

The Psychological Impact of Body Shaming on Adolescents and Young Adults: A Narrative Review

ABSTRACT

Body shaming can be defined as the judgment of an individual's physical appearance through language and actions. The purpose of this study is to raise awareness of the issue of body shaming, which is highly prevalent among adolescents and young adults. In order to further expand this research, a thorough evaluation of the cognitive effects must be critically analyzed within the issues of body shaming. This study incorporated real-world data by studying 50 participants with various backgrounds through an online voluntary survey in order to affirm the adverse effects that arise from body image criticism. The survey consisted of gathering information about the causes of body dysmorphia and how individuals felt after the experience. The results explore how the majority of the youth suffer from dysmorphia due to increased exposure to negative content on social media, influential relationships, and generalized standards over physique. The research analyzed and conducted illustrates the critical relationship between body shaming and effects such as mental illness and physical disorders.

KEYWORDS: *Body Shaming, Young Adults, Adolescents, Social Media, Mental Health, Physiological Change, Psychological Impacts, Relationships*

INTRODUCTION

From the first ever social media launch in 1997 to regular everyday interaction, body shaming—the act of criticizing one's physical appearance—has become a widespread issue affecting our society today, influencing how people view themselves and others. The growing connectivity between communities, especially through the establishment of an online presence, has created a cultural identity of unrealistic expectations and unfavorable personal views. Platforms such as Instagram, TikTok, Snapchat, YouTube, and others have allowed catalysts of toxic standards to be diffused through the younger population faster than ever. Overall, the internet has allowed easy persuasion and manipulation of young adults and adolescents by altering the norms of appearance negatively.

Social media isn't the only trigger for body shaming among young adults. Interpersonal relationships, including connections with friends, families, and lovers, have a drastic impact on how young adults perceive body shaming. These relationships can be linked to attachment theory and how different

parenting styles alter a child's development. Intimate relationships hold substantial influence in determining how individuals perceive their bodies through the mutual expression of opinions.

The collective degradation of mental health has piqued academic interest in how cognitive fusion leads the youth to process insecurity. A study conducted by the University of Waterloo revealed that 55% of adolescents had feelings of discontent with their bodies, further prompting curiosity surrounding the role that body shaming had in contributing to that statistic. Stimuli such as external influence over self-satisfaction and social comparison have contributed to a collective perspective on the ideal body type throughout the younger population. Often, the idea of being curvaceous, thin, or athletic is perceived as healthy and desirable, while individuals with distinct physiques are frequently seen as unhealthy or irregular. (Walker et al., 2022) Therefore, stigmatization towards other body types deemed unattractive causes them to be devalued as they are not seen as healthy or “of the standard.” This discrimination can lead to long-term consequences

through psychological distress, like eating disorders, which can easily affect those in personal relationships with the affected. With this review, we hope to integrate current research and data to evaluate and break the stigma surrounding body shaming and the effects it causes psychologically, together with physiologically. This narrative review addresses how and what kind of psychological outcomes body shaming can cause in adolescents and young adults, such as the onset of mental illness and anatomical changes, through social media and the development of interpersonal relationships, highlighting the need for awareness and support over the issue.

METHODOLOGY

For this paper, primary and secondary literature were incorporated to discuss the psychological effects of body shaming. A thematic synthesis was incorporated to discuss the different themes of body shaming. Scientific journals and bibliographic archives were utilized, and databases such as ResearchGate, PubMed, NIH, and other studies conducted by various universities were used to get intel on the different consequences. The studies were screened using titles and abstracts, as well as assessing each full text for eligibility. These sources ranged from the years 1991 to 2025, and this study took place over the span of two weeks. Keywords involved in searching for our data include: “Body Shaming”, “Young Adults”, “Adolescents”, “Social Media”, “Mental Health”, “Physiological Change”, “Psychological Impacts”, and “Relationships.” The gathering of various sources contributed to the qualitative data portion of this research, examining the psychological effects of body shaming on the adolescent to young adult population. A significant number of the papers studied didn’t go in depth on how social and relational factors play a role in the psychological and physiological outcomes of body shaming. As a result, this manuscript focuses on bridging the gaps to better our understanding of the presented complexities.

Through the use of our online survey, we gathered information from our participants by having them fill out a detailed questionnaire. This survey was designed to capture our participants' experience with body shaming and how these experiences have affected their daily lives and emotions. Participants between the ages of 13 and 25 were included in the survey. The survey asked about the various coping methods they utilized to cope with these challenges. By reaching out to adolescents and young adults from different institutions, such as schools and universities, we were able to gather information and gain an understanding of the struggles posed by body shaming that can impact different individuals within our society. Our survey included a clear disclaimer about our study’s purpose and informed participants that their responses were entirely anonymous and voluntary.

The survey was dissected and categorized into five different types of questions, namely demographic information, experiences with body shaming, psychological and emotional impacts, and coping methods potentially used to combat insecurities. The main reason for including a demographic portion was to gather information on the participants' social conditions and how that may have influenced the amount of body shaming that they were exposed to. The prompts included a multitude of factors, such as age, sex, race/ethnicity, level of education, and whether or not they had regular access to social media. One of the goals was to determine whether or not a participant who had previous encounters with body shaming would be more likely to experience a negative or neutral response after repeated subjection. The number of times they experienced negative reinforcement of insecurities through various forms of media gave insight as to whether they engaged in frequent destructive behaviors, such as harmful lifestyle habits, in relation to body image. This survey wanted to find out if these behaviors, and the severity of them, would influence the participants' willingness to connect with sources for help and coping strategies.

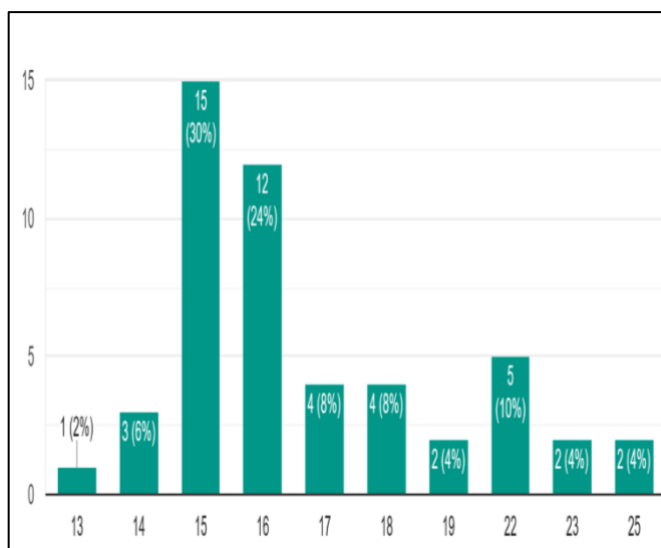
RESULTS

Note: The survey's data is gathered from 50 respondents.

Demographics

In this survey, shown in Figure 1, the participants ranged from ages 13 to 25. The majority of the respondents who took this survey were aged 15 and female. This survey had responses from different races, including 38% Asian, 28% white, 22% Hispanic or Latino, and the rest were African American or mixed race.

Figure 1: shows the diversity in the ages of adolescents and young adults who participated in the study.



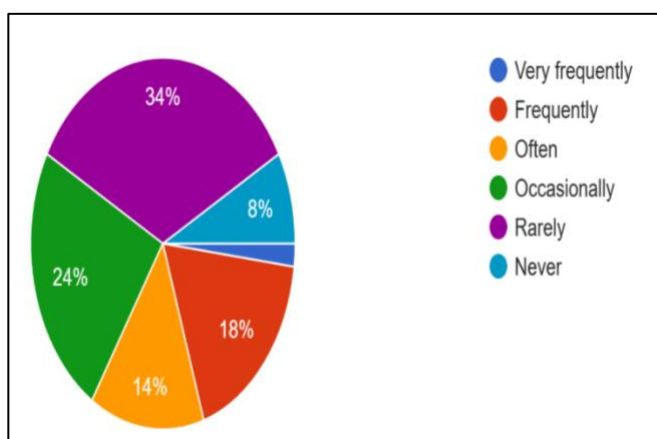
The participants were mainly adolescents, so 74% of respondents were enrolled in high school at the time of taking the survey. The second primary level of education consisted of a bachelor's degree, while the other levels were middle school, a Graduate's degree, and a Master's degree. Lastly, 98% of the respondents had some form of social media, with most possessing Snapchat (64%) and TikTok (48%). Participants claimed to have used other forms of

social media, such as YouTube (41%), Instagram (42%), Discord, and Facebook, which were recorded as the least used social media applications. Only one respondent recorded that they did not have any form of social media, highlighting the drastic appearance of social media throughout this age group.

Experiences with Body Shaming

One of the main ideas of this manuscript was to identify participants' different experiences with body shaming. As illustrated by Figure 2, 76% of participants agreed that they have felt discontent with their appearance due to social media. Other causes included family/friends (56%), ads (16%), romantic partners (12%), colleagues (2%), bullies (2%), and themselves (2%). Most respondents felt somewhat positive with their body at 36%, followed by 30% of participants saying neutral, 16% saying somewhat negative, 12% saying very positive and 6% feeling very negative. Overall, only 48% of participants felt positive about their body.

Figure 2: is a pie chart that shows how often the adolescents and young adults in our study experienced body shaming



The survey also asked how often the participants experienced body shaming, with the options (utilizing a Likert scale) from very frequently (2%), frequently (18%), often (14%), occasionally (24%), rarely (34%), and never (8%). Lastly, the survey was

able to highlight that the majority of participants' experience of body shaming began in lower secondary school, with 10 respondents clearly stating that they experienced body shaming during primary school.

Psychological /Emotional Impacts

The participants who have gone through body shaming experienced a multitude of psycho-emotional effects such as depression, anxiety, humiliation, isolation, anger, and eating disorders.

Figure 4: below is a bar graph that illustrates the distribution of adolescents and young adults who experienced symptoms of body shaming to varying degrees, ranging from very frequently to never.

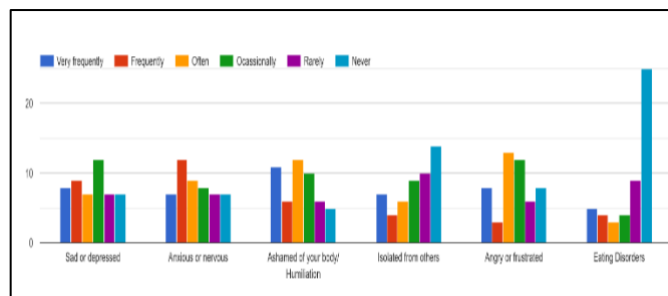


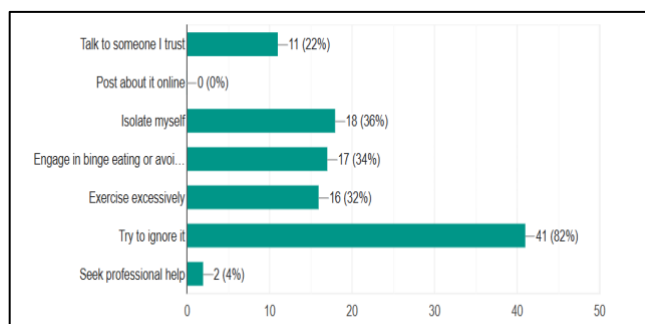
Figure 3 displays that on average, 78% of participants felt these symptoms to various degrees.

After being body shamed, 86% of participants felt sad, depressed, anxious, or nervous; 90% of participants felt ashamed of their body or humiliated; 72% of participants felt isolated from others; 84% of participants felt angry or frustrated; and 50% of participants experienced an eating disorder. 64% of the participants stated that their perspective on their body became more negative, with many desiring to change their body through unhealthy eating habits and excessive workouts. 54% of participants even stated that they actively avoided social activities because they were afraid of getting body shamed again.

Coping Mechanisms

As recorded in Figure 4, respondents had various ways of coping after experiencing body shaming, with 82% of the participants actually choosing to ignore their feelings after being body shamed. A staggering 94% felt that they needed to alter their body after being body shamed. However, only 36% of participants knew of resources to help them process their feelings, with 30% of people finding these resources on social media, highlighting the overwhelming need for support, as many of the remaining participants didn't have a resource to rely on through the online community or similar platforms.

Figure 3: is a bar graph that shows the different ways that adolescents and young adults cope with the experience of body shaming and the frequency of each coping method.



LITERATURE REVIEW

Social media as a trigger and its effects

Social media was first considered a safe space for many people. However, over time, it has caused numerous people to fall for "good advice" on platforms such as Instagram, TikTok, Facebook, and more. The availability and regular use of such platforms have allowed a diverse population of people to express their own thoughts and ideas. While this may seem beneficial for society, there's a

hidden motive. There are millions of influencers who specialize in beauty standards that often give advice to their followers on how to look and feel the best in their own bodies. Nonetheless, there's a handful of these "specialists" that don't actually allow people to feel comfortable with themselves. From our survey, the majority of respondents agreed with the statement "Has an image or video on social media ever made you feel discontent with your appearance?" Oftentimes, videos that appear to be giving aid to the youth may also be encouraging ulterior motives, such as glamorized ideals, false claims, or undisclosed partnerships. Adolescents, specifically ages 12-14, struggle to tell whether content is purely factual and meant to provide help to them or is synthesized for advertisement. (Van Reijmersdal & Van Dam, 2020). Many content creators try to promote their content for financial gain without objective views, which can cause harm to observers. Users who don't actively practice media literacy to differentiate right from wrong can be more vulnerable to these perspectives.

Another reason why social media is one of the main triggers for causing these psychosomatic changes is how its universal usage allows for the rapid diffusion of false ideas. This leads to exploitation, which is what many content creators tend to take advantage of, as views equate to making a profit. This causes them to carelessly put out false information for others to engulf. An example of this is when creators advocate toxic body standards and claim that it's the proper way our bodies should look. This may cause younger audiences to feel the need to body shame themselves (and others) about their "Weight, Shape, Hairstyle, Clothing Choices, Makeup, or Size" (Saxena *et al*, 2020). Implementing this as a daily practice can be detrimental to the rational, notably leading to depression and anxiety disorders.

Social media promotes severely damaging comparisons that can break down the self-esteem of adolescents and young adults. Online body shaming has become so normalized that individuals hide behind screens and spread negativity through harmful comments, which reinforce toxic beauty

standards. Influencers are seen as having the ideal body, frequently manipulating users of different platforms to consider making drastic changes to their own bodies based on images that could have been filtered and manipulated. The media may promote destructive standards that are unrealistic and often unattainable, which can lead to practices of discounting your own unique features because they may not match a widely circulated stereotype.

The physical expectations exerted by social media can cause lasting impacts on younger users, as most are still undergoing the development of the brain. Unfavorable ideas encountered in these growth stages support the internalization of harmful norms, as consistent and unregulated exposure eventually leads to the insertion of the flawed logic into their own thoughts. Due to the expanding presence of younger users on social media platforms, many of the same people who have taken in such dangerous ideals may become content creators themselves, taking up projecting these ideas onto others who internalize them in turn. These unfortunate effects may create an almost impossible cycle to break out of and disengage from. With solutions such as body positivity and digital literacy, adolescents and young adults can encourage others to avoid online validation and seek satisfaction independently.

Media Literacy and Its Benefits

Learning and encouraging media literacy and online navigability can help reduce the youth's vulnerability to feelings of low body satisfaction. If we teach younger users to carefully analyze and evaluate the content that they are consuming, they will be able to think critically and make decisions based on their own knowledge instead of basing it on the misinformation that is spread. In order to achieve this, we should begin implementing media literacy programs at schools as a common practice. "Media literacy can be an effective intervention for reducing shape and weight concern and other eating disorder risk factors long-term in a universal mixed-sex, young adolescent population." (Wilksch & Wade, 2009). Therefore, promoting digital media

literacy creates independence that empowers adolescents to feel more satisfied in their own skin and rather than just a set of unspecified standards.

Interpersonal Relationships

In the modern world, body shaming can significantly influence how young people perceive themselves and how they create and maintain relationships with others. Criticism of one's appearance may lead to self-doubt and insecurity, often making it difficult to form close bonds with friends, family, and partners. These challenges can be established early on and determine how others interact with potential sources of body shaming throughout their lives. Harmful experiences during adolescence and young adulthood shape future relationships, self-esteem, and mental health.

Attachment Theory

Body shaming, while often thought to start later in life, can begin in childhood relationships. A famous theory by Dr. Bowlby, known as the attachment theory, explains that a provider plays a prominent role in shaping the way a dependent displays emotional and social development throughout their adolescence and adulthood. This review draws a connection between the relationship that parenting styles have in relation to poor body image. 56% of respondents in this review's survey reported family to be a primary cause of insecurity. According to the American Psychological Association, parental relationships can either stabilize or elevate the risk of body shaming and disordered eating (King et al., 2022). The negative influence of body shaming from a caretaker can have on an infant is referred to as anxious-avoidant attachment, where the fear of abandonment or becoming hurt can arise from within the child. As the child is exposed to ideas of an "ideal physique," they are predetermined to feel unworthy or unloved. Another instance is the need for external validation and approval, where anxious individuals may compare their own body figures to those of others or according to the current beauty standard. Kids who are anxiously attached to their

parents are more likely to have greater body dysmorphia. In contrast, kids who are more avoidantly attached may be more emotionally distant from their parents, thus less inclined to consider their parents' opinions regarding their body image.

Parenting Styles

A study in the National Library of Medicine found a correlation between adolescent body satisfaction and the form of parenting they received as a child (Michael et al., 2013). This can lead to the assumption that different parenting styles may have an adverse psychological effect in regard to body shaming. The four different parenting styles include authoritative, authoritarian, permissive, and uninvolved. In authoritative parenting, parents are considerably more supportive and encourage open communication. This means that children under this form of parenting are more likely to develop a positive body image. Authoritarian parenting is a more controlling method and includes stricter means of discipline, which can prompt adolescents to have lower self-esteem and internalize insecurities. Permissive parenting has more leniency and fewer rules than the other parenting styles, which creates an environment where the child has less knowledge of the ways to cope when presented with body shaming and may lead them to seek external validation. Lastly, neglectful or uninvolved parenting incorporates characteristics like emotional detachment and lower involvement in the child's life. The children who fall under this parenting group may have a lower perceived self-worth, which can lead to social withdrawal. This parenting style places them at a higher risk of mental health disorders such as depression and anxiety.

Intimate Relationship

In intimate relationships, body shaming may cause partners to experience feelings of inadequacy or dissatisfaction. Negative comments, whether from internal or external narratives, can lead to insecurity and self-consciousness around partners. Factors such as physical avoidance, lack of emotional availability,

and stress of potential judgment create doubt that takes away from sexual gratification. Body shaming in partnerships can brew distrust and emotional imbalances, which therefore create the conditions for withdrawal and the need for constant reassurance. Having no arousal or decreased desire for sexual intimacy stems from unacceptance and can make it difficult for couples to enjoy quality time. In some instances, the fear of rejection prevents vulnerability, increases frustration, and minimizes the possibility of coping mechanisms actually working.

Mental to Physiological Effects

As discussed previously, the main impacts of body shaming are found to affect the mental state. An article discovered in the National Library of Medicine reviewed that harsh societal standards in relation to body image play a role in “contributing to a spectrum of mental health issues including low self-esteem, depression, and eating disorders” (Merino et al., 2024). Thus, the most recurring symptoms as a result of cognitive impairment, emerging from conditions like depression, were altered eating habits, social withdrawal, and lifestyle changes. Often, alongside social withdrawal will be irritability, fatigue, insomnia, and even suicidal ideation, which occurs at a much higher rate amongst adolescents and young adults (Kendel et al., 1991). These symptoms contribute to feelings of loneliness and isolation, which only lower general achievement and personal performance. The same paper found that harsh emotions, like chronic shame, are more likely to lead to somatic consequences evolving from advanced forms of anxiety. Sustained and elevated levels of the stress hormones cortisol and epinephrine will degrade the cardiovascular system over time due to the constant activation of the body's “fight or flight” response (Lymperopoulos et al., 2007). This allows aggression to be “widely recognized as [a] response to shame” (Elison et al., 2014) in youth as a defensive reaction provoked by feelings of humiliation and social rejection. Internalized frustration may lead to outward emotional explosions that create further divide

between the individual and possible support. Emotion irregularity or outbursts have been proven to suppress immune system function and heightened inflammation, which fosters a greater susceptibility to infections. Therefore, the youth are more vulnerable to external influence over individual identity; so, personal and parental monitoring of negative content is essential to creating normalcy and minimizing the frequency of disrupted perspectives.

Eating disorders

Dietary fads—like obsessive calorie counting—can create new methods of triggering drastic bodily change. This may lead the affected to exercise excessively, eat compulsively, restrict calories, and potentially purge (Suhag et al., 2024). Once habits start, there is a linear decrease in the body's overall health as symptoms eventually worsen and lead to malnutrition. Someone who feels that their body needs alterations may not always fit into the category of being “physically unwell.” This creates a self-fulfilling prophecy, as outside perspectives may not view the illness as legitimate, so neither does the suffering person. Not only does this stimulate a habitat where there is no treatment being recommended or received, but it also lowers the odds of a successful recovery. Those with bulimia—a specific type of eating disorder—purge or vomit their food after eating. Purging too much can lead to bad oral health and dental erosion, affecting the tooth enamel that is consistently being exposed to stomach acid (a term coined as “Bulimia teeth”). Ulcers and lesions may also appear on the gums, leading to poorer self-esteem and discomfort. On the other hand, Anorexia Nervosa includes a heavily limiting caloric intake on a daily basis. Not only does this create a nutritional deficit, but it can also prompt the physical risk of Refeeding Syndrome (Neale et al., 2020), which is an unspecified set of complications that can occur from reintroducing food and electrolytes too quickly into the body after a period of starvation.

Femininity Vs. Masculinity

One of the most notable differences between men's and women's views on body image is the contrast between their preferred physiques. A review over Body Perceptions and Psychological Well Being interpreted that "Images that emphasize muscularity, leanness, and fitness can induce body dissatisfaction among men, pushing them toward extreme fitness routines and dietary behaviors" (Merino et al., 2024). Men are typically pressured into developing a muscular or lean frame, as the media equates having an athletic build to being attractive. This stigma creates space for feelings of judgement over definition and size, often leading some men to turn to the use of Anabolic Steroids. This drug is a manufactured form of the male sex hormone, testosterone, which is meant to rapidly build tissue in a targeted area. A review of the Pharmacology of Anabolic Steroids states that "[Anabolic Androgenic Steroids (AAS)] administration is also associated with increased aggression, especially in high-dose users" (Kicman, 2009). Prolonged usage can contribute to male pattern baldness, high blood pressure, aggression, and liver damage. In contrast, women may be considered more attractive if they have a curvaceous build and a low percentage of body fat (Merino et al., 2024). Recent recognition of different body types may place emphasis on the "hourglass build," which aims for wider hips, a slim waist, and relatively little to no fat. These pressures presented by society contribute to varying coping mechanisms between genders, supported by the belief that men are less likely to seek professional help and that women are more open to exploring emotional solutions in therapy.

DISCUSSION

This study aimed to prove a direct correlation between body shaming and a positive degradation rate of mental health. The review found that age and sex were primary factors in determining how frequently an individual experienced feelings of shame and discontent with their body. As a result, it placed adolescents and young adults at a higher risk

of developing the physiological effects and illness. There remains a parallel, specifically within the youth, between mental disorders like anxiety, resulting from body shaming, and poor levels of personal performance and achievement. An individual is more likely to experience negative emotions like irritability and hopelessness, with the most extreme cases contributing to suicidal ideation (Kendel et al., 1991). Young adults active on social media are more likely to feel isolated compared to those not exposed to body image trends and online beauty standards. Furthermore, personal relationships, through all varieties like familial, intimate, and friendship, often decide the severity of the body shaming. For example, this review elaborated on and tied connections to attachment theory and how parental or guardian figures shape the emotional development of children and adolescents with respect to their self-perception. This review also agreed with other manuscripts that showed evidence of how teenagers had a greater impact from social media and interpersonal relationships on mental health and body image.

The main pathways that this manuscript took in challenging other research included creating a wider demographic population in the survey and expanding into subtopics of mental health that were not widely acknowledged in previous studies. It was agreed that body shaming directly influences the psyche and therefore affects an individual physiologically. There was also the shared point that social media and early exposure to online trends affect the development of adolescents and young adults, particularly in how they interact with negative content, process such content, and internalize their reactions to it. This manuscript, however, relates age, frequency of body shaming, psychological and emotional effects, and coping mechanisms to draw more definitive prompts to body shaming and the mental disorders that often stem from it.

The findings made known through this study provided recognized sources of body shaming as well as both its mental and physical consequences.

Not only does this allow for a more definitive connection between possible triggers, but also for navigable solutions such as raising awareness or providing resources to prevent and combat the onset of perceived negative body image. This allows for a more understandable approach for support, treatment, and prevention. Altered methods of education, such as media literacy and body image acceptance, may promote future research in interdisciplinary work, which would combine approaches for a diverse plan to resist the regularity of body shaming. This study guides methodology by including a survey to suggest improved designs for gathering qualitative data and participant input.

Some limitations in this study may include factors such as our sample size and geo-demographic diversity. The sample size was limited, so our data does not reflect a full overview of the opinions of the majority of adolescents and young adults, but rather a small, selected group. There was also low geo-demographic diversity as many of the participants are from the same area, which may cause the results to be less applicable to the general population. Since our survey was anonymous and voluntary, we did not get the opportunity to follow up with our participants or ask questions about their experiences. We also could not link specific responses to demographic data, which limits the analysis of existing correlations. However, we kept the survey anonymous to uphold survey validity and ethical considerations, as participants should be able to freely express their opinions without the fear of it being linked to them. Additionally, our study relied on data from a self-assessment. Self-assessments can easily create bias, and they may not remember their experiences as clearly as some may exaggerate or underestimate their feelings on how body shaming has impacted them. This means that our results were dependent on the willingness of the participants to open up and share what they went through. Furthermore, another limitation we had was finding a correlation between body shaming on ethnicity and educational roles. These questions were introduced as optional, so they may not have felt, from the

survey takers' perspective, as influential to the results.

Despite the limitations of this study, we hope that future research is able to overcome these constraints by using a larger and more diverse sample size, expanding cultural backgrounds and geographic diversity to better reflect the experiences of body shaming. On the other hand, there should be a continued emphasis on the anonymity of surveys to encourage honesty. It would be beneficial to organize participants by the amount of time they spend on social media to capture a more varied result. We could incorporate more qualitative methods, such as focus groups, to facilitate discussion and spark mutual agreement on how participants cope with body shaming and resources that they find most helpful. Additionally, we need to identify and learn how adolescents build barriers against body shaming and how they are able to promote a healthy self. Comparing these experiences of body shaming across cultures can help us better understand how societal norms and values shape the ideology of body shaming.

CONCLUSION

Self-image, relationships, and mental health can be key factors that influence body shaming in today's society. Negative comments on one's appearance can promote the degradation of mental health within adolescents and young adults, as it often feeds into insecurity and self-doubt. This can originate from early life and determine one's path through adulthood. Body shaming can also affect emotional well-being and interpersonal relationships as well as improve individuals' coping methods and the need for a structured support system.

Overall, this paper shows how social media can have a profound psychological impact on adolescents and young adults. Social media can allow influencers to manipulate people on a wider level, and individuals on online platforms promote comparisons between toxic body standards and themselves. In addition, body shaming can be used as a tool to discuss the

strengths and weaknesses that result from interpersonal relationships. For instance, a correlation can be made between the effects of body shaming with the attachment theory and different parenting styles. The mental state and its effects on the body are also a recurring topic discussed throughout this paper, as the illnesses that frequently stem from an unhealthy state of mind in response to body shaming include anxiety, depression, and the development of eating disorders.

Due to the heightened use of social media amongst the youth, body shaming is a pressing issue that must be confronted by providing resources to the public. To reduce the impacts on our younger population, sponsors can introduce new recovery centers to have help readily available. A suggested resource collected by most of our participants is the ERC (Eating Recovery Center), as well as other wellness centers that can greatly aid individuals looking to seek recovery. Understanding the issue of body shaming and its psychological impacts is essential to create and strengthen initiatives for those affected and to prevent others from experiencing it.

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