.aspx?direct=true&db=aph&AN=27982185&site=ehost-live>
- Keel, P. K., & Haedt, A. (2008). Evidence-based psychosocial treatments for eating problems and eating disorders. *Journal Of Clinical Child And Adolescent Psychology, 37*(1), 39-61. Retrieved from <http://www.informaworld.com/openurl?genre=article&id=doi:10.1080/15374410701817832>
- Michael, J. (2018, March 30). “Neon Light” song honors national eating disorders awareness week. Retrieved from <https://www.nationaleatingdisorders.org/blog/neon-light-song-honors-national-eating-disorders-awareness-week>
- O'Dea, J. A., & Abraham, S. (2002). Eating and exercise disorders in young college men. *Journal Of American College Health, 50*(6), 273-78. Retrieved from <http://search.ebscohost.com/login.aspx?direct=true&db=eric&AN=EJ652991&site=ehost-live>

- Sahin, C. (2017). The predictive level of social media addiction for life satisfaction: a study on university students. *Turkish Online Journal Of Educational Technology TOJET*, 16(4), 120-125. Retrieved from <http://search.ebscohost.com/login.aspx?direct=true&db=eric&AN=EJ1160611&site=ehost-live>
- Schaumberg, K., Anderson, L. M., Reilly, E., & Anderson, D. A. (2014). Patterns of compensatory behaviors and disordered eating in college students. *Journal Of American College Health*, 62(8), 526-533. Retrieved from <http://search.ebscohost.com/login.aspx?direct=true&db=eric&AN=EJ1044995&site=ehost-live>
- Ward, T. (2015, October 30). Social media and the banality of perfection. *Tess Ward The Yes Chef*. Retrieved from <http://www.tessward.net/social-media-and-the-banality-of-perfection/>
- Wilson, N. L., & Blackhurst, A. E. (1999). Food advertising and eating disorders: marketing body dissatisfaction, the drive for thinness, and dieting in women's magazines. *Journal Of Humanistic Counseling, Education And Development*, 38(2), 111-22. Retrieved from <http://search.ebscohost.com/login.aspx?direct=true&db=eric&AN=EJ606203&site=ehost-live>

## Appendix A

### Survey to Classmates

I will distribute this survey via SurveyMonkey to the classmates that have agreed to participate anonymously to my capstone research:

1. What is your gender?      1) \_\_\_\_\_ male      2) \_\_\_\_\_ female      3) \_\_\_\_\_ \*other
2. How old are you?      1) \_\_\_\_\_ 20-25      2) \_\_\_\_\_ 25-30      3) \_\_\_\_\_ 30+
3. How much time per day do you spend on any type of media?  
1) \_\_\_\_\_ less than 1hr    2) \_\_\_\_\_ 1 – 3 hours    3) \_\_\_\_\_ 3-5 hours    4) \_\_\_\_\_ 5 hrs +
4. What type of media do you rely on most for information?  
1) \_\_\_\_\_ journalism (books, newspapers, magazines)  
2) \_\_\_\_\_ television (movies, news channels, film)  
3) \_\_\_\_\_ internet (social media sites, phone apps, online articles, blogs)
5. Do you consider media to be a positive influence in our society?  
1) \_\_\_\_\_yes      2)\_\_\_\_\_no
6. In your opinion, do you believe media influences how people see themselves?  
1) \_\_\_\_\_ yes      2) \_\_\_\_\_ no
7. Are you satisfied with your appearance?  
1) \_\_\_\_\_ yes      2) \_\_\_\_\_ no
8. Have you ever wanted to modify your appearance after observing a source of media?  
1) \_\_\_\_\_ yes      2) \_\_\_\_\_ no
9. If yes, what methods have you taken part in to modify your appearance?  
1) \_\_\_\_\_ dieting  
2) \_\_\_\_\_ started a new exercise program  
3) \_\_\_\_\_ bought into supplements/fitness industry products  
4) \_\_\_\_\_ changed style of clothing  
5) \_\_\_\_\_ changed skincare/makeup routine  
6) \_\_\_\_\_ developed an eating disorder
10. Have you ever compared yourself to anyone in the media?  
1) \_\_\_\_\_ yes      2) \_\_\_\_\_ no
11. Do you believe media is a potential factor in the development of an eating disorder?  
1) \_\_\_\_\_ yes      2) \_\_\_\_\_ no

## **Appendix B**

### **Interview Questions to People with Eating Disorder**

1. Please discuss your experience with your Eating Disorder (your diagnosis as well as common behaviors you take part in regarding your ED).
2. Please discuss if media played a part in your development of your Eating disorder.
3. Please discuss if media was a potential trigger for you to take part in any ED behaviors.
4. Please discuss your opinion of media's effect on your journey to recovery.
5. Please discuss how media has effected your mental health while trying to cope with your Eating Disorder.
6. Please discuss how media has effected your physical health while trying to cope with your Eating Disorder.

