

What Perpetuates the Relationship Between Eating Disorders and Social Media

Usage

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The question of the impact of social media on its users has been widely debated in the field of psychology, with scholars such as Dr. Aparicio-Martinez and Dr. Ioannidis arguing that increased time on social media (SM) puts users at risk of developing an eating disorder. However, these perspectives have not adequately addressed the issue of which variables of SM perpetuate the relationship between eating disorders and SM usage. My paper addresses the issue of increased rates of eating disorders among college students with special attention to the role that SM usage plays. Specifically, I will be implementing the Eating Disorders Examination Questionnaire (EDEQ), Sociocultural Attitudes Toward Appearance Questionnaire (SATAQ), Depression, Anxiety, and Stress Scale (DASS-21), Social Media Engagement Questionnaire (SMEQ), and the Inventory of Peer Influence on Eating Concern (IPIEC) to show that increased usage of social media, especially on picture-based applications, promotes a sense of unhappiness about one's appearance which puts them at risk of developing an eating disorder. I argue that increased SM usage puts college students at risk of developing an eating disorder. In conclusion, this project, by closely examining what promotes the risk of developing an eating disorder, sheds new light on the neglected issue of unregulated SM content.