
HANNAH
PARSONS.
STUDENT
NUMBER: 2011029.

THE IMPACT OF SOCIAL MEDIA ON THE RISING CASES OF EATING DISORDERS.



INTRODUCTION.

- The selected topic chosen will be eating disorders, with inclusion of the rising number of cases and the link between how social media can impact this.

What is an eating disorder?

Mental illness, unhealthy eating behaviours (NHS, 2021).

Anorexia Nervosa, Bulimia Nervosa.

Anorexia: Distorted body image, fear of gaining weight, controlling diet (Okoye, 2021).

Bulimia: Compensate eating by vomiting, laxative use, excessive exercise (BEAT, 2021).

Long term damage; Heart failure, kidney damage, muscle wastage, tooth loss, hair loss, depression, organ failure (Voeding, 2021).



WHY AM I DOING THIS RESEARCH?

The following presentation will provide rationale for research, the inclusion of key research, how research will be carried out and any potential impact the research that will be provided could have.

Spread awareness and understanding regarding the seriousness of eating disorders and the impacts of social media.

Prevalence is rising in ages 16-25, highlighting that the age of onset for eating disorders closely aligns with the majority of social media users, suggesting the link between social media use and eating disorders (CCTC, 2021).

Eating disorders do not discriminate, they can affect anyone.
(Department of Health and Human Services, 2021).



KEY RESEARCH/REPORT/POLICY.

Reliable data.

Charity based organisations.

Public Health Wales.

Documented Data &
Statistics.

The National Eating Disorder Association (NEDA).
Organisations/Clinical centres that provide treatment for eating
disorders.

Eating disorders
are among the
deadliest mental
illnesses, resulting
in over 10,200
deaths a year
(Graber, 2021).

Over 700,000
people in the UK
have an eating
disorder (NICE,
2019)



METHODOLOGY – INCLUSION / EXCLUSION DATA.

- Statistics considered as well as the reliability of the sources in which the statistics will be found.
- Government-based websites which provide information on health to the public, these websites can be considered reliable.
- Dates of published articles (up to date data).
- News articles will be considered for research, reliability may be biased or inaccurate, so data backing up the article will have to be researched to avoid false media being included.
- Websites will be considered but at times excluded due to inaccurate or biased information.
- Articles and other forms of information within the last 11 years will be considered (2010 – 2021) to ensure reliability of the published information is up to date.

Evidence & ideas will be analysed and evaluated in order to create a conclusion that provides information that can be backed up with accurate research as well as being critically looked at and carefully considered.



POTENTIAL IMPACT YOUR RESEARCH MAY HAVE ON AREA.

Minimising the normalisation of behaviour related to eating disorders. Help the signs be spotted early and pursue treatment. Getting the help available early and minimising the lifelong effects for an individual (Casa Palmera, 2010).

Statistics of deaths or long term effects could be minimised.

If these social factors are illuminated or culture pressure of glorification regarding body image lowers, the number of those effected with eating disorders could be lowered (NEDA, 2021).

-AWARENESS.

-SPOT SIGNS EARLY.

-MINIMALISE FACTORS CONTRIBUTING TO DEVELOPMENT OF EATING DISORDER.

-UNDERSTAND FACTORS WHICH CONTRIBUTE.

- Destroy the normalisation of these social factors and avoidance of toxic environments for illness to grow avoided.



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