



In the experience of clients who have body image issues, how has/do their encounters with social media impact on them?



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Findings

Overarching themes included:

- Clients displaying a sense of 'not feeling good enough' when using social media
- Low self-esteem after repeated use of social media

Sub-themes discovered include:

- Ages were impacted differently
- Weight was a focus
- Comparisons were continually made
- Avoidance of social media sometimes necessary

Conclusions

- Clients who suffer from body image issues find that engagement with social media platforms creates unrealistic body image ideals
- The impact of social media on clients suffering with body image issues lessens with age