



The Association between Social Media Use and Eating Concerns among US Young Adults



Jaime E. Sidani, PhD, MPH; Ariel Shensa, MA; Beth Hoffman; Janel Hanmer, MD, PhD; Brian A. Primack, MD, PhD

ARTICLE INFORMATION

Article history:

Submitted 24 August 2015

Accepted 21 March 2016

Available online 5 May 2016

Keywords:

Social media
Eating concerns
Body image
Disordered eating

2212-2672/Copyright © 2016 by the Academy of Nutrition and Dietetics.

<http://dx.doi.org/10.1016/j.jand.2016.03.021>

ABSTRACT

Background The etiology of eating concerns is multifactorial, and exposure to media messages is considered to be a contributor. Although traditional media, such as television and magazines, have been examined extensively in relation to eating concerns risk, the influence of social media has received relatively less attention.

Objective To examine the association between social media use and eating concerns in a large, nationally representative sample of young adults.

Design Cross-sectional survey.

Participants/setting Participants were 1,765 young adults aged 19 to 32 years who were randomly selected from a national probability-based online nonvolunteer panel.

Outcome measures An eating concerns scale was adapted from two validated measures: the SCOFF Questionnaire and the Eating Disorder Screen for Primary Care. Social media use (including Facebook, Twitter, Google+, YouTube, LinkedIn, Instagram, Pinterest, Tumblr, Vine, Snapchat, and Reddit) was assessed using both volume (time per day) and frequency (visits per week).

Statistical analyses To examine associations between eating concerns and social media use, ordered logistic regression was used, controlling for all covariates.

Results Compared with those in the lowest quartile, participants in the highest quartiles for social media volume and frequency had significantly greater odds of having eating concerns (adjusted odds ratio 2.18, 95% CI 1.50 to 3.17 and adjusted odds ratio 2.55, 95% CI 1.72 to 3.78, respectively). There were significant positive overall linear associations between the social media use variables and eating concerns ($P < 0.001$).

Conclusions The results from this study indicate a strong and consistent association between social media use and eating concerns in a nationally representative sample of young adults aged 19 to 32 years. This association was apparent whether social media use was measured as volume or frequency. Further research should assess the temporality of these associations. It would also be useful to examine more closely the influence of specific characteristics of social media use, including content-related and contextual features.

J Acad Nutr Diet. 2016;116:1465-1472.

FEEDING AND EATING DISORDERS, KNOWN MORE colloquially as eating disorders, represent an important clinical and mental health issue in the United States, especially among adolescents and young adults. Estimates based on the most recent *Diagnostic and Statistical Manual of Mental Disorders* definitions suggest lifetime prevalence by age 20 years of approximately 0.8% for anorexia nervosa (AN), 2.6% for bulimia nervosa, 3% for binge

eating disorder, and 11.5% for feeding or eating disorder not elsewhere classified.^{1,2} Eating disorders can have serious medical complications,³ and meta-analyses suggest an increased mortality rate—including an increased risk of suicide—for individuals with AN.^{4,5} However, subclinical eating concerns have prevalence rates substantially higher than those of diagnosed eating disorders.^{6,7} Body dissatisfaction, negative or altered body image, and disordered eating represent a wide spectrum of eating concerns, all of which are significant precursors to the development of a diagnosable eating disorder.⁸⁻¹¹ Even when they do not lead to an eating disorder, these conditions can contribute to a long-lasting period of continued disordered eating.^{9,12}

The etiology of eating concerns is multifactorial and includes biological, psychological, intrapersonal, and environmental influences.⁶ One environmental influence—exposure to media such as fashion magazines and television—has been associated with the development of these issues, which is likely mediated by thin-ideal internalization.^{13,14}

Available below are the current Continuing Professional Education (CPE) articles for each month. CPE quizzes for these articles may be taken at www.eatrightPRO.org. Simply log in with your Academy of Nutrition and Dietetics or Commission on Dietetic Registration username and password, go to the My Account section of My Academy Toolbar, click the "Access Quiz" link, click "Journal Article Quiz" on the next page, then click the "Additional Journal CPE quizzes" button to view a list of available quizzes.

Non-members may take CPE quizzes by sending a request to journal@eatright.org. There is a fee of \$45 per article for non-member Journal CPE. CPE quizzes are valid for 1 year after the issue date in which the articles are published.

Table 1. Whole sample characteristics and bivariable associations between social media use and sociodemographic variables with eating concerns among a nationally representative sample of young adults

Variable	Total sample (n = 1,765)	Eating Concerns ^a			P value ^b
		Low (n = 540)	Medium (n = 637)	High (n = 588)	
		← % ^c →			
Social media use					
Volume (time per day) (min)					<0.001
Quartile 1 (0-30)	29.8	37.6	28.3	21.3	
Quartile 2 (31-60)	20.8	20.7	23.8	16.9	
Quartile 3 (61-120)	23.9	20.9	23.2	28.7	
Quartile 4 (121 and above)	25.6	20.8	24.6	33.1	
Frequency (visits per week)^d					<0.001
Quartile 1 (<9)	28.1	36.9	25.7	19.8	
Quartile 2 (9-30)	25.2	24.7	28.5	21.5	
Quartile 3 (31-57)	23.9	21.8	22.6	28.3	
Quartile 4 (58+)	22.8	16.6	23.2	30.4	
Sociodemographic					
Age (y)					0.67
19-23	33.6	36.1	34.1	29.9	
24-26	24.7	24.5	23.7	26.5	
27-32	41.6	39.5	42.3	43.6	
Sex					<0.001
Female	49.7	42.5	48.7	60.3	
Male	50.3	57.5	51.3	39.7	
Race/ethnicity					0.03
White, non-Hispanic	57.2	58.5	59.0	53.2	
Black, non-Hispanic	13.1	16.3	12.7	9.1	
Hispanic	20.8	19.9	19.0	24.3	
Other ^e	9.0	5.3	9.2	13.4	
Relationship status					0.99
Single ^f	44.6	44.9	44.5	44.5	
In a committed relationship ^g	55.4	55.5	55.5	55.4	
Living situation					0.85
Parent/guardian	34.0	34.7	34.4	32.4	
Significant other	35.7	34.2	34.7	38.9	
Other ^h	30.4	31.1	30.9	28.6	
Household income					0.004
Low (under \$30,000)	23.0	15.7	25.3	29.4	
Medium (\$30,000-\$74,999)	38.6	43.5	38.3	38.6	
High (\$75,000 and above)	38.5	40.9	36.4	38.0	

(continued on next page)

Download English Version:

<https://daneshyari.com/en/article/5568798>

Download Persian Version:

<https://daneshyari.com/article/5568798>

[Daneshyari.com](https://daneshyari.com)