

SEMINARIO

Lunedì 18 dicembre, ore 12
aula 3 del Dipartimento di Psicologia
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The media and disordered eating: Effects, evolving landscape, and prevention implications

Body image concerns, and accompanying disordered eating, are promoted by a strongly visual media environment. A robust body of literature has described the effects of traditional media on body image and eating concerns, and the mechanisms accounting for these effects. In addition, evidence for a relationship between these concerns and the use of social media has started to emerge. Given this, strategies aiming to decrease the deleterious effects of media consumption on body image and eating concerns have been investigated. Two main lines of research have been pursued: the first aiming to develop individual-level prevention programs capable of buffering individuals against media exposure; the second targeting the media environment itself.