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

## 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 seems to lessen with age.