



A SYSTEMATIC REVIEW OF RESEARCH ON THE INFLUENCE OF THE GLAMOUR WORLD ON BODY IMAGE

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Abstract

Today's internet-based smartphones and other devices have brought us extremely close to a celebrity's personal life. Their social media handles and their PR companies make sure to serve our brains with a lot more inside information than we need to know, making sure it's served to us in the most unnaturally perfect ways.

The strategic depiction of the glamour industry of only the 'best, beautiful and perfect' does not show the vast amount of money that goes behind them. An army of staff to dress them, do the perfect makeup to hide the flaws of each and every visible part, a photographer to click those perfect shots and later edit them to add that extra wow effects. What we don't see is a big team taking care of their so-called perfectly fit and slender body, chefs to make a calory counted meal as prescribed by their high-end celebrity dietician and the most expensive celebrity trainer helping them burn the exact calories. Yes, they do put in a lot of hard work but that comes with a cost and luxury which a normal person can't even dream of. The study is a qualitative analysis of 10 books, 20 website article and 50 journal articles to understand the influence of celebrities on common people and the massive pressure on the human psyche to look perfect and flawless. Also, to find the various attributes of celebrity's fashion influencing the common people. The researcher intends to generate a sense of responsibility in the celebrity and awareness among the mass population to stop idealizing thin frames but to focus on health and quality life.

Key Words: - Body Image, Body dysmorphic disorder, Body Shaming, social media, Media, Body Shape

Introduction

The strategic depiction of the glamour industry of only the 'best, beautiful and perfect' does not show the vast amount of money that goes behind them. An army of staff to dress them, do the perfect makeup to hide the flaws of each and every visible part, a photographer to click those perfect shots and later edit them to add that extra wow effects. What we don't see is a big team taking care of their so-called perfectly fit and slender body, chefs to make a calory counted meal as prescribed by the best dieticians and fitness trainer. Yes, they do put in a lot of hard work but that comes with a cost and luxury which a normal person can't even dream of.

Since the majority of us use smart phones and have easy access to internet the celebrity world looks too luring and attractive. It's too obvious to try to follow the latest trends and styles set by them. We no longer

have to wait for the fortnightly magazines to see what's the style of the season. Every single day we are bombarded with the latest trends in fashion. These influences knowingly or unknowingly bring about a lot of body image disturbances also known as body dysmorphic disorder.

We are living in a world that promotes unrealistic standards as its rightly said, "what's seen, sells!" but when someone isn't able to achieve these so-called set standards the person might fall into depression, lack of confidence, self-loathing and anxiety. This may also cause a person to be socially aloof and avoid the social gathering due to inferiority complex or self-doubt. Slowly and steadily the glamour industry taught us that fair is beautiful and thin is fit and now that the harm was done at a massive level, they also tell us to "stop body shaming".

It's important to realize what we had been fed over the period of time and this vicious circle keeps changing with years. The time when the actresses were appreciated curvy, changed to the time when zero figure became the trend. The current trend is being fit but maintain a lean body is a priority. This "Fit inspiration" has been causing the people to go an extra mile to achieve the set standards. These steps might not always be healthy. Cosmetic surgeries, silicone implants, Botox, fillers, steroids, hormonal overdoes, crash diet, excessive exercise, supplements etc are just the crust of the iceberg.

The body image is the self-learned idea about how one perceives his or her body. The small changes that we bring in our day-to-day routine to fight the perceived flaws of body image can range from healthy changes to going a step further towards creating more harm than good to one's body. Body image disturbances occur when one starts being too critical about his or her body. It creates a disturbance in his physical and mental equilibrium or takes up a lot of energy and time from one's life while being overall concerned about his or her looks. Our routine behaviours like hair colouring, straightening, makeup to changing the wardrobe often, dieting to death etc, we do not realise how the influence of the industry gets into us like a slow poison. Individuals with body image concerns slowly withdraws himself from the world and tries to avoid any kind of socialisation. The constant belief that the people are watching him or her and noticing the flaws or are talking about them makes them super unsecured. These kinds of incidence generate lots of anxiousness, self-disbelief, and a pattern which can lead to self-harm by the person to himself.

Its high time that we point figures at these celebrities to be a little socially responsible. Those whom the world follows should be little aware of the lyrics, dialogue and the dance numbers they promote to the audience, which also include a vast number of youngsters who try to copycat them in all possible ways. Also, we need to give equal importance to those undergoing midlife crisis and both the genders.

1.1 Definition

1.1.1. Body image is a person's insight about himself and his feelings towards his own body. This term was first coined by Austrian neurologist and psychoanalyst Paul Schiller in his book 'The Image and Appearance of the Human Body (1935)'. Literature on body image has been concerned with two aspects; Body perception and body satisfaction.

1.1.2 Body Dimorphic Disorder (BDD) is a mental health condition that involves a false perception of one or more body areas. Individuals with BDD perceive a defect in their appearance that is either negligible or non-existent.

1.1.3 Social Networking Sites refers to online platforms, like Facebook, Instagram, and Twitter that allow users to create and compare a sharp visual and textual content with other users.

1.1.4 Mostly the people in middle age is undergo middle-age crises. It is seen that it's important to take care of how the body looks externally and is perceived in society to enhance a healthy body image in society. A

study was done on eating attitudes, body dissatisfaction, and body image by Fary M Cachelin & Diane M Lewis in 125 middle aged [50-65yrs] women and elderly 125 elderly [66yrs and above] women showed the perceived differences in eating attitudes, drive for thinness & body image, in middle-aged and elderly women. Results proposed, the middle age women were more concerned about eating and had more ambition for thinness with an underlying interceptive confusion. Fascinatingly the women in 60's also had body size aspirations and the discontent was same as young women. It was found that the fear of aging was directly proportional to disordered eating. The conclusion said that the social and cultural standards of the perceived body image and pressure for being thin affects women of all ages similarly

1.2 Men and Women Disparity in Body Image

On Oct. 11, 2013 a study was published on internet, by the 'Journal of Women and aging' which found that only 12.2 percent of women aged 50 and above were happy with their body size. The researcher concluded that it was really difficult to find people who have positive feelings towards their body and look at it with respect and love. Another study took gender and various factors that correlates the body image satisfaction. The results indicated that both women and men have different ways and levels to perceive the dissatisfaction with their bodies and it was largely dependent on the cultural ideologies defined for women and men. The findings also suggested that the self-perception in women was more likely to be linked with low self-worth and despair which itself related with body image gratification. Samples were studies for their individual beliefs about apparent control towards achieving the so-called 'ideal' body shape. The findings suggested that the perceived factors or locus of control beliefs are significant interpreters of the self-perception towards one's own body shape satisfaction or dissatisfaction.

1.3 Influence of Media with Body Image

A study published in Volume 31 of 'social behaviour and personality: an international journal, determined the presence of body image dissatisfaction in adult women and men. Researchers charted 139 adults on body image dissatisfaction and the relating factors, it was found that media influence played a major role in body dissatisfaction in women and a few general factors like age, family pressure, and self-worth caused body image dissatisfaction in both men and women. Researchers suggested that since the relationship of the adults with their bodies can influence the children around, it is important that researchers conduct studies on body image, dissatisfaction and associated factors in the adult populations as well. Mega research was conducted in New Zealand in 2012 where a national sample survey of a sample size of 11,017 was studied to learn the impact of social media like Facebook, peer-based media, and transitional media forms. They hypothesized that middle-aged woman, were a vulnerable population, due to increasing pressure by society to conform to youthful beauty standards. They tested the links between a Facebook user and body satisfaction for women and men across age cohorts. They used a Bayesian regression model and tested the curvilinear effects of age, the results depicted that having and using a Facebook profile is accompanied with poorer body satisfaction for both men and women irrespective of their age. For the women Facebook users, a U-shaped curvilinear association was found between age and body satisfaction level; there was a clear gap between Facebook users and non-users in perceived body satisfaction. Results also showed that young women had lower body satisfaction. Overall, this suggests the significance of conducting more researches in older populations related to body satisfaction

2. Methodology

In August 2021, the following databases were searched for empirical investigations of body image issues influenced by the media portrayal: Google scholar, Shodh Ganga, Britannica, National digital Library of

India, Academia, Research Gate, PubMed and Web of Science. Both constructs pertaining to media portrayal of the glamour world, as well as the various components of body image were captured through keywords and the appropriate terms. To capture social media, the following search terms were used: body image, Body Dimorphic Disorder, Positive Body Image, Negative Body image, social media, social network, SNS, Facebook, Instagram, and review. Search terms used to capture the components of body image were: body image, body, appearance, dissatisfaction, satisfaction, eats, disorder, internalize, fat, thin, and muscular. In addition to the present systematic search of journal articles, the reference lists of included articles and relevant review articles were also screened to spot any additional relevant articles for inclusion. Furthermore, a secondary search was conducted in October of 2021 to locate any additional articles published since the original search. Books on the topic body Image were also reviewed to understand the theoretical constructs, Definitions and validate and generally accepted assessment tools on Body image perceptions, these tools varied from Self-assessment to clinical assessment tools for the diagnosis or comorbid conditions like BDD, eating disorders, sleeping disorder, Bigorexia etc. In adherence to the PRISMA guidelines articles obtained through the database searches were first screened based on their titles, then abstracts, and then finally while considering the entire journal article. At the initial title screening stage, articles were included if the title indicated that the study generally pertained to media use and some aspect of body image. This process was similarly followed at the abstract screening stage; both, quantitative and qualitative studies were included. Finally, the full-text articles of the accepted abstracts were screened for eligibility; articles were rejected at this stage if they did not include an independent measure of media depiction, and/or an independent measure of overall body image or a component of body image. A comprehensive description of all inclusion and exclusion criteria is provided in the section below.

3. Inclusion Criteria

In order to be included within the analysis, studies must have met the subsequent inclusion criteria. Studies must have included an independent measure of media use. The concept of media use was broadly applied, where any aspect of media use was accepted. The focus here was on standardising a particular type of body shape, fashion style, body dimensions and statistics.

Studies must have included a measure assessing participants' positive or negative body image, or a component of their body image. This included measures assessing general body satisfaction or dissatisfaction (e.g., BISI, BCS tools etc)

Article written in English.

4. Exclusion Criteria

- a. Articles not in English
- b. Articles that are older than last 20 yrs.

5. Measures

The selected articles were grouped under following heading

- Body dissatisfaction
- Depiction of glamour industry
- Body Image disturbances
- Thin idealization
- Impact of social media on predefined body image
- Beauty Norms given by Advertisement industry
- Celebrity beauty standards
- Cosmetic surgeries for fitting it into beauty standards

- Body dysmorphic disorder
- Clinical symptoms of body dysmorphic disorder and treatment

6. Discussion

A Global Report, revealed that only 2% of girls round the world would describe themselves as beautiful (Etc off, Orbach, Scott, & D'Agostino, 2004). The literature investigating the connection between social media use and body image is extensive, but doesn't offer consistent findings. Some correlational studies have found that social media use is related to body image disturbance, while others have found that social media use is related to a positive body image (e.g., Chae, 2017; Ridgway & Clayton, 2016). Some studies have even found that there's no association between these two variables (e.g., Cohen, Newton-John, & Slater, 2017; Xiaoping, 2017). Despite these contradictory findings, the thought that media should be liable for the body image culture it's promoting may be a matter of concern. When research finds that frequent social media use is linked to body image disturbance, it's often reported within the news, oftentimes in an exaggerated and fear-inducing manner (Ch'in, 2018; Thomas, 2018). the thought that social media is "bad" is additionally evident within the multiple body positivity movements present on social media. The body positivity movement refers to any message delivered through various mediums that aims to challenge the societal ideals related to appearance, beauty, and bodies, also on encourage self-acceptance (Cynara-Horta, 2016). Given the recognition of social media and therefore the idealized content on social media, this movement has infiltrated social media platforms. Hash tags like "#stopbodyshaming" "#beautybias" "#InMyOwnSkin" and "#allbodiesaregoodbodies" and advertisements from Dove plan to challenge body ideals perpetuated on social media, and encourage social media users to interact during this challenge by posting content that promotes the acceptance of diverse body shapes and sizes. Body image is taken into account a multidimensional concept (Banfield & McCabe, 2002), various structures are suggested, however, Thompson and van den Berg (2002) offer a four-component model that's frequently used and cited within the literature (e.g., Grabe & Hyde, 2006; Grabe et al., 2008; Grogan, 2016).

First is that the affective dimension, which incorporates how one feels about their body and therefore the emotions related to their evaluation of their body (e.g., appearance esteem).

Second is that the cognitive dimension, which incorporates beliefs that one holds about their body (e.g., internalization of the thin-ideal).

Third is that the behavioural dimension, which incorporates actions that one may engage therein are associated with their own idea of their body (e.g., disordered eating).

Fourth is that the subjective satisfaction dimension, which captures one's global satisfaction with their appearance and body.

Thompson (2004) suggests that failing to think about these different dimensions separately could present an interpretive problem. That is, these dimensions might not necessarily be impacted by independent variables within the same way (e.g., Walden, Thompson, & Wells, 1997). In fact, this was found to be true for body image and traditional media: Grabe and colleagues' (2008) meta- analysis on the role of media images in body image concerns revealed different effect sizes for every dimension.

A meta- analysis of all the available review will provide consensus on the association between media portrayal and body image disturbance, if any. it'll also provide an estimate of the strength of this relationship, and help to spot potential moderators of this relationship. Identifying potential moderators may be a particularly important contribution since, as alluded to earlier, this relationship is probably going to vary for various people (i.e., women, those that identify as Caucasian), differing

types of social media use (e.g., appearance-focused use), and for the various dimensions of body image. As this is often a growing field of research, the present findings will help to shape future research.

7. Limitations

While this study of literature fills a gap in the body image literature, it isn't without limitations.

The analysis only includes cross-sectional studies.

It will be delicate to say if the pre-existing reasons for body image disturbances leads an individual to be looking up on the glamour world or the glamour world is causing the body image disturbances.

The estimate of a relationship handed in cross-sectional studies can not take implicit third variables into account. Therefore, it's possible that these estimates may be inflated or deflated because of some third variable that can explain both social media use and body image disturbance. A implicit third variable may be tone- regard Tone- regard has been linked to both social media use and body image.

There was no standardized tool or exploration available to understand the positive or negative impact of celebrities on individualities. So the experimenter had to depend on probative studies

8. Publication Bias

Studies with significant findings are more likely to be published than those that yield null or insignificant findings; a miracle appertained to as publication bias. As a result. summary

Effect sizes attained in the analyses might be appreciatively disposed, due to the overrepresentation of significant findings in the literature.

9. Conclusion

To conclude, the results of this literature analysis indicate that body image disturbance is associated with media.

Despite the limitations bandied over, this review has several strengths. To the authors' knowledge, this is the first comprehensive, review of this field of literature. This is in comparison to former reviews that were concentrated on a single element of body image. As a result, this literature review provides an estimate of the strength of the relationship between social media use and body image disturbance that's further nuanced and comprehensive than those preliminarily given. The magnitude of this effect wasn't as large as might have been prognosticated grounded on former exploration and common views amongst the public, which suggests that general social media use may not be as dangerous as prognosticated for druggies in general. Still, it may be particularly more dangerous for certain druggies (e.g., youngish druggies) who are engaging in certain behaviours (i.e., engaging in appearance concentrated social media use). An intriguing and important unborn direction to probe would be to look at the relations between variables like social media influence on the body image and tone- regard. For illustration, what body image outgrowth is associated with youngish social media druggies engaging in appearance- concentrated used? A way to probe this would be to conduct a meta-analysis of just studies probing appearance- concentrated social media use. While numerous studies have delved this specific type of social media use, further exploration needs to be done before an adequately powered meta- analysis can be conducted. This is an important unborn direction, as these findings could be used to develop interventions targeted at media personalities to have a little more social responsibility towards the body image. Also, social media is still a new technology, and we cannot be sure of the long-term goods it may have on druggies. Eventually, the authors want to make it clear that this is an associative relationship; farther exploration, of the experimental nature, is thus demanded to clarify the implicit unproductive relationship between body image issues and impact of the glamour world.

Summary of the Literature reviewed which include 10 book references, 20 scholarly website reference and 50 research article reference is given below in a tabular form for quick reference .

BOOKS

SN O	BOOK	REFERENCE	CONTENT
1	Perception of beauty	Mills, J. (2018). Beauty, Body Image, and the Media (pp. 145-154). york university.	The chapter spoke about the role of mass media in people's belief about beauty. The research literature available on media, show how they interact with the factors that impact appearance concerns and body image. It strongly supported the idea that the various forms of media effects perceptions of beauty and appearance concerns by inspiring women to idealize a very slender body type as perfect or beautiful. The book also say that the new age social media are more interactive than traditional mass media and the effects of the strategies for self-presentation on perceptions of beauty have just started to be studied. This is a new area of research that is of great importance to researchers and clinicians who are interested in body image and appearance concerns of the people.
2	Beauty and Body Dysmorphic Disorder. A clinician's guide	Champlain A., Laumann A. (2015) Body Dysmorphic Disorder: Screening Patients and Associated Algorithms. Beauty and Body Dysmorphic Disorder.	Many of the patients who come for the aesthetic improvement of their looks suffer from BDD. This chapter describes methods for physicians to screen patients for body dysmorphic disorder using behavioural observation, interview, and self-report questionnaires. The is important to use these techniques with face-to-face interaction between the treating physician and patient. It will help to treat the patient accordingly with a greater purpose.
3	Diagnostic and Statistical Manual of	American Psychiatric Association. (2013). Diagnostic	The chapter begins with obsessive compulsive disorder and then covers in detail about body dysmorphic

	Mental Disorders (DSM-5®)	and Statistical Manual of Mental Disorders (DSM-5®) (5th ed., pp. 234-247).	disorder. The characteristics of BDD is one or more perceived defects. Or the self-stated flaws in physical appearance, that others don't notice or can be observed only slightly by others and by regular mirror checking, anxiety, consciousness in response to the appearance concerns eg. body fat and eating disorders. It also speaks about the muscle dysmorphia being common and unrecognized in men.
4	Annual review of psychology	Lachman, M. (2004). Development in Midlife. Annual Review of Psychology, 55(1), 305-331.	This chapter aims to summarize the research findings on the issues of midlife such as work balance and family responsibilities between a lot of physical and psychological changes associated with aging. The midlife period is characterized by a super complex play of multiple roles. The book presents images and expectations and disparate views of midlife as a time of peak functioning as well as a period of crisis. Conceptual frameworks used were useful for studying the different patterns of changes. Findings depicted types of gains and losses reviewed over multiple domains like cognitive functioning, personality, emotions, social relationships, work, and physical health. The need for future research enlighten and integrate the diverse aspects of midlife was suggested.
5	In our Prime: - The Invention of middle age	Cohen, P. (2012). In our prime: The invention of middle age (pp. Pg 7,11).	Ms. Cohen asserts marketers in the cosmetics, advertising and entertainment industries, have been eagerly trying to loop in the lucrative creativity of reversing the image of middle age. They are trying their best to make the middle age look "thinner, smoother, sexier, wealthier, happier and hipper." In fact, this has also made the middle-feeling more powerful, more active or more

			alluring. But the book also focuses on the real self which is a lot more under the pressure to look a certain way. It can be summed up as follows -If you miss your fitness class any day, does a nagging voice whisper, “You’ll never be as thin as Jane Fonda”?
6	Body positive: Understanding and improving body image in science and practice	Daniels, E., Gillen, M., & Markey, C. (2018). Body positive. Cambridge University Press.	The author speaks on how good it would be if one feels good about their body? No one really fully appreciate their body. The author boldly questions if media became inclusive of all body shape and size would that change our perception towards body image? While the book addresses all these questions, it scrutinizes a new measure focused on understanding what leads people to take care, appreciate, love, and embrace their bodies. Chapters are written by international experts leading in the science and practice of body image, talking about Body Positive is a way how we feel about our physical selves and how we can all come to feel better than how we currently do.
7	Body Image: A Handbook of Theory, Research, and Clinical Practice	Cash, T. (2012). Body image. Guilford Press.	In the preface of the book the editor states "Body image, the multifaceted psychological experience of embodiment, profoundly influences the quality of human life". The authors have managed to bring together a collection of writings to support the above powerful statement. This book consists of 57 chapters written by recognized experts. This book should be of significant interest to physicians who encounter the complications of body image in their patients.
8.	Adolescence and Body Image- From	Ricciardelli, L. (2015). Adolescence	Body image is a major issue for the majority of the adolescents. And it is equal among both genders, their

	development to preventing Dissatisfaction	and Body Image. Taylor and Francis.	incapacitating effects at times lead to mental health problems. This book focuses specifically on adolescents, giving a comprehensive overview of the physical, mental, and socio-cultural factors relating to the body image issues. It also provides measures in details which can be used to address body dissatisfaction. The book addresses the challenges faced by the youngsters as they grow. It also discusses the role of family, friends, society, traditions, schools, sport and media in stimulating a negative body image. The authors also discuss eating disorders and natural body changes that occur as a part of treatment like in cancer. The book presents original researches, including an Australian study of the body image and its association with health behaviours of adolescent boys, and the results of a study on current teaching practices relating to body image.
9	The Media and Body Image- If looks could kill.	Wykes, M., & Gunter, B. (2007). The media and body image: if looks could kill. Sage.	So much has been said to make media responsible about the various body image issues seen in all ages across all genders. Yet there is not a lot of literature present to show. The Media and Body Image brings together the literatures available from sociology, psychology, gender studies; and brings a new experiential work on both media representations and viewers responses. It offers a broad discussion on this topic in the context of socio-cultural change, gender politics, and self-identity.
10	The Shackles of The Mirror? - A Case Study on Body Dysmorphic Disorder	Thomas, S., & Kotian, S. (2021). The Shackles of The Mirror? - A Case Study on Body Dysmorphic Disorder. International Journal Of	This case study emphasised about the recent trends with photographs and how it affects the body dysmorphic disorder [BDD] in a general population irrespective of age and gender. The author spoke bringing out the research articles about BDD affecting persons eating habits, social

		Management, Technology, And Social Sciences, 156-161.	interaction, and body image. Various research studies and scholarly articles were studied to understand how the media influences people towards a certain skin colour and body type. This case study justifies the need for more studies to be done in India to identify the prevalence of Body dysmorphic disorder using various scales like Body image concern inventory.
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WEBSITES

SN O	Website and Article	REFERENCE	CONTENT
1	Breakbingeeating.com. The Ultimate List of Body Image Statistics in 2021	Linardon, D. (2021). 2021 <i>Body Image Statistics: 40 Shocking Body Image Facts.</i> BreakBinge Eating. Retrieved 26 November 2021	Summarised key statistics on body image in men and women for the year 2021
2	Pubmed.ncbi.nlm.nih.gov.com Body dysmorphic disorder	Body dysmorphic disorder. (2010), 12(2), 221-232.	The study provides a summary of research findings on BDD, including its occurrence, signs and symptoms, prognosis, comorbidity, mental status, and suicidality. It also reviews recent researches done on neural substrates and cognitive processing. Finally, the article discusses the treatment approaches that appear effective for BDD, with more focus on serotonin-reuptake inhibitors and cognitive-behavioural therapy.
3	Pubmed.ncbi.nlm.nih.gov.com Pharmacotherapy and psychotherapy for body dysmorphic disorder	Ipsler, J., Sander, C., & Stein, D. (2009). Pharmacotherapy and psychotherapy for body dysmorphic disorder. <i>Cochrane Database Of Systematic Reviews.</i> 2009;01-21	This article suggests that SRIs and CBT may be useful in treating patients with BDD. The article also emphasised future controlled studies in other samples using other selective serotonin reuptake inhibitors, as well as a range of psychological therapy, different approaches and modalities (alone or in combination), to supplement the data currently available.

4	Academia.edu.com Validation of a French measure of body comparison: The Physical Appearance Comparison Scale.	Dany, L. (2021). Validation of a French measure of body comparison: The Physical Appearance Comparison Scale. <i>Academia.edu</i> . Repéré 11 May 2021, à https://www.academia.edu/1850223/Validation_of_a_French_measure_of_body_comparison The Physical Appearance Comparison Scale	The study studied the validity of the French version of the Physical Appearance Comparison Scale (PACS; Thompson, Heinberg, & Tantleff, 1991). 297 university students between the age 18-20 yrs majority being females from two French universities. The results obtained were concordant with the original version and the internal consistency and test-retest reliability were good. The scores on the French PACS were significantly correlated with body image self-esteem, social physique anxiety, body size satisfaction, self-weighing, body size estimation and depression. This measure helped to understand the process of body dissatisfaction and its impact on psychological distress.
5	King University Online. The link between social media and body image.	<i>Link Between Social Media & Body Image / King University Online</i> . King University Online. (2021). Retrieved 26 November 2021, from https://online.king.edu/news/social-media-and-body-image/ .	The article emphasised the fact that social media is shaping the concept of beauty. We are, constantly consuming images posted online for better or worse. As a result, social media and body image, have become linked to a large extent. Social media influences our perspectives positively or negatively and it's important that we understand the effects of the same in order to limit their impact on our mental health.
6	BBC.com. The complicated truth about social media and body image	Oakes, K. (2021). <i>The complicated truth about social media and body image</i> . Bbc.com. Retrieved 26 November 2021, from https://www.bbc.com/future/article/20190311-how-social-media-affects-body-image .	Survey finding done on 227 female university students depicted that woman tend to compare their own appearance in a negative way with their friends and celebrities, but not with the family members, while they browse Facebook. The group that had the strongest link to body image comparison concerns was distant peers, or acquaintances of the sample population.
7	Medial news today.com. How does social media use affect our body image?	<i>How does social media use affect our body image?</i> Medicalnewstoday.com. (2021). Retrieved 26 November 2021, from https://www.medicalnewstoday.com/articles/323725 .	The article talks about how recently the social media is taking the brunt of body image concerns. It also links the facts of the social displacement theory with the body image concerns, for example, the more time we spend on the online social media platforms, the less time we're likely to spend socialising in the real world. This could lead to a reduction in one's

			overall well-being. However, recent studies have not come to a common conclusion. The article shows how some researchers state that social media is bad for others “, while others argue “it is not bad in the way people think it is.” But if also do not deny the fact that there are a lot of studies that draw links between the use of social media loneliness, suggesting that intermittent social media “detox” is good to decrease/avoid the feelings of depression and loneliness.
8	Journals.sagepub.com. Body Dissatisfaction of Adolescent Girls and Boys:: Risk and Resource Factors	T Barker, E., & L. Galambos, N. (2021). <i>Body Dissatisfaction of Adolescent Girls and Boys:: Risk and Resource Factors</i> - Erin T. Barker, Nancy L. Galambos, 2003. SAGE Journals. Retrieved 26 November 2021, from https://journals.sagepub.com/doi/10.1177/0272431603023002002 .	In the study published 91 girls and 79 boys in Grades 7 and 10 participated in the second wave of a 3-year longitudinal study of adolescent’s psychosocial maturity. Different hierarchical regressions were conducted for girls and boys. For boys, being teased by others was the only important risk factor wherein for girl’s there were three risk factors towards body dissatisfaction namely: - greater figure management, weight (higher body mass index), and being teased about appearance. The only significant resource factors for girls were perceived mother acceptance and father acceptance wherein for boy no resource factors were significant. Resource factors did not suggest protective effects (i.e., moderate effects of significant risks) against body dissatisfaction for girls or for boys.
9	Researchgate.net.com. A systematic review of the impact of the use of social networking sites on body image and disordered eating outcomes	Holland, G., & Tiggemann, M. (2021). A systematic review of the impact of the use of social networking sites on body image and disordered eating outcomes. ResearchGate.	This paper shows a systematic search for peer-reviewed articles on social networking site usage and its relationship to body image and eating disorders in 20 studies. As a whole, these articles demonstrated that the use of social networking sites are associated with body image and disordered eating. Specific social networking activities, such as uploading and viewing photos and seeking feedback via status updates, were identified as particularly problematic. A small number of studies also found that appearance-based social comparison facilitated the relationship between social networking sites it’s usage with body

			image and eating concerns. Gender was not found to be a moderating factor. The article suggested to have more longitudinal and experimental studies to have correlational research supporting the maladaptive effect of social networking sites and the use on body image and disordered eating.
10	Plasticsurgerykey.com. Body Dysmorphic Disorder: Screening Patients and Associated Algorithms	Body Dysmorphic Disorder: Screening Patients and Associated Algorithms. Plastic Surgery Key. (2021). Retrieved 26 November 2021, from https://plasticsurgerykey.com/body-dysmorphic-disorder-screening-patients-and-associated-algorithms/ .	BDDQ-DV, DCQ, BICI are the only three surveys that have been authenticated by psychiatric evaluation when used in clinical settings of dermatology and plastic surgery, all reports show the prevalence of body dysmorphic disorder in these patients. It shows a significant relevance in each of these surveys. In addition, it is equally important to have a face-to-face interaction between the treating doctor, the staff, and the patient. The article talks about the limitations of these questionnaires, as many to date have not yet been updated to include DSM-5 criterion pertaining to the recognition of repetitive behaviours or mental acts in response to appearance concerns. A study that was discussed in the article used an additional question including the new criterion in a telephone survey to compare the prevalence of BDD using DSM-IV vs. DSM-5 criteria., BDD diagnosis was not authenticated by psychiatric interview in the above study, it showed that the revised criteria did not seem to have an influence on prevalence rates.
11	National library of medicinepubmed.gov.	PHILLIPS, K. (2000). Quality of Life for Patients with Body Dysmorphic Disorder. The Journal Of Nervous And Mental Disease, 188(3), 170-175.	In this study, 62 successive rehabilitants with BDD were assessed with the tone- report Medical Issues Study 36- Item Short-Form Health Survey (SF-36) and other scales. The scores were compared to the pre- established scores for several population. The scores varied being better in some cases and some cases being worse. In the composition still, altogether cerebral state disciplines, BDD subject's scores were worse than morals for the overall U.S. population. BDD symptoms were further and lower delusionality were related with poor internal health-

			related quality of life. These results indicate that cases with BDD have especially poor cerebral state status and internal health- related quality of life.
12	Online library Wily.com. Understanding the psychology of the cosmetic patients	Malick, F., Howard, J., & Koo, J. (2021). Understanding the psychology of the cosmetic patients. onlinelibrary.wiley.com. Retrieved 27 November 2021.	Patients seeking face lift usually present with psychiatric disorders like body dysmorphic disorder, personality disorder, and histrionic mental disorder. It's important for the clinicians to possess a basic understanding of the characteristic features of those conditions. Importance of specialized screening questionnaires and preoperative questions are important to the treating dermatologic surgeons. As this information can help provide clinicians with the foremost suitable management including referral for the psychiatric intervention
13	US National library of medicine. National institute of health.	Ghazizadeh Hashemi, S., Edalatnoor, B., Edalatnoor, B., & Niksun, O. (2017). A comparison of body image concern in candidates for rhinoplasty and therapeutic surgery. <i>Electronic Physician</i> , 9(9), 5363-5368. https://doi.org/10.19082/5363	The article started with the clinical and subclinical signs and symptoms and described how Body dysmorphic disorder among the patients seeking cosmetic surgeries may be a disorder. And if not diagnosed by a physician on time, can cause perpetual damage to the doctor and therefore the patient.
14	US National library of medicine. National institute of health.	Reel, J., Voelker, D., & Greenleaf, C. (2015). Weight status and body image perceptions in adolescents: current perspectives. <i>Adolescent Health, Medicine And Therapeutics</i> , 6, 149-158.	This composition completely focuses on the Non-age as a vital stage within the perception of positive or negative body image. Multitudinous influences live during the teenager times including transitions within the body and hormones that affect one's body shape, weight status, and appearance. Weight status exists between being fat to being light. Prominent influences on body image at this age includes the media, which may target adolescents, and buddies who help shape beliefs about the perceived body ideal. The fat talk and therefore the weight- related bullying during adolescent times

			greatly contribute to weight and appearance issues also because the development of negative body perceptions and dissatisfaction regarding specific body corridor. This text provides an insight of the significance of adolescent development in shaping body image, the association between body image and adolescent weight status. Practical consequences for promoting a healthy weight status and positive body image among adolescents are mooted during this composition
15	Asia pacific Economic Blog https://apecsec.org/	Dove Campaign for Real Beauty Controversy APECSEC.org. Apecsec.org. (2021). Retrieved 27 November 2021, from https://apecsec.org/dove-campaign-for-real-beauty-controversy/#:~:text=The%20Dove%20campaign%20for%20real%20beauty%20controversy%20is,each%20and%20talk%20to%20them%20for%20some%20time.	This article speaks how the Dove campaigns are not exactly how it seems. Dove came up with the campaign on stopping the fake beauty norms campaign, campaign for real beauty, The CROWN act, beauty bias, Dove self-esteem project, My beauty My say, Dove patches, Dove ad makeover, Dove inner critic for real beauty controversy is that the same company that promotes Dove, Unilever, is also the same company that is behind Axe and Fair & Lovely. The brand that has contradictory views is either not sure or it is too shallow and hypocrite with its pretensions when it presents itself to the audience. The same company commissions ads of semi naked women who run after a man because he smells good, it promotes the idea of being fair is better with its fairness creams and then on the other side it intends noble message with the Dove ads. The article says it's outright laughable and pretension at its worst.
16	safeline.org.uk . How body image is portrayed in the media.	<i>How body image is portrayed in the media.</i> Safeline - Believe in you - Surviving sexual abuse & rape. (2021). Retrieved 27 November 2021, from https://www.safeline.org.uk/how-body-image-is-portrayed-in-the-media/ .	Media presents an unrealistic picture of body image with extremely slim women and the muscular men gaining the utmost attention. While utmost people understand that image manipulation is possible, but the extent to which this is used by the media to lighten or darken the skin tone and alter the body shape isn't always understood. Suggestion of this pressure is apparent in the selfies of youthful men and women over social

			media. The youthful women conclude for visibly sexual aesthetics while youthful men concentrate on tough aesthetics or gratefulness of a sexual or “lad- culture” grounded nature.
17	Mirror-mirror.org. The Media And Body Image - Mirror-Mirror	<i>The Media And Body Image - Mirror-Mirror</i> . Mirror-Mirror. (2021). Retrieved 27 November 2021, from https://mirror-mirror.org/body-image/the-media-and-body-image .	The composition speaks about how the body image advertising represents the goods of our own body image. Though there are multitudinous other goods that influences our body image like parenting, intimate connections, education and so on. But the effect of the media can't be denied. The composition focuses on the long- term strategy of reaching the advertisers about the media and body image issues. Though it may be operative, change would not be overnight. Meanwhile, we can limit our exposure to media images, especially advertising. We can also view announcements critically, asking ourselves how realistic the images appear and allowing about how they do or do not relate to us.
18	Medium.com. The Media and its Promotion of Negative Body Image	Allen, C. (2018). <i>The Media and its Promotion of Negative Body Image</i> . Medium. Retrieved 27 November 2021, from https://medium.com/@carriellen341/the-media-and-its-promotion-of-negative-body-image-9ba7887de766 .	The article challenges the media companies who focus on just one type of body shape and colour, this should be able to decrease the development of eating disorders and other mental health conditions which are related to poor body image, as well as decrease the instances of bullying and body shaming. If the media promoted and advertised for all body types media companies would be participating in the body positive movement towards women around the world.
19	Betterhelp.com. The Media And Body Image - How It Impacts Your Self-Esteem	Kirby, S. (2021). <i>The Media And Body Image - How It Impacts Your Self-Esteem</i> BetterHelp. Betterhelp.com. Retrieved 27 November 2021, from https://www.betterhelp.com/advice/self-esteem/the-media-and-body-image-how-it-impacts-your-self-esteem/ .	This article brings our attention to the connection between the media and body image issues in men. Men in media are always shown as handsome, groomed, tall, muscular with gelled hair. They have physique with no body bulges. Same is the way women are portrayed in the media having to be thin and sensuous all the time. The overall message that the media generates is that women should look like Barbies and men like superheroes, without realising how much it effects the self-esteem of the

			viewers who idealise them in all aspects.
20	Betterhelp.com. Coping With Body Image Issues In The Modern World.	<i>Coping With Body Image Issues In The Modern World / BetterHelp.</i> Betterhelp.com. (2021). Retrieved 27 November 2021, from https://www.betterhelp.com/advice/body-dysmorphic-disorder/coping-with-body-image-issues-in-the-modern-world/ .	The article opens up a discussion about body image and how vital is it to solve the problem of self-image and help millions of people feel more confident comfortable, and happy with their own body. When we start talking about the effects of the modern media and how people look at themselves physically. Some studies do show the influence of media on body image have reduced, thus making more freedom for a positive self-image.

RESEARCH ARTICLES

1	Body dysmorphic disorder: recognizing and treating imagined ugliness	Phillips, K. (2021). <i>Body dysmorphic disorder: recognizing and treating imagined ugliness</i> . PubMed Central (PMC). Retrieved 29 November 2021, from https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1414653/ .	This article summarises the various evidence-based studies about the available treatment modalities which have been used for the BDD patients. Although the researches done on effective treatment of BDD is still limited, serotonin reuptake inhibitors (SRIs) are currently considered the pharmacological treatment of choice. For symptoms to show improvement, a relatively high SRI dose for 12 weeks is the treatment of choice. The best psychosocial treatment is cognitive behavioural therapy. It consists of elements such as response prevention, behavioural experiments, exposure, and cognitive restructuring. The author says that although the knowledge of BDD is swiftly growing, further research is needed on all aspects of BDD, including treatment studies, epidemiology studies, and investigation of its cross-cultural features and pathogenesis.
2	Beauty and Thinness Messages in Children's Media: A Content Analysis	HERBOZO, S., TANTLEFF-DUNN, S., GOKEE-LAROSE, J., & THOMPSON, J. (2004). Beauty and Thinness Messages	Research shows that the young children have been growing body image concerns, like desire for thinness and an avoidance of obesity. A few studies that have been done on the children investigated how their body preferences and stereotypes are influenced by

		in Children's Media: A Content Analysis. Eating Disorders, 12(1), 21-34.	media. To understand this, a content analysis was used to examine the body image-related messages found in popular children's videos and books. The results indicated that messages that emphasised the importance of physical appearance and portrayed body stereotypes were present in many children's videos and a few books. Of all the videos examined, Cinderella and The Little Mermaid were the ones that exhibited the most body image-related messages. The videos with the least number of body image-related messages were Indian in the Cupboard and ET. The books that were studied, Rapunzel depicted the highest number of body image-related messages. The books that did not exhibit body image-related messages were Ginger and The Stinky Cheese Man. This indicated the clear connection of what the media linked to children, depicts and how it affects their mindset.
3	The Good, the Bad, and the Beautiful	Northup, T., & Liebler, C. (2010). The Good, the Bad, and the Beautiful. <i>Journal Of Children And Media</i> , 4(3), 265-282.	This research looked specifically at the beauty ideal messages generated by the live-action television shows which specifically target the growing up girls. A thorough content analysis of nine Disney and Nickelodeon shows was done. Beauty ideal messages were analysed, and the results suggest that the thin, white beauty ideal present in adult programming is also present in programming for a younger audience. Also, the idea that "beauty and thinness is good" is reinforced through verbal messages through the main characters. The results and implications were discussed in the context of Social Comparison Theory.
4	Thin is "in" and stout is "out": What animated cartoons tell viewers about body weight	Klein, H., & Shiffman, K. (2005). Thin is "in" and stout is "out": What animated cartoons tell viewers about body weight. <i>Eating And Weight Disorders - Studies On Anorexia, Bulimia And Obesity</i> , 10(2), 107-116.	This research examines the following issues: <ul style="list-style-type: none"> a. How predominant is weight-related content in animated cartoons? b. Has this occurrence changed over time? c. What "types" of physical appearance are to be associated with being thinner-than-normal or heavier-than normal? Results suggested that the prevalence of both underweight

			<p>and overweight characters has transformed dramatically over the course of the past several decades. These relationships are curvilinear in nature. Recent years have demonstrated a significant increase in the proportion of all cartoons showing characters that are thin and a simultaneous reduction in the prevalence of characters that are fat. Many variables were found to show a clear discrimination. Eg. The fat, stout characters were usually shown as selfish, dumb or a mean character wherein the thin, good looking, fair characters were always shown to be much well-off, educated, pro-socio, sophisticated. The extremely thin characters and not so well groomed were often depicted as the characters from low socio-economic class. Thus clearly the cartoons provide positive messages about being thin and negative messages about being overweight.</p>
5	Does Barbie make girls want to be thin? The effect of experimental exposure to images of dolls on the body image of 5- to 8-year-old girls	Dittmar, H., Halliwell, E., & Ive, S. (2006). Does Barbie make girls want to be thin? The effect of experimental exposure to images of dolls on the body image of 5- to 8-year-old girls. <i>Developmental Psychology</i> , 42(2), 283-292.	The Barbie doll was examined in the present study as a possible cause for young girl's body dissatisfaction. A sample size of 162 girls, from the age 5 to age 8, were shown the images of either Barbie dolls, Emme dolls (U.S. size 16), or no dolls (baseline control) and then completed assessment of body image. Girls exposed to Barbie reported lower body esteem and greater desire for a thinner body shape than girls in the other control groups. However, this negative impact of Barbie doll was not evident in the older girls. These findings imply that, even if dolls don't function as ambitious role models for older girls, early exposure to dolls personifying an unrealistically thin body ideal may damage girl's body image, which would be a cause to an increased risk of disordered eating and weight cycling.
6	Reading magazine articles about dieting and associated weight control	Utter, J., Neumarksztainer, D., Wall, M., & Story, M. (2003).	The purpose of this research was to examine the socio-demographic characteristics of youngsters who read articles about dieting/weight loss and

	behaviours among adolescents	Reading magazine articles about dieting and associated weight control behaviours among adolescents. <i>Journal Of Adolescent Health</i> , 32(1), 78-82.	the relationship between reading these types of articles and psychosocial well-being and weight control behaviours. Dieting-related exposure was related to indicators of psycho-social distress and unhealthy dieting; interventions that address media consumption should reach all youth regardless of ethnic and social background.
7	Social comparisons on social media: The impact of Facebook on young women's body image concerns and mood	Fardouly, J., Diedrichs, P., Vartanian, L., & Halliwell, E. (2015). Social comparisons on social media: The impact of Facebook on young women's body image concerns and mood. <i>Body Image</i> , 13, 38-45.	The present study investigated the effect of Facebook use on women's mood and body image. And to understand whether appearance comparison tendency moderates any of these effects. These effects may vary from that of an online fashion magazine. Samples were 122 Female participants. They were randomly allotted 10 min browsing their Facebook account, a magazine website, or an appearance-neutral control website and then were asked to complete the measures of body dissatisfaction, mood, and appearance discrepancies (weight-related, and face, hair, and skin-related). They also completed a trait measure of appearance comparison tendency. Results showed that the participants who spent time on Facebook were in a more negative mood than those who spent time on the control websites. Furthermore, women who were high in appearance comparison tendency reported more physical appearance related differences after Facebook exposure than the exposure to the control website. Author suggests more research is needed to better understand the impact that Facebook has on appearance concerns.
8	Body Image Concern Inventory (BICI) for Identifying Patients with BDD Seeking Rhinoplasty: Using a Persian (Farsi) Version.	Ghadakzadeh, S., Ghazipour, A., Khajeddin, N., Karimian, N., & Borhani, M. (2011). Body Image Concern Inventory (BICI) for Identifying Patients with BDD Seeking Rhinoplasty: Using a Persian (Farsi) Version. <i>Aesthetic</i>	The results of this study depict the high rate of BDD (12.2%) in subjects seeking rhinoplasty. The BICI scale was used for the first time as per the author for identifying BDD patients in a rhinoplasty setting; it is also the first time that receiver operating characteristic analysis has been used for calculating and analysing the results of BICI. The study suggested that rhinoplasty surgeons could depend on on the scores of the BICI to recognize subjects with probable BDD among

		Plastic Surgery, 35(6), 989-994.	their patients with no or one slight defect.
9	Validation of the Chinese Version of the Body Image Concern Inventory	Wang, K., Yu, X., Yu, C., Liu, Y., Chu, M., & Zhang, R. et al. (2020). Validation of the Chinese Version of the Body Image Concern Inventory. Evaluation & The Health Professions.	The study was done to examine the psychometric properties of a new Chinese BICI. The Chinese version of BICI was administered to 1,231 Chinese young adults (Study 1) and 47 female patients with eating disorders and 56 matched controls (ED; Study 2). The results suggested that the Chinese version of BICI tool was reliable and a valid instrument and can be used in all settings across all ethnicity.
10	The Struggle Between the Real and Ideal: Impact of Acute Media Exposure on Body Image of Young Indian Women	Nagar, I., & Virk, R. (2017). The Struggle Between the Real and Ideal. SAGE Open, 7(1),	The article focuses on how media, has become a powerful tool for defining the “should, ought, and musts” of a women’s body. As a result of “thinning” of beauty ideals in the media, the real women find the representations of ideal women to be increasingly unattainable. The exploratory study in this article examined the effect of acute media images for a sample of 60 young adult Indian women. A 2 (intervention group) × 2 (time) mixed-group design was used where half the participants were presented with thin-ideal media images, whereas the other half were presented with control images. The participants were examined on body image dissatisfaction, thin-ideal internalization, and self-esteem. Results of the study indicated an increase in thin-ideal internalization and body dissatisfaction and a decrease in self-esteem scores as a result of exposure to the thin-ideal media images. The results of the study suggested that young urban Indian women experienced body image disturbances when exposed to thin-ideal images. The findings have been similar to a study done in Europe and North America on the same lines.
11	Body dysmorphic disorder	S Bjornsson, A., R Didie, E., & A Phillips, K. (2010). Body dysmorphic disorder. Obsessive-Compulsive Spectrum Disorders, 12(2), 221-232.	The composition starts with the brief preface about Body dysmorphic complaint (BDD) complaint and its signs and symptoms. Its emphasis on BDD being an compulsive-obsessive diapason complaint, grounded on the parallels it has with compulsive-obsessive complaint. This review provides us with an overview of exploration findings on BDD, including

			its epidemiology, clinical features, course of illness, comorbidity, psychosocial functioning, and suicidality. Authors also compactly review recent exploration on neural substrates and cognitive processing. They also bandy treatment approaches that appear effective for BDD, with a focus on serotonin-reuptake impediments and cognitive-behavioural remedy.
12	Clinical features of body dysmorphic disorder in adolescents and adults	Phillips, K., Didie, E., Menard, W., Pagano, M., Fay, C., & Weisberg, R. (2006). Clinical features of body dysmorphic disorder in adolescents and adults. <i>Psychiatry Research, 141</i> (3), 305-314.	This exploration was done on two hundred individualities with BDD (36 adolescents; 164 grown-ups) using canvasser- administered and tone-report measures. Results depicted that adolescent were anxious about multitudinous aspects of their appearance, substantially being their skin, hair, and stomach. 94.3 adolescents reported moderate to severe, or extreme torture due to BDD, 80.6 had history of suicidal studies, and 44.4 tried self-murder. Adolescents showed high rates of absenteeism in academy, work, and other aspects of sickie-social functioning. Adolescents and grown-ups had numerous variables in common, although adolescents had significantly further delusional body dysmorphic complaint beliefs, torture, functional impairment and a advanced rate of self-murder attempts.
13	Clinical and subclinical body dysmorphic disorder	Altamura, C., Paluello, M., Mundo, E., Medda, S., & Mannu, P. (2001). Clinical and subclinical body dysmorphic disorder. <i>European Archives Of Psychiatry And Clinical Neuroscience, 251</i> (3), 105-108.	The end of this study was to define the demographic and clinical characteristics of Body Dysmorphic Complaint and subclinical BDD in 487 samples visiting sanitarium centers for aesthetical drug were administered the SCID-I and thus the Yale-Brown Compulsive-Obsessive Scale shaped for BDD (BDD-YBOCS). The samples were therefore sub-divided in three sub-samples 1) BDD, 2) sub-clinical BDD, and 3) control group. The main demographic and clinical variables were considered and compared between the BDD and the sub-clinical BDD samples. Results reported, the frequency of BDD was 6.3 and sub clinical BDD was 18.4, independently. The most frequent comorbid opinion made was compulsive-obsessive complaint (OCD). A advanced harshness of symptom was plant in

			mannish BDD cases, while no gender-related differences was plant in the sub clinical BDD group. Suicidal tendencies were found in 12.1 of the sub-clinical BDD and in 49.7 of the BDD cases. The results concluded that the BDD and subclinical BDD belong to the OCD diapason, and appear to advise long- term follow-up studies on the course and thus the prognostic of sub clinical BDD.
14	Demographic Characteristics, Phenomenology, Comorbidity, and Family History in 200 Individuals with Body Dysmorphic Disorder	Phillips, K., Menard, W., Fay, C., & Weisberg, R. (2005). Demographic Characteristics, Phenomenology, Comorbidity, and Family History in 200 Individuals with Body Dysmorphic Disorder. <i>Psychosomatics</i> , 46(4), 317-325.	The authors examined the characteristics of body dysmorphic complaint in this study. The authors compared psychiatrically treated and undressed subjects. The author spoke about the prevalence and symptoms of Body dysmorphic complaint. They plant to have far further parallels than differences between the treated and undressed subjects. Though the treated subjects displayed better sapience.
15	Comorbidity of body dysmorphic disorder and eating disorders: Severity of psychopathology and body image disturbance	S. Ruffolo, J., Phillips, K., Menard, W., Fay, C., & Weisberg, R. (2006). Comorbidity of body dysmorphic disorder and eating disorders: Severity of psychopathology and body image disturbance. <i>International Journal Of Eating Disorders</i> , 39(1), 11-19. https://doi.org/10.1002/eat.20219	The current study examined comorbidity and clinical features of eating diseases in 200 individualities with body dysmorphic complaint (BDD). Eating diseases are common in individualities with BDD. The subjects with BDD and co-morbid eating complaint had lesser body image disturbance, and had entered more cerebral treatment than subjects without a comorbid eating complaint. These findings have important counteraccusations for the assessment and treatment of these comorbid body image diseases.
16	Selfie use: The implications for psychopathology expression of body dysmorphic disorder	Sharma, M., & Khanna, A. (2017). Selfie use: The implications for psychopathology expression of body dysmorphic disorder. <i>Industrial Psychiatry Journal</i> , 26(1), 106.	This article summarizes the use of technology as well as selfies to overcome their anxiety related to a body part as well as get approval from other online users. The present case highlights the excessive use of selfie to manage the distress-related to body dysmorphic disorder (BDD). Psychiatric interview and assessment tools were used to gather information about BDD, use of technology and affective states. Repeated use of selfie has been perceived to manage the

			distress associated with appearance. It suggests the need for screening excessive use of technology as a comorbid condition and promoting psychoeducation for the healthy use of technology.
17	The use of social networking sites, body image dissatisfaction, and body dysmorphic disorder: A systematic review of psychological research	Ryding, F., & Kuss, D. (2020). The use of social networking sites, body image dissatisfaction, and body dysmorphic disorder: A systematic review of psychological research. <i>Psychology Of Popular Media</i> , 9(4), 412-435.	The composition focuses the use of social networking spots operation and body image. There remains a lack of exploration in regard to SNS operation and body dysmorphic complaint (BDD). A methodical hunt was accepted using Web of Science, PsycINFO, and PubMed databases to identify the operation of social networking spots and patterns, its features, and interceding factors contributing toward body image dissatisfaction, performing in 40 studies meeting specific addition criteria. The results show unresisting SNS use and appearance- concentrated SNS use as particularly responsible for body image issues. Appearance- grounded comparisons were also plant to be a strong middleman between SNS use and body image dissatisfaction. The exploration suggests frequent SNS operation as a implicit threat factor in the development of symptoms of BDD.
18	Treatment utilization and treatment barriers in individuals with body dysmorphic disorder	Schulte, J., Schulz, C., Wilhelm, S., & Buhlmann, U. (2020). Treatment utilization and treatment barriers in individuals with body dysmorphic disorder. <i>BMC Psychiatry</i> , 20(1).	The composition focuses the use of social networking spots operation and body image. There remains a lack of exploration in regard to SNS operation and body dysmorphic complaint (BDD). A methodical hunt was accepted using Web of Science, PsycINFO, and PubMed databases to identify the operation of social networking spots and patterns, its features, and interceding factors contributing toward body image dissatisfaction, performing in 40 studies meeting specific addition criteria. The results show unresisting SNS use and appearance- concentrated SNS use as particularly responsible for body image issues. Appearance- grounded comparisons were also plant to be a strong middleman between SNS use and body image dissatisfaction. The exploration suggests frequent SNS operation as a implicit threat factor in the development of symptoms of BDD.

19	Cognitive-behavioral therapy for body dysmorphic disorder: A systematic review and meta-analysis of randomized controlled trials.	Harrison, A., Fernández de la Cruz, L., Enander, J., Radua, J., & Mataix-Cols, D. (2016). Cognitive-behavioral therapy for body dysmorphic disorder: A systematic review and meta-analysis of randomized controlled trials. <i>Clinical Psychology Review, 48</i> , 43-51.	Cognitive Behavioural Remedy is an effective treatment for Body Dysmorphic Complaint, but there's considerable room for enhancement. The particularity and long- term goods of CBT for BDD bear farther evaluation using believable control conditions. The experimenter suggested fresh trials comparing CBT with pharmacological curatives. Also, tele- care options, similar as Internet- grounded CBT should be further estimated for helping further.
20	Racial teasing and body dysmorphic disorder symptoms – A cross-sectional study of Asian ethnic groups in Singapore.	Pillai, V., & Sündermann, O. (2019). Racial teasing and body dysmorphic disorder symptoms – A cross-sectional study of Asian ethnic groups in Singapore. <i>Asia Pacific Journal Of Counselling And Psychotherapy, 11</i> (1), 47-59.	Across-sectional web- grounded check was completed by 287 actors, from China, Malaysia and Indians settled in Singapore. Ethnical non-age actors reported advanced frequency of suffering and skin colour dissatisfaction than Chinese individualities. Once anguish due to skin colour teasing prognosticated skin colour dissatisfaction. Incipiently, ethnical teasing prognosticated body dysmorphic symptoms over and above control variables. Results showed ethnical teasing to be a significant source of appearance enterprises that shouldn't be overlooked.
21	Treatment barriers for individuals with body Dysmorphic disorder: an internet survey	Buhlmann, U. (2011). Treatment Barriers for Individuals With Body Dysmorphic Disorder. <i>Journal Of Nervous & Mental Disease, 199</i> (4), 268-271.	Apart from a brief about BDD the author mentions to date, treatment for BDD is still in the early phases of development, and although recent research on psychotropic drugs and cognitive-behavioural therapy has been used but the diagnosis of BDD is underrated. 172 individuals with self-reported BDD partook in an internet survey. Only 23.3% (n = 40) were diagnosed with BDD. 19.8% (n = 34) were receiving psychosocial treatment, and 18.6% (n = 32) were taking psychotropic medication for the same. It was clear that there is hesitation in taking treatment.
22	Understanding the psychology of the cosmetic patients	Malick, F., Howard, J., & Koo, J. (2008). Understanding the psychology of the cosmetic patients. <i>Dermatolog</i>	Cases seeking ornamental surgery generally present with psychiatric diseases including body dysmorphic complaint, narcissistic personality complaint, and histrionic personality complaint. A introductory understanding of the characteristic

		<i>ic Therapy, 21(1), 47-53.</i>	features of these conditions and the significance of technical webbing questionnaires and preoperative interview questions are precious to dermatologic surgeons as the information uprooted can help give clinicians with the most applicable operation including referral for psychiatric intervention.
23	Sociocultural context of women's body image	Paquette, M., & Raine, K. (2004). Sociocultural context of women's body image. <i>Social Science & Medicine, 59(5), 1047-1058.</i>	In our society, women's bodies are the locus of both adding rates of rotundity and body dissatisfaction. While these trends may feel antithetical or to affect from each other, an indispensable explanation is that they're both the products of an unfavorable sociocultural terrain in the area of food and weight. Both body dissatisfaction and redundant weight can seriously impact women's physical and emotional health. The strong artistic value placed on predictability, especially for women, unfortunately may take priority over health. To effectively address the impact of women's body image dissatisfaction requires an understanding of the multiple surrounds of women's lives. This study used a natural paradigm to explore how women's particular and sociocultural environment influences their body image. Forty-four non-eating disordered women ranging from 21 to 61 times old were canvassed doubly using a semi-structured interview companion. Women's narratives revealed that body image isn't a static construct, but is dynamic and fluctuates as women encounter new gests and re-interpret old bones. The important and unconscious impact of the media on body image was intermediated by women's internal surrounds (tone-confident and tone-critical) and their connections with others, similar as mates and other women. Body image wasn't so important told by the nature of others' commentary but interpretation of their meaning. Still, health professionals' commentary were generally not reinterpreted due to the health environment in which they were given. While some women's narratives expressed their internalized sociocultural morals, others' described acceptance of their bodies following a process of reflection and commission.

			In light of these findings, sweats to ameliorate women's body image, and by extension their health, can no longer only concentrate on dwindling the palpable power of assiduity and media, but must include transubstantiating the social ties, practices and conventions in everyday connections, including with health professionals.
24	An increasing need for early detection of body dysmorphic disorder by all specialties	Thompson, C., & Durrani, A. (2007). An increasing need for early detection of body dysmorphic disorder by all specialties. <i>Journal Of The Royal Society Of Medicine</i> , 100(2), 61-62.	Body dysmorphic complaint (BDD) is a fairly new term for a well- established miracle also nominated dysmorphophobia or 'imagined ugliness'. It's characterized by a obsession with a slight or imagined disfigurement in appearance. The British Association of Aesthetic Plastic Surgeons (BAAPS) reports over 22 000 ornamental surgical procedures being performed in the UK in 2005. This is a 34.6 increase in cases from 2004 to 2005 with an adding number being accepted in men (11 of the aggregate). As ornamental procedures come decreasingly accessible and in demand so does the liability of donation of this condition to both general interpreters and other specialties, particularly aesthetic/ plastic surgeons and dermatologists. Failure to fete BDD can affect in both poor physical and psychiatric issues — there is a need for education about this enervating condition within all specialties
25	Metacognitive therapy for body dysmorphic disorder patients in Iran: Acceptability and proof of concept	Rabiei, M., Mulkens, S., Kalantari, M., Molavi, H., & Bahrami, F. (2012). Metacognitive therapy for body dysmorphic disorder patients in Iran: Acceptability and proof of concept. <i>Journal Of Behavior Therapy And Experimental Psychiatry</i> , 43(2), 724-729.	The study was done to determine the effect of metacognitive remedy (MCT) on symptoms of body dysmorphic complaint (BDD) and on symptoms of study- conflation, by means of a detention-list controlled clinical trial. Actors were appertained from dermatology and cosmetic surgery conventions in the municipality of Isfahan, Iran, and 20 cases were named on the base of DSM-IV-TR individual criteria for BDD. They were erratically assigned to either the experimental or the detention-list control group. The Yale-Brown Obsessive Obsessive Scale Modified for Body Dysmorphic Complaint (BDD-YBOCS) and the Thought-Fusion Inventory (TFI) were used as the outgrowth measures. The experimental group entered 8 diurnal metacognitive intervention sessions.

			The control group was in the waiting-list until follow-up finished. Measures were taken at pre-test, post-test (after 2 months) and follow-up (after 6-months). The results of analysis of disunion showed that MCT significantly reduced the symptoms of BDD and of study-conflation, compared to the detention-list. Goods on both outgrowth measures were maintained at 6-months follow-up.
26	Modular Cognitive-Behavioral Therapy for Body Dysmorphic Disorder: A Randomized Controlled Trial	Wilhelm, S., Phillips, K., Didie, E., Buhlmann, U., Greenberg, J., & Fama, J. et al. (2014). Modular Cognitive-Behavioral Therapy for Body Dysmorphic Disorder: A Randomized Controlled Trial. <i>Behavior Therapy</i> , 45(3), 314-327.	The study examined the feasibility, adequacy, and efficacy of a manualized modular cognitive-behavioural remedy for BDD (CBT-BDD). CBT-BDD utilizes core rudiments applicable to all BDD cases and voluntary modules to address specific symptoms (e.g., surgery dogging). Thirty-six grown-ups with BDD were randomized to 22 sessions of immediate individual CBT-BDD. CBT-BDD appears to be a doable, respectable, and efficient treatment that warrants further rigorous disquisition over 24 weeks.
27	Understanding and treating body dysmorphic disorder	Veale, D., & Singh, A. (2019). Understanding and treating body dysmorphic disorder. <i>Indian Journal Of Psychiatry</i> , 61(7), 131.	Body dysmorphic complaint (BDD), also known as dysmorphophobia, is a condition that consists of a distressing or injuring obsession with imagined or slight blights in appearance, associated repetitious actions and where sapience regarding the appearance beliefs is frequently poor. Despite the fact it's fairly common, occurs around the world and can have a significant impact on a inpatient's functioning, situations of torture, and threat of self-murder, the opinion is frequently missed. In this review, we outline the clinical features of BDD including as characterized in the recently published World Health Organization's International Bracket of Conditions 11, review the frequency of BDD within different settings, and punctuate the reasons why BDD may be underdiagnosed indeed within psychiatric settings. We also review the artistic considerations for BDD and eventually bandy the substantiation-grounded treatment approaches for BDD, particularly the use of serotonin

			reuptake asset drug and cognitive behavioural remedy.
28	Is body image a predictor of women's depression and anxiety in postmenopausal women?	Simbar, M., Nazarpour, S., Alavi Majd, H., Dodel Andarvar, K., Jafari Torkamani, Z., & Alsadat Rahnemaei, F. (2020). Is body image a predictor of women's depression and anxiety in postmenopausal women?.	This descriptive study was performed on 307 women attending to the health centres in Tehran-Iran. Slice was performed by a multi-staged randomized system. Data were collected by using Beck Depression questionnaire, Spielberger Anxiety Questionnaire, Fisher Body Image Questionnaire and Socio-demographic questionnaires. Data were analysed by SPSS 21 and using t- test, Pearson and Spearman correlation tests and multiple direct retrogression styles. Fifty five percent of women had mild to severe depression and 83.7 of them had mild to severe anxiety. Total score and all disciplines of body image had a negative correlation with depression and anxiety scores ($P < 0.001$).
29	Women's body dissatisfaction, social class, and social mobility	McLaren, L., & Kuh, D. (2004). Women's body dissatisfaction, social class, and social mobility. <i>Social Science & Medicine</i> , 58(9), 1575-1584.	Several studies indicate that socially advantaged women are more displeased with their bodies than socially depressed women. These findings depend on women's social class, and no attention has been paid to the social class of her family of origin or to intergenerational social mobility. In the present exploration 912 54- time-old women from a prospective birth cohort study handed tone- report data on current body regard (appearance and weight confines). Non age and adult social class (homemade versus non-primer) were defined rested on father's occupation and own or mate's occupation, independently. This information and the topmost educational qualifications recorded by age 26 were gathered prospectively. Pointers of current and adolescent body mass indicator (BMI) were reckoned from height and weight values collected at periods 15 (or 11) and 53 – 54 times. Multiple retrogression was used to examine the relationship between midlife body regard and young social class, adult social class, educational qualifications, and social mobility, unacclimated and shaped for BMI. Women from the non-manual classes as grown-ups were more displeased with their weight than women from the lower classes as grown-ups, for a given BMI. Conforming for BMI, down mobile

			women were more satisfied with their appearance than women with more mobile use. Also conforming for BMI, those with advanced educational qualifications were associated with further dissatisfaction with weight and appearance, and education appeared to be more important than occupationally defined class in explaining body dissatisfaction. The results of this study demands that the following distinctions are made weight versus appearance satisfaction, education versus occupation, and current social class versus intergenerational social mobility.
30	Body Image, Body Dissatisfaction, and Eating Attitudes in Midlife and Elderly Women	Lewis, D., & Cachelin, F. (2001). Body Image, Body Dissatisfaction, and Eating Attitudes in Midlife and Elderly Women. <i>Eating Disorders</i> , 9(1), 29-39.	Cohort differences in body image, drive for predictability, and eating stations in middle-aged and senior women were examined. Actors were 125 women between the periods of 50 and 65 (middle-aged group), and 125 women 66 times old and aged (senior group). Instruments used were figure conditions (Stunkard, Sorensen, & Schulsinger, 1983), and scales of the Eating Complaint Force (EDI; Garner, Olmstead, & Polivy, 1983). Particulars were developed to assess fear of aging. The middle-aged group, had more drive for predictability, disinhibited eating, and interoceptive confusion. The senior group reported body size preferences and situations of body dissatisfaction that were analogous to the youngish women. The fear of aging and disordered eating were directly proportional to each other. Sociocultural norms of body image and pressures toward predictability affect different generations of aged women in analogous ways.
31	Characteristics of Women with Body Size Satisfaction at Midlife: Results of the Gender and Body Image (GABI) Study	Runfola, C., Von Holle, A., Peat, C., Gagne, D., Brownley, K., Hofmeier, S., & Bulik, C. (2013). Characteristics of Women with Body Size Satisfaction at Midlife: Results of the Gender and Body Image (GABI) Study. <i>Journal Of Women &</i>	This study characterizes the profile of 1789 women 50 yrs and over who reported body size satisfaction on a figure standing scale. Satisfied women (12.2) had a lower body mass indicator and reported smaller complaint symptoms, overeating actions, and weight and appearance dissatisfaction. Interestingly, satisfied women exercised relatively displeased women, and weight and shape still played a primary part in their tone- evaluation. Weight monitoring and appearance- altering actions did not differ between groups.

		<p><i>Aging</i>, 25(4), 287-304. https://doi.org/10.1080/08952841.2013.816215</p>	<p>Body satisfaction was related to better overall functioning. This end point appears to represent effortful body satisfaction rather of false contentment.</p>
32	<p>Predictors of Body Image Dissatisfaction In Adult Men And Women</p>	<p>Green, S., & Pritchard, M. (2003). PREDICTORS OF BODY IMAGE DISSATISFACTION IN ADULT MEN AND WOMEN. <i>Social Behavior And Personality: An International Journal</i>, 31(3), 215-222.</p>	<p>Disordered eating and body image are extensively studied in council scholars and youths. Still, many studies have examined body image dissatisfaction in majority. Thus, this study sought to work out the frequency of body image dissatisfaction in adult men and ladies. 100 and thirty-nine grown-ups were surveyed on body dissatisfaction and possible relating factors. it had been plant that media influence prognosticated body dissatisfaction in women which age, family pressure and tone- regard prognosticated body image dissatisfaction in both men and ladies. Because grown-ups' views about their bodies can have an print on those of their children, it's important that experimenters still examine body image dissatisfaction and similar issues within adult populations.</p>
33	<p>Facebook is Linked to Body Dissatisfaction: Comparing Users and Non-Users</p>	<p>Stronge, S., Greaves, L., Milojev, P., West-Newman, T., Barlow, F., & Sibley, C. (2015). Facebook is Linked to Body Dissatisfaction: Comparing Users and Non-Users. <i>Sex Roles</i>, 73(5-6), 200-213.</p>	<p>Growing media consumption and arising feathers of social media like Facebook leave unknown appearance-grounded social comparison with peers, family, and thus the wider media. Hypothesis was that, for adult men and ladies, body dissatisfaction is said to peer- grounded media indeed as it's to traditional media forms. We anticipate that middle-aged women especially are a vulnerable population, thanks to adding pressure to evolve to immature beauty norms. during a public sample of rearmost Zealand grown-ups collected in 2012 (N =), we test the cross-sectional links between being a Facebook stoner and body satisfaction for men and ladies across age cohorts. employing a Bayesian retrogression model testing curvilinear goods progressed, we show that having and employing a Facebook profile is related to poorer body satisfaction for both men and ladies, and across all periods. for ladies who use Facebook, a U-shaped curvilinear relationship was plant between age and body satisfaction; therefore the gap between non-users and</p>

			<p>druggies in body satisfaction was aggravated among middle-aged women. A possible effect also indicated that youthful women tend to be lower in body satisfaction overall. These findings increase the extant literature by suggesting that new media exposure could also be related to lower body satisfaction for a many populations relatively others, and emphasis the significance of examining body satisfaction in aged populations.</p>
34	<p>Social comparison as a predictor of body dissatisfaction: A meta-analytic review</p>	<p>Myers, T., & Crowther, J. (2009). Social comparison as a predictor of body dissatisfaction: A meta-analytic review. <i>Journal Of Abnormal Psychology, 118</i>(4), 683-698</p>	<p>A Meta- analysis was done to understand the relationship between social comparison and body dissatisfaction. Several demographic and methodological variables were examined as implicit speakers. the Figure from 156 studies (189 effect sizes) depicted that social comparison was related to advanced situations of body dissatisfaction. The effect for social comparison and body dissatisfaction was strong for women than men and equally associated with age. This effect was much stronger when social comparison was directly measured rather than inferred. No differences surfaced for the presence of eating psychopathology, study design, or object of comparison. Results confirm proposition and exploration suggesting that comparing oneself unfavorably to a different on the idea of appearance may beget dissatisfaction with one's own appearance. Prolocutor variables upgrade our understanding of the social comparison- body dissatisfaction relationship. These constructs and their relationship should be explored further in unborn studies.</p>
35	<p>Social Comparison And Body Image: An Investigation Of Body Comparison Processes Using Multidimensional Scaling</p>	<p>Fisher, E., Dunn, M., & Thompson, J. (2002). Social Comparison And Body Image: An Investigation Of Body Comparison Processes Using Multidimensional Scaling. <i>Journal Of Social And Clinical Psychology, 21</i>(5), 566-579.</p>	<p>A total of 1760 ladies and males were assessed for cognitive social comparison processes regarding physical appearance. Actors ranged in age from middle academe (7th and 8th graders) to council subordinates and seniors. Multidimensional scaling ways were used as the logical strategy. The results revealed the actuality of two primary comparison confines weight/non-weight and muscle/non-muscle. Males and ladies differed substantially in the cognitive association of appearance comparison schemas</p>

			along these two confines. Ladies emphasized body spots and corridor along the weight/non-weight continuum whereas, for males, body areas along the muscle/non-muscle dimension were emphasized. Principally no experimental trends were linked comparison schemas for 7th graders through council seniors were nearly identical. The findings are mooted in light of the arising part of body comparison tendencies as a implicit trouble factor for body image and eating disturbances.
36	Lose like a man: body image and celebrity endorsement effects of weight loss product purchase intentions	Pickett, A., & Brison, N.(2019). Lose like a man: body image and celebrity endorsement effects of weight loss product purchase intentions. <i>International Journal Of Advertising</i> , 38(8), 1098-1115.	Recent exploration suggests men are decreasingly concerned with their body size, which has led to a corresponding increase in marketing sweats for weight loss products geared toward them. In numerous cases, these advertisements include athlete endorsers of the product. Drawing from the match-up thesis and social comparison proposition, this study employed structural equation modeling to explore connections between men's body image, endorser credibility, announcement believability, and purchase intentions for weight loss products using two announcements featuring former professional athlete endorsers. Results indicate consumer body image and athlete endorser credibility are inversely proportional to each other. Similar that individualities with lower body image perceived the endorsers as further believable. Further, athlete endorser credibility was appreciatively associated with announcement believability, which itself was associated with purchase intentions. These findings suggest that athlete endorsers are an excellent tool in marketing weight loss products to males, particularly those with negative body image. Farther counteraccusations and directions for unborn exploration are bandied.
37	The Life Narrative at Midlife	McAdams, D. (2014). The Life Narrative at Midlife. <i>New Directions For Child And Adolescent Development</i> , 2014(145), 57-69.	In a remarkably visionary chapter, Bertram Cohler (1982) reimagined the problems and the possibilities of cerebral development across the life course as a distinctively mortal challenge in life history. This chapter situates Cohler's original vision within the intellectual and scientific matrix of

			<p>the late 1970s, wherein psychologists expressed grave dubieties about the extent to which mortal lives may demonstrate thickness and consonance. By fastening attention on mortal beings as autobiographical authors rather than as bare social actors or motivated agents, Cohler moved the discussion down from dispositional personality traits and experimental stages and toward the arising conception of narrative identity. Over the once 30 times, exploration on narrative identity has shown how people use stories to integrate the repaired history and imagined future, furnishing their lives with some semblance of concinnity, purpose, and meaning. At majority, numerous grown-ups struggle to break the problem of generativity, aiming to leave a positive heritage for the coming generation.</p>
38	A Life Span Developmental Perspective on Psychosocial Development in Midlife	Kuther, T., & Burnell, K. (2019). A Life Span Developmental Perspective on Psychosocial Development in Midlife. <i>Adultspan Journal</i> , 18(1), 27-39.	<p>The research findings suggests that middle age is a time of stability, discovery, and psychosocial growth. This review applies the life span experimental perspective to advance counselors' understanding of psychosocial development during middle majority, specifically, midlife grown-ups' sense of tone, comprehensions of aging, experimental tasks, and surrounds.</p>
39	When media become the mirror: a meta-analysis on media and body image	Huang, Q., Peng, W., & Ahn, S. (2020). When media become the mirror: a meta-analysis on media and body image. <i>Media Psychology</i> , 24(4), 437-489.	<p>A growing body of exploration on the media's goods on body image suggests that media of different forms plays a vital part in shaping people's body image enterprises and behavioral intentions. By conducting a comprehensive meta-analysis of published and argentine literature (in total 127 studies yielding 543 effect sizes of seven measures), this study examined the relationship between media and a wide range of body image-related issues as well as chairpersons (e.g., media type, outgrowth type, age group, gender proportion in the sample, and study design). The analysis demonstrated that the magnitude of this relationship significantly varied across media types (i.e., TV commercial, TV program, magazine marketable, magazine contents, and social media) and outgrowth types (i.e., affective,</p>

			cognitive, or behavioral issues). The three major findings of this meta-analysis 1) both women and men of all age groups across multiple countries could be affected by thin/ athletic-ideal media exposure; 2) media with a marketable purpose compared to those with no marketable purpose was less effective in adding body image enterprises; 3) media exposure was the most influential in provoking the eating complaint and the internalization of thin- ideal.
40	Celebrity influence on body image and eating disorders: A review	Brown, Z., & Tiggemann, M. (2021). Celebrity influence on body image and eating disorders: A review. <i>Journal Of Health Psychology</i> , 135910532098831.	Celebrities are well- known individualities who admit expansive public and media attention. There's an adding body of exploration on the effect of celebrities on body dissatisfaction and disordered eating. Yet, there has been no conflation of the exploration findings. A methodical hunt for exploration papers on celebrities and body image or eating diseases redounded in 36 studies meeting addition criteria. Overall, the qualitative, correlational, big data, and experimental methodologies used in these studies demonstrated that exposure to celebrity images, appearance comparison, and celebrity deification are associated with maladaptive consequences for individualities' body image.
41	Associations between attitudes toward cosmetic surgery, celebrity worship, and body image among South Korean and US female college students	Jung, J., & Hwang, C. (2016). Associations between attitudes toward cosmetic surgery, celebrity worship, and body image among South Korean and US female college students. <i>Fashion And Textiles</i> , 3(1).	There's concern that youthful people are witnessing an adding number of cosmetic corrective surgeries worldwide, which are associated with physical and cerebral pitfalls. This study examined whether and how this trend of seeking ornamental surgery was told by youthful people's exposure to mediated celebrities in Singapore. This study employed para-social connections and identification from the celebrity influence model to disentangle the media goodness of celebrities. A check of 555 council scholars showed that exposure to mediated celebrities directly and laterally told youthful people's stations toward ornamental surgery. The circular path was intermediated by para-social connections and identification. The findings contribute to the proposition of celebrity influence and

			give information that can inform unborn health communication.
42	The effect of exposure to parodies of thin-ideal images on young women's body image and mood	Slater, A., Cole, N., & Fardouly, J. (2019). The effect of exposure to parodies of thin-ideal images on young women's body image and mood. <i>Body Image, 29</i> , 82-89.	Although social networking services generally promote the thin beauty ideal for women, they also give an occasion for druggies to challenge this dominant ideal in unique and new ways. This study aimed to experimentally probe the influence of exposure to humorous, parody images of thin-ideal celebrity Instagram posts on women's body satisfaction and mood compared to exposure to thin-ideal celebrity posts alone. 102 women aged 18-30 yrs who were randomly allocated to view either a set of Instagram images of thin-ideal celebrity posts or humorous parody images of the same celebrity posts. Results indicated acute exposure to parody images led to increased body satisfaction and positive mood (happiness) compared to exposure to the thin-ideal celebrity images alone. No group differences were plant on situations of particularity appearance comparison or social media knowledge, and the findings weren't moderated by particularity situations of thin-ideal internalisation. The findings give primary support for the use of humorous, parody images for perfecting body satisfaction and positive mood in youthful women and add to the small but growing body of exploration pressing potentially positive goods of social media.
43	Are You Happy with The Way Your Body Looks in Midlife?	Thomas, S., & Kotian, S. (2021). Are You Happy with The Way Your Body Looks in Midlife?. <i>International Journal Of Management, Technology, And Social Sciences</i> , 64-74.	This exploration was done to Understand the extent to which the people from a fitness group and who follow an exercise governance are conscious about the appearance of their specific body parts. Results showed that contrary to the general understanding that people come relaxed towards their appearance during their midlife, both, males and ladies were bothered about their physical features and appearance. Both the genders were inversely concerned about size, weight, midriff, constitution and overall shape. Males were more irritated about the muscular attributes while ladies were shown to be more conscious about non muscular physical attributes. Hence the results easily indicated that due to social media

			influence, people in majority are really conscious, relative and critical about their physical attributes and body, irrespective of their gender.
44	Is Your Reflection Traumatizing You?	Thomas, S. (2021). Is Your Reflection Traumatizing You?. <i>Journal Of Emerging Technologies And Innovative Research</i> , 8(10), e51- e60.	The results in this study depicted that the majority of the samples have at some point of time felt unsatisfied towards certain body parts and got influenced by the social media trend of pictures, celebrity body type, and fashion, and wanted to present better photographs on social media. A few of them also wanted to change attributes if given a choice. The female showed to be more influenced by the celebrities than the males. The samples within of 20-40 yrs. had more body image issues than the others. The females were more concerned about their figure and looks than the males.
45	Body Image and Self-Esteem in Female College Students of Healthy Weight and Excess Weight: The Mediating Role of Weight Stigma	Smith, C., Becnel, J., & Williams, A. (2019). Body Image and Self-Esteem in Female College Students of Healthy Weight and Excess Weight: The Mediating Role of Weight Stigma. <i>American Journal Of Undergraduate Research</i> , 16(2), 53-61.	Arising adulthood is an important transition in which the development of lifelong behaviors emerge. Recent exploration suggests that women in college are particularly vulnerable to poor body image and low self- regard. This is also a time of possible weight gain as individualities learn to eat and exercise on their own. These are important as body mass indicator (BMI) influences how women feel about themselves and how others view them. thereupon, the purpose of the present study was to examine the associations between body image, tone- regard, and weight smirch among womanish college scholars of healthy weight and redundant weight. 124 Participants were signed to take a short survey administered online through Facebook announcements and snowball sampling. Results revealed poorer body image and further gests with weight stigma among individuals with redundant weight. Also, weight stigma completely interceded the relationship between BMI and self- regard as well as BMI and body image. Results were consistent with former exploration noting the stigma and stereotypes associated with excess weight. Future work should examine these connections in further different groups to identify those at utmost risk for negative self- conception for intervention.

46	Exposure to the Mass Media and Weight Concerns Among Girls	Field, A., Cheung, L., Wolf, A., Herzog, D., Gortmaker, S., & Colditz, G. (1999). Exposure to the Mass Media and Weight Concerns Among Girls. <i>PEDIATRICS</i> , 103(3), e36-e36.	Pictures in magazines had a robust impact on girls' comprehensions of their weight and shape. 69 women reported that magazine pictures impact their idea of the right body shape, and 47 reported eager to reduce due to magazine pictures. There was a positive direct association between the frequency of reading women's magazines and thus the prevalence of getting dieted to reduce due to a composition, initiating an exercise program due to a article, eager to reduce due to pictures in magazines, and feeling that pictures in magazines impact their idea of the right body shape.
47	Clomipramine vs desipramine crossover trial in body dysmorphic disorder: Selective efficacy of a serotonin reuptake inhibitor in imagined ugliness	Hollander E, Allen A, Kwon J, Aronowitz B, Schmeidler J, Wong C, et al. Clomipramine vs desipramine crossover trial in body dysmorphic disorder: Selective efficacy of a serotonin reuptake inhibitor in imagined ugliness. <i>Arch Gen Psychiatry</i> . 1999;56: 1033–1039	Forty patients were enrolled and 29 were randomized into a 16-week, double- visionless, crossover- design study of clomipramine, a potent serotonin reuptake inhibitor, and active control desipramine, a selective norepinephrine reuptake inhibitor. Outcome measures included specific conditions of body dysmorphic disorder severity, delusional, and functional impairment. Clomipramine was superior to desipramine in the acute treatment of body dysmorphic complaint symptoms as measured by assessment of cases of compulsive obsession with perceived body image, repetitious actions in response to this obsession, and global conditions of symptom inflexibility. Treatment efficacy was independent of the presence of comorbid judgments of compulsive-obsessive complaint, depression, or social phobia. Likewise, clomipramine was inversely effective anyhow of whether the cases had sapience or held their dysmorphic misperception with delusional intensity. Clomipramine was also superior to desipramine in perfecting functional disability. Clomipramine showed to be more effective than desipramine in the treatment of body dysmorphic complaint and was effective indeed among those cases who are delusional.
48	Gender and locus of control correlate with body image dissatisfaction	Furnham, A., & Greaves, N. (1994). Gender and locus of control correlates of body image dissatisfaction. <i>Euro</i>	The study concerned sex and various locus of control supplements of body image satisfaction. The results indicated that men and women differ significantly in the degree and in the direction of dissatisfaction towards their bodies,

		<p><i>pean Journal Of Personality</i>, 8(3), 183-200.</p>	<p>which were concordant with the culturally defined ideals for men and women. Significant differences were also observed regarding self - perceptions, suggesting that women more than men are more likely to suffer from depression and have lower self - regard which was itself associated with body image satisfaction. Personal beliefs about perceived control towards achieving an ' ideal' body shape were examined using a new locus of control scale which matched significantly with two scales that measures attitudes relating to body shape. The results from this new scale suggest that perceived locus of control beliefs are important predictors of the resulting behaviors and self - comprehensions associated with body shape satisfaction and dissatisfaction.</p>
49	<p>The Body Image Concern Inventory: Validation in a multi-ethnic sample and initial development of a Spanish language version</p>	<p>Littleton, H., & Breitkopf, C. (2008). The Body Image Concern Inventory: Validation in a multi-ethnic sample and initial development of a Spanish language version. <i>Body Image</i>, 5(4), 381-388. https://Littleton, H., & Breitkopf, C. (2008). The Body Image Concern Inventory: Validation in a multi-ethnic sample and initial development of a Spanish language version. Body Image, 5(4), 381-388.</p>	<p>Dysmorphic appearance concern includes obsession with a perceived appearance disfigurement, defect checking and camouflaging, and social avoidance. The current study sought to estimate the internal consistency, factor structure, and coincident validity of a measure of dysmorphic appearance concern, the Body Image Concern Inventory, as well as assess the psychometric properties of a Spanish interpretation of the instrument. Women signed as part of a reproductive clinic-based clinical trial completed the BICI and other self- report measures of agony. A sum total of 1043 women completed the measures in English and 573 women completed the measures in Spanish. Both the English and Spanish BICI were internally consistent and connected relatively with measures of current psychological agony (STAI-S, CES-D). Conformational factor analyses replicated the measure's proposed factor structure. Operations of the BICI for future exploration are banded.</p>
50	<p>A randomized placebo-controlled trial of fluoxetine in body dysmorphic disorder</p>	<p>Phillips, K., Albertini, R., & Rasmussen, S. (2002). A Randomized Placebo-Controlled Trial of Fluoxetine</p>	<p>Seventy-four cases with DSM-IV BDD or its delusional variant were enrolled and 67 were randomized into a placebo-controlled resemblant- group study to estimate the efficacy and safety of fluoxetine hydrochloride. After 1 week of single-blind placebo treatment, cases</p>

		in Body Dysmorphic Disorder. Archives Of General Psychiatry, 59(4), 381.	were randomized to admit 12 weeks of double-blind treatment with fluoxetine or placebo. Results of the BDD-YBOCS indicated that fluoxetine was much more effective than placebo for BDD beginning at week 8 and continuing at weeks 10 and 12. In the sample as a whole, treatment response was independent of the duration and inflexibility of BDD and the presence of major depression, compulsive-obsessive complaint, or a personality complaint. Fluoxetine was generally well permitted.
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