This article reviews current research addressing adolescents' body image. The correlates and consequences of body image are described, as is the significance of body image to other areas of development including puberty, identity, media consumption, family, peer, and romantic relationships. The historical context of body image research is reviewed in addition to the contemporary importance of understanding body image given rising concerns about adolescents' vulnerability to both obesity and eating disorders.

There are many reasons why it is important to understand adolescents' body image. One only needs to pick up a newspaper, turn on the television, or glance at the magazines in the checkout line at the grocery store to be reminded of our cultural obsession with the appearance of our bodies. Advice on how to improve one's physical appearances abounds – from how to lose weight to how to surgically alter one's appearance. It is no wonder that young people today are concerned with how they look, seemingly more so than any past generation.

An attempt to understand physical appearance concerns, especially with respect to body-related concerns, is often the work of body image researchers. Body image is the self-evaluative component of self-image that focuses on physical attributes and appearance. It functions as a dynamic force and does not merely denote a static image of the self as “something attractive” or “something fit,” but rather, body image represents the power, confidence, and sense of agency that is derived from one's physical being (D. Newman, personal communication, July 12, 2005). Interest in body image has come to researchers' attention most often under conditions of extreme distortion or dissatisfaction. Body dysmorphic disorder, anorexia nervosa, and bulimia nervosa represent psychiatric disorders hallmarked by negative body image. However, the range of normal and pathological body image experiences is broad and has psychological, behavioral, and developmental consequences all along its spectrum (D. Newman, personal communication, July 12, 2005). In this article, the history of body image research, current trends and statistics regarding adolescents' body image, the contemporary importance of body image research, the developmental significance of body image in terms of adolescents' pubertal, identity, social, and psychological development, as well as future directions for the study of adolescents' body image are discussed.

Historical Understanding of Body Image

A recent (June, 2009) literature search in PsycInfo for the key words “body image” produced 6,968 articles, books, chapters, and dissertations addressing this topic. Dating back to 1903, “body image” research originally focused on self-image or self-concept and usually examined samples of mentally retarded or otherwise psychologically ill or impaired individuals' sense of self (not necessarily their physical body). This early research differs from contemporary body image research in its relatively general approach, psychoanalytic undertones, and scarcity (<1% of body image research was published before 1970). The majority (90%) of body image research has been published since 1980, paralleling an increase in research addressing eating disorders in the last 3 decades. What may be most striking is not the relatively recent proliferation of research addressing body image, but the predominantly clinical nature of this research. Of all the body image publications, the vast majority can be found in abnormal, clinical, health/medical, or...
social/personality journals. Only a minority (<1% it appears) can be found in developmental psychology journals and even fewer are longitudinal studies in peer-reviewed journals. And yet, presumably, everyone has a “body image” and understanding what this means – particularly during adolescence – is significant not only because of the clinical ramifications associated with body dissatisfaction, but also because of the relevance of body image to so many other areas of adolescents’ lives.

Adolescents’ Body Image: Recent Trends and Statistics

When adolescents are asked about their thoughts and feelings about their bodies, the result is often discouraging. Generally, adolescents are quick to point out flaws with their bodies, are not happy with the appearance of their bodies, and report body-related concerns and dissatisfaction (Shapiro et al. 1997; Wertheim et al. 2009). However, concerns regarding body image clearly develop prior to adolescence, particularly among girls. Some research suggests that girls as young as 5 years old begin to express dissatisfaction with their bodies (Davison et al. 2006; Smolak 2004). These early signs of body dissatisfaction are, predictably, associated with weight status such that girls who weigh more (even taking height into account) are more dissatisfied with their appearance (Davison et al. 2000). Further, personality (e.g., self-esteem) and sociocultural influences (e.g., media exposure) are demonstrated predictors of the development of body dissatisfaction (Clark and Tiggemann 2008; Wertheim et al. 2009). Girls’ concerns about body and weight issues do not subside from childhood to early adulthood, but instead appear to intensify with age (Cash and Henry 1995; Striegel-Moore et al. 1986). Measures assessing body image and statistics determining body satisfaction versus dissatisfaction vary from study to study (with findings ranging from 24% to 90% of girls dissatisfied with their bodies; D. C. Jones, personal communication, July 16, 2009; Neumark-Sztainer et al. 2002; Presnell et al. 2004; see Yanover and Thompson 2009 for a review of assessment issues), however reports seem to indicate that at least half of girls report dissatisfaction with their bodies by mid-adolescence (Casper and Offer 1990; D. C. Jones, personal communication, July 16, 2009; McCabe and Ricciardelli 2003a; Paxton et al. 1991). Further, Paxton et al. (1991) report that adolescent girls believe that improving the appearance of their bodies would make them happier, healthier, and better looking.

The majority of research on body image has focused on girls and women; fewer studies have addressed these issues among boys and men. However, Smolak (2004) has suggested that during adolescence boys become concerned with both their body size and masculinity, which causes them to experience levels of body dissatisfaction that are comparable to adolescent girls’ body dissatisfaction. Further, McCabe and Ricciardelli (2004) have suggested that boys may develop greater body image concerns during adolescence due to an increased interest in emulating male body ideals. Consistent with this notion, some estimates indicate that 10–75% of preadolescent and adolescent boys are dissatisfied with their bodies (Collins 1991; Erickson et al. 2003; D. C. Jones, personal communication, July 16, 2009; McCabe and Ricciardelli 2004). Similar to research addressing girls, different measurement tools and standards used to calculate body satisfaction versus dissatisfaction likely account for a portion of the variability in body dissatisfaction across studies. Regardless, boys are clearly not immune to concern about their bodies. However, with limited research addressing the developmental trajectory of boys’ body image through adulthood, it remains somewhat unclear whether or not boys’ body image concerns intensify into adulthood or as one study suggests, may actually decrease by the end of adolescence (Bearman et al. 2006).

Contemporary Importance of Understanding Adolescents’ Body Image: Obesity

The striking statistics concerning adolescents’ susceptibility to body dissatisfaction in combination with recent secular trends regarding obesity makes understanding adolescents’ body image particularly important. It is unlikely a coincidence that the current “era of appearances” is also the “era of obesity.” These days, it is difficult not to be aware of the growing obesity “epidemic” (Centers for Disease Control and Prevention 2009; World Health Organization 2003) affecting American adults and an increasing number of children and adolescents. As Americans grow heavier, they also appear to grow increasingly afraid of food and more worried about their appearance. As noted by others (see Irving and Neumark-Sztainer 2002), there seems
to be an association between our March toward obesity and our love of an emaciated female body and a fit male physique. Indeed, research seems to clearly suggest that body dissatisfaction and weight concerns are forerunners to dieting and other body-change strategies (Lowe et al. 2006; Markey and Markey 2005; Stice et al. 1999; Tomiyama and Mann 2008). However, the efficacy of most weight-loss approaches is highly questionable, with weight gain being a likely outcome of most attempts to lose weight (Polivy and Herman 2002; Stice et al. 1999). Consistent with these findings is additional research indicating that self-restriction and external attempts to control food intake tend to result in increased food consumption, binge eating, and higher weight status (see Polivy and Herman 2002, for a review). Thus, it appears that the cultural focus on being thin and fit may indirectly fuel the obesity crisis. In order to ameliorate adolescents’ health, and help them to maintain a healthy weight status, it is important to help them redirect their energy away from efforts to maintain an unrealistic, ideologically thin and/or muscular physique and toward feeling positive about their bodies and making healthy long-term choices about food and physical activity.

### Contemporary Importance of Understanding Adolescents’ Body Image: Disordered Eating

In addition to links between body image and obesity, research has established links between body image concerns and disordered eating. Body dissatisfaction has been found to consistently predict disordered and maladaptive eating behaviors as well as other psychological problems (e.g., clinical eating disorders, depression) among girls (Smolak 2004, Stice and Bearman 2001; Stice and Shaw 2002). In fact, Stice’s (2002) meta-analysis suggests that body dissatisfaction is one of the most significant predictors of disordered eating. Different elements of body dissatisfaction (e.g., general appearance concerns versus weight and shape concerns) appear to have different predictive power in determining girls at risk for disordered eating. Usually, more specific body concerns are more predictive of disordered eating (e.g., Shaw et al. 2004; Wertheim et al. 2001). Among boys, body image concerns appear to be concurrently associated with dieting, weight-loss strategies, low self-esteem, depression, eating disorders, and the adoption of maladaptive body-change strategies (e.g., steroid use; see Cafri et al. 2005; McCabe and Ricciardelli 2004). However, the dearth of studies examining the consequences of body dissatisfaction longitudinally contributes little to our understanding of boys’ and men’s body dissatisfaction and even suggests that longitudinal relations between body dissatisfaction and consequences such as disordered eating may not exist among boys (Ricciardelli et al. 2006).

As mentioned above, weight status plays a role in the development of body image; it has also been found to be associated with eating disorder risk. In one recent study (Babio et al. 2008), girls determined to be “at risk” for the development of disordered eating were not only dissatisfied with their bodies but more likely to be relatively heavy (assessed using body mass index), more calorie-restrictive, and more vulnerable to sociocultural emphasis on thinness. Thus, contemporary models of the etiology of eating disorders should include not only body image, but biological (e.g., weight and pubertal status) as well as sociocultural influences (e.g., parent and peer influences; Wertheim et al. 2009). Body dissatisfaction is clearly a primary predictor but it is not the only factor contributing to disordered eating; body dissatisfaction in combination with other risk factors heightens the likelihood of adolescents’ vulnerability to disordered eating.

### Developmental Significance of Body Image

Although research examining body image has increased in recent years due to concerns regarding the consequences of body dissatisfaction (Smolak 2004), it is not just the clinical consequences of body dissatisfaction that warrant developmental researchers’ contributions to body image research. Psychologists who study adolescents are uniquely suited to understand body image in the context of other physical, psychological, and social experiences that accompany the adolescent years.

**Puberty.** The physical development that accompanies the adolescent years is more extensive than that experienced at any other time of life (aside from infancy). As children grow into adults, they must adjust to a new physical form that may seem desirable, strange, and awkward to them all at the same time. Developmental research (see Archibald et al. 2003) elucidates the significance of puberty as a physical
change and as a socially embedded experience with implications for body image.

Girls’ physical changes that accompany puberty often bring them further from the cultural ideal of beauty (which is, essentially, prepubertal in appearance; Brumberg 1997). Girls typically gain a significant amount of weight (~25 lbs) during puberty (Warren 1983), and weight status is often viewed as the most reliable correlate of body dissatisfaction (McCabe and Ricciardelli 2003a). Although different studies suggest the effects of these physical changes vary in severity and importance relative to other factors (e.g., sociocultural influences) in predicting girls’ body image, most studies reveal puberty as a risk factor for girls’ body dissatisfaction (O’Dea and Abraham 1999). The timing of girls’ pubertal development relative to their peers also appears to be significant, with earlier developers more inclined to gain more weight and most likely to report greater body dissatisfaction (Ackard and Peterson 2001; Archibald et al. 2003). Further, some research supports mediation models indicating that puberty predicts body dissatisfaction, which in turn predicts depression and/or lowered self-esteem (Siegel et al. 1999; Williams and Currie 2000). One exception to these findings concerns girls’ breast development, which appears to be positively associated with girls’ body image (Brooks-Gunn and Warren 1988).

Research focusing on links between boys’ pubertal experience and body image is not abundant and presents less conclusive findings. In contrast to research addressing girls, some body image research suggests that puberty may present a risk factor for boys’ body image because during the transition to puberty, boys tend to desire to be larger (i.e., more muscular) and more developed than they perceive themselves to be (Yuan 2007). Relatively, boys’ attempts to change their bodies (i.e., through weight lifting, food supplements use, or even steroid use) have been linked with their pubertal status (Ricciardelli and McCabe 2003). However, post-pubertal boys tend to have higher body satisfaction than do boys who are prepubertal or currently experiencing puberty (O’Dea and Abraham 1999). Thus, although puberty may present a body image challenge for many boys, the ultimate result of puberty appears to be favorable for most boys.

Identity: Identity development has long been viewed (see Erikson 1968) as a central task of adolescent development. Body image is an aspect of identity and as such, its development is particularly salient to adolescents. Researchers such as Harter (1988, 2003) have described different constructs that contribute to adolescents’ sense of self in addition to academic competence, popularity and social acceptance, romantic appeal, and physical appearance. Relevant to researchers’ understanding of body image development, Harter’s work (e.g. 2001, 2003) suggests that adolescents’ perceptions of their physical appearance contributes most significantly to their overall sense of self. With changing bodies to make sense of, adolescents’ views of their bodies no doubt contribute to their identity development (Frost and McKelvie 2004; Rosenblum and Lewis 1999).

Identity exploration can be a confusing process for adolescents and seems to parallel, especially for girls, a decrease in self-esteem during this developmental period. As mentioned earlier, pubertal development may contribute to this decrease in both body satisfaction and self-esteem (Siegel et al. 1999; Williams and Currie 2000). However, some research suggests that relatively high self-esteem may protect girls from experiencing body dissatisfaction and adolescents who have positive feelings about their appearance tend to have relatively high global self-worth (Mendelson et al. 2000; Paxton et al. 2006).

Identity development does not take place in a vacuum but is believed to be heavily influenced by cultural context (Shweder et al. 1998). Further, research suggests the importance of considering adolescents’ cultural and ethnic background in efforts to understand their body image (Markey 2004). Unfortunately, research addressing links among body image, ethnic identity, and general identity development remains limited (in part, by relatively homogenous samples and samples too small to allow for cross-ethnic comparisons) and somewhat inconclusive. Cultural constructs have been viewed as both protective and harmful in the development of both identity and body image. Researchers (see Altbe 1998; Wildes et al. 2001) have suggested that African American girls are protected from body dissatisfaction and disordered eating because African American cultural ideals have historically been more robust and voluptuous than “main stream, white” ideals. However, some research (see Poran 2006) suggests that African American...
American girls are at increasing risk of body and appearance-related concerns. Further, the process of acculturation and loss of ethnic identification have been discussed as risk factors for body dissatisfaction among Asian American and Latina girls (Iyer and Haslam 2003; Miller and Pumariega 2001). Similar to much of the body image literature, research addressing issues of body image and identity development is biased in its focus on girls and women and leaves questions about associations among adolescent boys.

However, some research (e.g., Miller and Pumariega 2001; Shaw, Ramirez et al. 2004) suggests body image concerns are central to identity development, regardless of gender or ethnic background.

Family Relationships. Adolescents’ relationships with their family members, particularly their parents, change during this developmental period. Research suggests that adolescents’ and their parents’ physical intimacy decreases and communication patterns shift to include both increasing emotional connectedness and increasing conflict (Larson and Richards 1994). These relationship changes are speculated to be linked with physical changes accompanying puberty (see Steinberg 1987) and have the potential to impact parents’ influence on their adolescents’ developing body image (McCabe and Ricciardelli 2003b). Specifically, certain elements of family functioning have been linked to adolescents’ body image and disordered eating behaviors. Low levels of family expressiveness have been found to predict body dissatisfaction (Babio et al. 2008), most likely indicating that families relatively low in qualities including warmth and emotional support are more apt to raise adolescents who are insecure in general and worried about their appearance more than are other adolescents. Longitudinal research examining both adolescent girls and boys further shows a link between parental support deficits and future increases in body dissatisfaction (Bearman et al. 2006).

Some research addressing family influences on body image highlights the gendered nature of these associations. In particular, mothers’ influences appear more consequential for girls’ body image development and fathers’ influences appear more consequential for boys’ body image development (Daveison et al. 2000; Ericksen et al. 2003; McCabe and Ricciardelli 2005).

This influence begins prior to adolescence, but may become more salient to adolescents as their bodies take their adult form. Parents’ influences may be most significant when they are explicit, such as actively encouraging their adolescent to try to lose weight or participate in particular dieting techniques (Benedikt et al. 1998; Wertheim et al. 1999). Some research suggests that adolescents who report receiving messages from their parents regarding food restriction or exercise behaviors were likely to participate in the prescribed behaviors (McCabe and Ricciardelli 2005; Ricciardelli et al. 2000). Further, this research suggests that messages from fathers are predictive of both strategies to lose weight and increase muscles among boys, with girls’ mothers being primary influences on their body-change strategies.

Some research suggests that parents may indirectly teach their adolescents to be dissatisfied with their bodies. Parents’ behavioral correlates of their own body dissatisfaction (e.g., dieting, complaining about their appearance) are associated with similar attitudes and behaviors among their children (Fisher et al. 2009; Haines et al. 2008). Further, parents’ dominant role in food socialization is relevant to our understanding of adolescents’ body image development given findings linking children’s weight status, parental regulation of children’s food intake, and both parent and child weight concerns (e.g., Davison et al. 2000; Fisher et al. 2009). Although the majority of this research seems to indicate that parents are not necessarily positive influences on body image development, it is important to note that when parents convey positive body image messages, their adolescents are found to report feeling more positively about their bodies (Ricciardelli et al. 2000).

Peer Relationships. The adolescent years are an important developmental period for the establishment and alteration of relationships with peers. Recent research (e.g., Jones and Crawford 2006) suggests the important role peers may play in shaping adolescents’ feelings about their bodies. This research indicates that both adolescent girls and boys talk with their friends about their appearances and changing their appearances (e.g., dieting, muscle building) and peers’ feedback is associated with adolescents’ behavioral attempts to alter their bodies (see Clark and Tiggemmier 2006; McCabe and Ricciardelli 2003b). Girls appear somewhat more likely than boys to compare themselves to both their same-sex peers and other models in appraising their appearance (Jones 2004), but social comparison has negative body image
consequences for both boys and girls (Jones 2001). Some research (e.g., Jones et al. 2006) suggests that boys may experience more pressure from peers to change their bodies than girls do. Other research highlights girls’ friends as among the most consequential influences on adolescents’ body image and attempts to change their bodies, with peers being more influential than parents (Hutchinson and Rapee 2007; McCabe and Ricciardelli 2005). Additional research that examines the ways in which both boys and girls deflect and/or internalize the messages they receive from their peers about their bodies will extend current findings and help clarify discrepancies across studies.

Explicit negative feedback from peers in the form of appearance-related teasing has been found to be particularly detrimental to the development of body image (e.g., Davison and Birch 2002). A large portion of adolescents (approximately 33% of boys and 50% of girls; Eisenberg et al. 2006) report being teased about their bodies. Teasing often begins prior to adolescence and has been shown to be associated with weight status at both extremes (Kostanski and Gullone 2007). Girls are more likely to be teased about their appearance when they are overweight, but boys who are either overweight or underweight are vulnerable to peer teasing (Kostanski and Gullone 2007). Regardless of the focus of peers’ teasing, correlates of adolescents’ experiences of teasing include low body esteem, body dissatisfaction, and an interest in changing their physical appearance (Davison and Birch 2002; Eisenberg et al. 2006; Markey and Markey 2009). Of course, peers are not the only source of appearance teasing; family members are often implicated in this research as well (e.g., Keery et al. 2005). The extent to which peer influences are significant predictors of adolescents’ body images relative to other influences (e.g., family) or in combination with other influences requires additional exploration.

Romantic Relationships. The development of romantic relationships typically begins during the adolescent years. However, little research addresses potential links between romantic relationship experiences and the development of adolescents’ body image. As might be expected, adolescent girls with higher weight statuses have been found to be less likely to report romantic relationship experiences and a sense of romantic competence than are those with lower weight statuses (Halpern et al. 2005; Mendelson et al. 2000).

Further, some research suggests that adolescent girls who are in romantic relationships may be more likely to try to change their bodies via dieting than are their peers who are not in relationships (Halpern et al. 2005) and perceived pressure to be thin from romantic partners has been associated with body dissatisfaction and disordered eating across time (L. Shoemaker, personal communication, August 5, 2009).

The mating literature (which, typically focuses on adults) suggests the importance of physical appearance (including body shape; see Singh 1993) in mate selection and relies heavily on evolutionary theory to explain men’s greater concern than women’s about partners’ physical appearance. Once in romantic relationships, young men’s and women’s own body satisfaction has been found to be correlated with their perceptions of their romantic partners’ satisfaction with their bodies (Goins and Markey 2009; Markey and Markey 2006). Tantleff-Dunn and Thompson (1995) go as far as to suggest that romantic partners may not only shape women’s feelings about their bodies, but may influence their vulnerability to disordered eating and their general psychological health. One study addressing romantic partners’ influence on young men’s body image suggests positive associations between body image and sexual intimacy in romantic relationships (Goins and Markey 2009). Thus, although current research in this area focuses mostly on adults and requires speculation about the parallel experiences of romantic relationship development and body image development during adolescence, it appears that this may be a fruitful avenue for future research.

Media Influences. Adolescent development is unquestionably influenced by media culture, especially as the twenty-first century presents an ever-increasing number of options for engaging with various forms of the media ranging from the Internet to cell phones (Levesque 2007). Although it has long been suggested that idealized media images may negatively influence impressionable youths, research now provides evidence to support the negative effects of the media on body image (Clay et al. 2006; Durkin et al. 2007; Markey and Markey 2009). Not surprisingly, this research is limited by its almost exclusive focus on adolescent girls, but it does utilize diverse methodologies that are both correlational and experimental in nature (e.g., Harrison and Fredrickson 2003).
Research examining links between adolescents’ media exposure and their body image suggests that exposure to idealized media images leads to decreased body satisfaction (e.g., Durkin et al. 2007; Hofschire and Greenberg 2002). Some research (e.g., Mooney et al. 2009) suggests that media celebrities are particularly influential on girls’ feelings about their bodies and their attempts to alter the appearance of their bodies through dieting. As girls proceed through adolescence, they appear to become increasingly aware of sociocultural messages regarding thinness presented in the media, internalize these messages, and compare themselves to beauty ideals presented in the media. This may contribute to body dissatisfaction, decreases in self-esteem, and increases in depression (Clay et al. 2006; Durkin et al. 2007). Although the majority of this research examines culturally homogeneous samples, research examining ethnic samples (e.g., Latina girls) presents similar findings: media exposure is associated with the development of body dissatisfaction during adolescence (Schooler 2008). One recent study suggests that the messages about physical attractiveness that youths derive from the media are similar, regardless of their ethnic background (Gillen and Lefkowitz 2009). Further, boys (although understudied) do not appear to be immune to the effects of the media. In one study, preadolescent boys’ concerns about their masculinity were linked to their exposure to video gaming magazines (Harrison and Bond 2007).

Body dissatisfaction among adolescents could be expected to be even higher than it is if all adolescents were equally vulnerable to the media messages they receive about what constitutes an attractive physique in most western cultures. However, some research suggests that adolescents who are more concerned about their appearance or value their appearance relatively more than their peers may be especially vulnerable to media influences (Durkin et al. 2007). Research addressing both boys and girls suggests that adolescents’ media exposure triggers perceptions of their own bodies as discrepant from the ideal, which may increase susceptibility to disordered eating (Harrison 2001; Harrison and Hefner 2006). Adolescents’ internalization of media messages begins prior to adolescence and may be encouraged by other socialization agents, particularly peers. For example, some research suggests that even young girls are susceptible to media influences on body dissatisfaction, but that media influences may not be direct, and are instead mediated by peer appearance conversations (Clark and Tiggemann 2006; Dohnt and Tiggemann 2006). In other words, peers may play an integral role in deciphering media messages and valuing them in terms of their importance and relevance (Krayer et al. 2008). Consistent with research suggesting the potential interactive and cumulative effects of the media and other socializing agents, Levesque (2007) has cautioned that simple interpretations of media influences may be incomplete and that future research is needed to understand how the media interacts with other sociocultural and personality influences in shaping adolescent development.

Research has yet to clearly determine how adverse effects of the media may be avoided or ameliorated to support positive body image development among adolescents. Schooler et al. (2006) suggest the potentially important role of parents in restricting access to some media. Further, parents who use media (e.g., television coviewing) with their adolescents may be able to improve adolescents’ healthy attitudes and behaviors (Schooler et al. 2006). Research assessing the efficacy of educational interventions focusing on media literacy among children and adolescents will further contribute to our understanding of the development of healthy body images among adolescents (Clay et al. 2006).

Conclusions and Future Directions

Research consistently suggests that adolescents are at risk for body dissatisfaction and that this dissatisfaction has the potential to negatively impact their social relationships, health, and well-being. As this article indicates, body image is an important construct for researchers (as well as health care providers and laypersons) to consider even if they are not necessarily concerned with the clinical ramifications of body dissatisfaction. It is critically important that future research helps to clarify factors that could help improve adolescent girls’ and boys’ body image so that they can grow up to become happy and well-adjusted men and women.

The current trend in body image research is toward a contextual understanding of body image among both girls and boys. Specifically, longitudinal research that follows children and adolescents into adulthood is needed to discern the long-term correlates and consequences of body dissatisfaction. Further, although a great deal of progress has been made toward
understanding how cultural and ethnic background contributes to the development of body image (e.g., Gillen and Lefkowitz, 2009), additional work remains. Finally, experimental designs, interventions, and creative methodologies that move beyond the survey-based designs that have been so popular in this area of research should enhance our understanding of the development of body image and improve our ability to positively impact adolescents' body image.

Cross-References

Adolescence Body Image Eating Disorders Gender Obesity

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