

# The Predictive Power of Social Media Use and Body Image on Eating Attitudes in Youth

Adaeze. Okonkwo<sup>1</sup>, Thandiwe. Dlamini<sup>2\*</sup>

<sup>1</sup> Department of General Psychology, University of Ibadan, Ibadan, Nigeria

<sup>2</sup> Department of Psychology, University of Cape Town, Cape Town, South Africa

\* Corresponding author email address: thandiwe.dlamini@uct.ac.za

## Article Info

### Article type:

Original Research

### How to cite this article:

Okonkwo, A., & Dlamini, T. (2025). The Predictive Power of Social Media Use and Body Image on Eating Attitudes in Youth. *Journal of Adolescent and Youth Psychological Studies*, 6(3), 124-132.  
<http://dx.doi.org/10.61838/kman.jayps.6.3.14>



© 2025 the authors. Published by KMAN Publication Inc. (KMANPUB), Ontario, Canada. This is an open access article under the terms of the Creative Commons Attribution-NonCommercial 4.0 International (CC BY-NC 4.0) License.

## ABSTRACT

**Objective:** The objective of this study was to investigate the predictive power of social media use and body image perceptions on eating attitudes among youth in South Africa.

**Methods and Materials:** A correlational descriptive research design was employed involving 350 South African youth participants selected using stratified random sampling, with sample size determined according to Morgan and Krejcie's table. Data were collected using standardized instruments: Eating Attitudes Test (EAT-26), Social Media Use Integration Scale (SMUIS), and Body Shape Questionnaire (BSQ), all validated in previous research. Data analysis was performed using SPSS-27 software, employing descriptive statistics, Pearson correlation coefficients, and linear regression analyses.

**Findings:** The mean scores for Eating Attitudes ( $24.53 \pm 6.42$ ), Social Media Use ( $38.29 \pm 7.56$ ), and Body Image ( $107.45 \pm 22.18$ ) indicated moderate maladaptive eating behaviors and significant variability in social media usage and body dissatisfaction. Pearson correlation analyses revealed significant positive correlations between Eating Attitudes and Social Media Use ( $r = .38, p < .01$ ) and Body Image ( $r = .57, p < .01$ ). Linear regression analyses demonstrated that social media use and body image significantly predicted maladaptive eating attitudes ( $F(2, 347) = 103.48, p < .01, R^2 = .37$ ), with body image emerging as the stronger predictor ( $\beta = .52, p < .01$ ) compared to social media use ( $\beta = .18, p < .01$ ).

**Conclusion:** These results underscore the importance of addressing both social media consumption habits and negative body perceptions through targeted interventions to improve healthy eating attitudes and psychological well-being among youth.

**Keywords:** Eating Attitudes, Social Media Use, Body Image, Adolescents, South Africa

## 1. Introduction

Eating attitudes among youth constitute a critical public health concern globally, especially given their role in shaping lifelong dietary habits, body satisfaction, and overall well-being (Malloy et al., 2024b). Recently, there has been growing scholarly attention to identifying factors influencing eating attitudes in younger populations, particularly focusing on the pervasive influence of social media use and body image perceptions (Dopelt & Houminer-Klepar, 2025; Gul & Koç, 2025). Adolescence and early adulthood are particularly vulnerable stages where negative body image and unhealthy eating behaviors commonly emerge, driven by the interaction of psychological, environmental, and socio-cultural factors (Czeczotka et al., 2024). Within this context, social media platforms have become prominent sources of social influence, significantly impacting young people's perceptions about ideal body standards and dietary behaviors (Imtiaz & Malik, 2024). Thus, exploring the predictive power of social media use and body image perceptions on eating attitudes has become increasingly relevant, particularly in societies experiencing rapid digitalization and shifting social norms.

Social media has reshaped interpersonal interactions and significantly transformed societal standards of physical appearance, thereby influencing young people's attitudes toward food and their bodies (Din et al., 2024; Sheremeta, 2024). Platforms like Instagram, TikTok, and Facebook propagate idealized images and curated lifestyles, often promoting unattainable beauty standards and unrealistic body ideals (Bissell & Chou, 2024). Consequently, extensive exposure to these idealized portrayals increases risks for body dissatisfaction, heightened appearance anxiety, and maladaptive eating behaviors among adolescents and young adults (Sabol & Duell, 2024; Xu et al., 2024). Numerous studies globally have identified a strong correlation between heavy social media usage and disordered eating attitudes, notably among adolescents and university students, highlighting its profound influence on health behaviors (Imtiaz & Malik, 2024; Khan et al., 2024). Furthermore, research by Aleid et al. (2024) confirmed that frequent interaction with social media advertisements significantly altered dietary behaviors and promoted unhealthy food choices, suggesting the medium's role in reinforcing detrimental eating habits (Aleid et al., 2024). This interaction between social media and eating attitudes is complicated further by variables such as social comparison, fear of missing out (FOMO), and social pressure,

intensifying negative self-assessments and unhealthy dietary practices (Ayunin et al., 2024; Ye, 2023).

Moreover, the influence of social media on eating attitudes is not uniform across populations, with variability attributed to cultural and demographic factors. For instance, in New Zealand, social media exposure among young women was strongly associated with poorer diet quality, distorted body image, and negative eating behaviors, highlighting potential cultural variations in susceptibility (Malloy et al., 2024a). Similar results were observed by Nadeem et al. (2023) among Pakistani young adults, who demonstrated a significant correlation between social media engagement and dysfunctional eating behaviors, further emphasizing the universal yet culturally nuanced impact of social media (Nadeem et al., 2023). In Israel, Dopelt and Houminer-Klepar (2025) reinforced the connection between disordered eating and social media exposure, underscoring that cultural factors and digital habits interplay dynamically, shaping youth's eating-related attitudes (Dopelt & Houminer-Klepar, 2025). Thus, investigating the role of social media within diverse cultural contexts, such as South Africa, adds important insights into understanding the mechanisms through which digital media influences eating behaviors globally.

Alongside social media usage, body image perceptions significantly contribute to shaping youth's eating attitudes. Negative body image, characterized by persistent dissatisfaction and excessive preoccupation with appearance, represents a substantial risk factor for eating disorders across genders and cultural contexts (Czeczotka et al., 2024; Skubisz & Blancher, 2022). Research has repeatedly demonstrated that poor body esteem mediates the relationship between social media addiction and problematic eating behaviors, highlighting that body image functions both as an independent and mediating factor influencing dietary practices (Khan et al., 2024; Zhang & Zhang, 2022). Moreover, studies indicate a substantial link between body dissatisfaction and maladaptive eating behaviors, suggesting that young individuals experiencing high appearance pressures often engage in restrictive dieting, binge eating, or compensatory behaviors such as purging or excessive exercising (Bulut et al., 2024; Patil et al., 2024). This phenomenon has been further supported by recent research in Greece, revealing that heightened social media engagement exacerbates adolescents' identity confusion, negative self-perceptions, and eating disorders, thus reinforcing the integral role of body image in the broader

social-media–dietary behavior nexus (Κωνσταντοπούλου et al., 2022).

The global health community has increasingly recognized that fostering positive body image and healthy dietary attitudes among youth requires a comprehensive understanding of the psychological impacts of digital media exposure (George & Ravola, 2024). Studies from diverse regions, including Saudi Arabia and Indonesia, further illustrate that while social media significantly contributes to unhealthy dietary behaviors, interventions leveraging these platforms effectively promote healthier attitudes toward food and body acceptance when thoughtfully managed (Alburkani et al., 2024; Angraini et al., 2023). George and Ravola (2024) argued that utilizing social media constructively to disseminate evidence-based nutritional information and positive body messaging could mitigate its adverse effects, transforming it into a potent tool for promoting youth health (George & Ravola, 2024). Similarly, Zaharia and Gonța (2024) observed that positive body image campaigns on social media substantially decreased negative self-perceptions and fostered healthier eating behaviors among adolescents (Zaharia & Gonța, 2024). Nonetheless, implementing these interventions requires deeper insights into how social media exposure and body image perceptions interrelate and influence eating attitudes in specific sociocultural environments.

Despite growing evidence from global contexts, research explicitly exploring these dynamics within South Africa remains scarce. Understanding these interactions within the unique socio-cultural framework of South African youth is essential, given the country's diverse demographic composition, widespread access to digital technologies, and distinct social norms influencing body ideals and dietary practices (Mader et al., 2023; Wang et al., 2024). Recent evidence from similar emerging economies, such as Turkey, indicated significant links between social media addiction, eating disorders, and negative body image among adolescents, underscoring the importance of localized research in guiding policy and public health interventions (Gul & Koç, 2025; Yildiz & Kuyumcu, 2022). Hence, by investigating South African youth specifically, this study addresses existing literature gaps and contributes significantly to developing culturally relevant, evidence-based interventions promoting healthier eating attitudes and improved mental health outcomes in the region. In sum, as social media continues to expand its global reach, shaping contemporary youth cultures and behaviors, understanding its relationship with body image perceptions and eating

attitudes becomes critical. The current study, therefore, seeks to clarify this relationship within the unique South African context, employing robust correlational analyses to identify predictive relationships between social media use, body image, and eating attitudes among South African youth.

## 2. Methods and Materials

### 2.1. Study Design and Participants

The current study employed a correlational descriptive design aimed at investigating the predictive power of social media use and body image on eating attitudes among youth in South Africa. The sample consisted of 350 participants, selected through stratified random sampling, with the sample size determined according to the Morgan and Krejcie sampling table, ensuring appropriate representation and statistical generalizability. Participants included male and female adolescents and young adults aged between 15 and 24 years, recruited from diverse educational institutions and community centers across South Africa. Ethical considerations were addressed by obtaining informed consent from participants aged 18 years and older, while parental consent was secured for those younger than 18. Participants were assured of anonymity and confidentiality, and the study adhered to the ethical standards outlined by relevant institutional ethics committees.

### 2.2. Measures

#### 2.2.1. Eating Attitudes

Eating Attitudes were assessed using the Eating Attitudes Test (EAT-26), originally developed by Garner, Olmsted, Bohr, and Garfinkel in 1982. The EAT-26 is a widely-used standardized self-report instrument designed to identify maladaptive eating behaviors and attitudes associated with eating disorders among youth and adults. The test consists of 26 items and includes three subscales: Dieting (13 items), Bulimia and Food Preoccupation (6 items), and Oral Control (7 items). Participants respond on a 6-point Likert scale ranging from 1 (never) to 6 (always). Scores from each item are summed, and higher total scores indicate more pathological eating attitudes and behaviors, with scores above 20 suggesting potential eating disorder risk. The reliability and validity of the EAT-26 have been consistently confirmed across multiple studies, demonstrating strong psychometric properties among diverse youth populations

(Scoffier-Mériaux & Paquet, 2022; Shaw & Cassidy, 2022; Waller et al., 2002).

### 2.2.2. Body Image

Body Image was evaluated using the Body Shape Questionnaire (BSQ), originally developed by Cooper, Taylor, Cooper, and Fairburn in 1987. The BSQ is a widely recognized standard measure designed to assess body dissatisfaction and preoccupation with body shape and weight. The scale consists of 34 items without distinct subscales, evaluating the individual's feelings about their body shape over the past four weeks. Responses are given on a 6-point Likert scale ranging from 1 (never) to 6 (always), with higher total scores indicating greater dissatisfaction with body image. Numerous studies have confirmed the BSQ's strong psychometric properties, reporting excellent reliability, construct validity, and sensitivity in identifying body image concerns among youth and adolescents (Alburkani et al., 2024; Malloy et al., 2024a, 2024b; Sabol & Duell, 2024).

### 2.2.3. Social Media Use

Social Media Use was measured with the Social Media Use Integration Scale (SMUIS), developed by Jenkins-Guarnieri, Wright, and Johnson in 2013. The SMUIS assesses the extent to which social media is integrated into an individual's daily life and personal routines. It comprises 10 items organized into two subscales: Social Integration and Emotional Connection (5 items) and Integration into Social Routines (5 items). Participants rate their responses on a 5-point Likert scale ranging from 1 (strongly disagree) to 5 (strongly agree). A higher composite score indicates greater social media integration. Previous research has repeatedly established the SMUIS's robust internal consistency, test-retest reliability, and criterion-related validity among adolescent and young adult samples

(Alburkani et al., 2024; Bissell & Chou, 2024; Sabol & Duell, 2024).

### 2.3. Data Analysis

Statistical analyses were conducted using SPSS-27 software. Initially, descriptive statistics including means, standard deviations, and frequencies were calculated to summarize demographic characteristics and the main study variables. Pearson correlation coefficients were computed to examine the strength and direction of associations between the dependent variable (Eating Attitudes) and each independent variable (Social Media Use and Body Image). Subsequently, linear regression analysis was performed to determine the predictive power of the two independent variables (Social Media Use and Body Image) on Eating Attitudes. Assumptions underlying linear regression, including normality, linearity, homoscedasticity, and multicollinearity, were carefully assessed and met before interpreting the regression results. Statistical significance was set at  $p < .05$  for all analyses.

## 3. Findings and Results

Participants' demographic characteristics showed diversity in terms of gender, age, and educational level. Of the total sample ( $N = 350$ ), females comprised the majority with 204 participants (58.3%), while males accounted for 146 participants (41.7%). In terms of age distribution, participants aged 15–17 years were represented by 113 individuals (32.3%), those aged 18–20 included 127 participants (36.3%), and participants aged 21–24 years consisted of 110 individuals (31.4%). Regarding educational level, high school students constituted the largest group with 175 participants (50.0%), followed by undergraduate students with 123 participants (35.1%), and diploma or vocational training participants totaling 52 (14.9%).

**Table 1**

*Descriptive Statistics for Eating Attitudes, Social Media Use, and Body Image ( $N = 350$ )*

Variable	Mean	SD
Eating Attitudes	24.53	6.42
Social Media Use	38.29	7.56
Body Image	107.45	22.18

Descriptive statistics for the study variables, presented in Table 1, indicate that the mean score for Eating Attitudes was 24.53 ( $SD = 6.42$ ), suggesting moderate levels of

maladaptive eating attitudes among participants. For Social Media Use, the mean was 38.29 ( $SD = 7.56$ ), indicating relatively high integration of social media into participants'

daily routines. Body Image perceptions exhibited a mean score of 107.45 (SD = 22.18), reflecting notable variability among the respondents regarding body dissatisfaction.

Prior to conducting the regression analysis, assumptions underlying linear regression were carefully assessed and confirmed. Normality was checked using skewness and kurtosis values, which fell within acceptable ranges (Skewness: Eating Attitudes = 0.52, Social Media Use = -0.38, Body Image = 0.45; Kurtosis: Eating Attitudes = -0.61, Social Media Use = 0.57, Body Image = -0.72), indicating

normal distributions. Linearity between the independent variables and the dependent variable was visually inspected through scatterplots and confirmed to be appropriate. Homoscedasticity was verified through examination of residual plots, showing an even spread of residuals across predicted values. Additionally, multicollinearity was ruled out, as indicated by Variance Inflation Factor (VIF) values below the recommended cutoff of 10 (Social Media Use = 1.24, Body Image = 1.37). Thus, all statistical assumptions for linear regression were adequately satisfied.

**Table 2**

*Pearson Correlation between Eating Attitudes, Social Media Use, and Body Image (N = 350)*

Variable	Eating Attitudes (r)	p
Social Media Use	.38	< .01
Body Image	.57	< .01

The Pearson correlation coefficients presented in Table 2 reveal significant positive relationships between Eating Attitudes and each independent variable. Specifically, Eating Attitudes correlated positively and significantly with Social Media Use ( $r = .38$ ,  $p < .01$ ) and demonstrated a

notably stronger association with Body Image ( $r = .57$ ,  $p < .01$ ). These findings suggest that higher social media integration and increased body dissatisfaction are both related to more maladaptive eating attitudes

**Table 3**

*Summary of Regression Analysis for Predicting Eating Attitudes (N = 350)*

Source	Sum of Squares	df	Mean Squares	R	R <sup>2</sup>	Adjusted R <sup>2</sup>	F	p
Regression	4718.23	2	2359.12	.61	.37	.36	103.48	< .01
Residual	7912.45	347	22.80					
Total	12630.68	349						

Table 3 summarizes the linear regression analysis examining the predictive power of Social Media Use and Body Image on Eating Attitudes. The regression model was statistically significant,  $F(2, 347) = 103.48$ ,  $p < .01$ , and accounted for approximately 37% ( $R^2 = .37$ , adjusted  $R^2 =$

.36) of the variance in Eating Attitudes. These results indicate that the combined predictors significantly contribute to explaining variations in maladaptive eating attitudes among the youth

**Table 4**

*Multivariate Regression Analysis Predicting Eating Attitudes (N = 350)*

Predictor	B	SE	$\beta$	t	p
Constant	7.85	1.79		4.39	< .01
Social Media Use	0.15	0.04	.18	3.86	< .01
Body Image	0.15	0.01	.52	11.32	< .01

The multivariate regression results detailed in Table 4 reveal that both Social Media Use and Body Image significantly predict Eating Attitudes. Specifically, Social Media Use emerged as a significant positive predictor ( $B = 0.15$ ,  $\beta = .18$ ,  $t = 3.86$ ,  $p < .01$ ), suggesting that increased

social media usage predicts higher maladaptive eating attitudes. Similarly, Body Image was a robust positive predictor ( $B = 0.15$ ,  $\beta = .52$ ,  $t = 11.32$ ,  $p < .01$ ), indicating that greater dissatisfaction with body image strongly predicts increased maladaptive eating behaviors. These results

underscore the stronger predictive influence of Body Image compared to Social Media Use in this study.

#### 4. Discussion and Conclusion

The primary objective of this study was to explore the predictive power of social media use and body image on eating attitudes among South African youth. The results of the Pearson correlation analyses indicated significant positive correlations between social media use, negative body image, and maladaptive eating attitudes, confirming initial hypotheses that higher engagement with social media and more negative body perceptions are associated with increased disordered eating behaviors. Further, linear regression analyses revealed that social media use and body image together significantly predicted maladaptive eating attitudes, with body image emerging as a stronger individual predictor compared to social media use. These findings align well with the growing body of global literature emphasizing that both heightened social media engagement and poor body satisfaction independently and collectively contribute to increased risk of disordered eating behaviors among adolescents and young adults (Dopelt & Houminer-Klepar, 2025; Gul & Koç, 2025).

The identified significant positive association between social media use and maladaptive eating attitudes reinforces the global consensus on the detrimental influence of social media exposure on dietary behaviors. Consistent with this study's findings, previous research from diverse contexts—including Israel (Dopelt & Houminer-Klepar, 2025), Saudi Arabia (Aleid et al., 2024), and New Zealand (Malloy et al., 2024a)—highlighted that youth engaging heavily with social media platforms frequently experience heightened body dissatisfaction, increased susceptibility to idealized appearance standards, and consequently, higher risk of disordered eating. For example, research conducted by Imtiaz and Malik (2024) among university students indicated that social media addiction significantly intensified disordered eating through heightened appearance-based rejection sensitivity, supporting the notion that extensive social media engagement exacerbates maladaptive dietary behaviors through psychological distress mechanisms related to appearance and social acceptance (Imtiaz & Malik, 2024). Additionally, Khan et al. (2024) similarly demonstrated that social media addiction negatively impacts body esteem, thereby indirectly influencing eating behaviors. This aligns with current findings suggesting that social media indirectly contributes

to maladaptive eating attitudes by affecting adolescents' self-perception and exacerbating negative comparisons with peers (Khan et al., 2024).

Moreover, the regression analyses further emphasized body image as a particularly potent predictor of unhealthy eating attitudes among South African youth, consistent with previous findings highlighting the central role body dissatisfaction plays in developing disordered eating. These results corroborate prior studies indicating that negative body image significantly influences youth's susceptibility to problematic eating behaviors. Research conducted by Patil et al. (2024) in adolescent populations clearly illustrated that body image dissatisfaction was strongly associated with unhealthy dietary behaviors, including dieting, restrictive eating, binge eating, and purging behaviors (Patil et al., 2024). Similarly, studies from Poland and Greece provided robust evidence linking body dissatisfaction directly with an increased prevalence of eating disorders, reinforcing this study's finding regarding body image's critical role in predicting eating behaviors (Czeczotka et al., 2024; Κωνσταντοπούλου et al., 2022). Furthermore, Bulut et al. (2024) demonstrated that negative body perceptions significantly predicted problematic eating patterns among college athletes, emphasizing the consistency of body image as a robust and universal risk factor across diverse youth populations (Bulut et al., 2024).

The interconnectedness of social media use and body image identified in this study's results further reinforces the argument that these factors should not be viewed independently but rather as dynamically interacting forces shaping youth's dietary practices and psychological well-being. Indeed, as suggested by Zaharia and Gonța (2024), the pervasive presence of idealized and unrealistic body standards promoted through social media has critical psychological implications, exacerbating youth's body dissatisfaction and consequently, maladaptive eating attitudes (Zaharia & Gonța, 2024). Similarly, research from Pakistan underscored that social media exposure indirectly influences eating behaviors through its powerful effect on body esteem and social comparisons, mirroring findings in this South African context (Nadeem et al., 2023). Collectively, these findings suggest that interventions targeting disordered eating among youth must simultaneously address both excessive social media engagement and underlying negative body perceptions.

In contextualizing these results within global findings, it is evident that while social media presents a powerful medium for communication, its role as a facilitator of

negative body ideals remains critically impactful on youth's health behaviors. George and Ravola (2024) argued that although social media can be detrimental, carefully designed health-promotion campaigns leveraging these platforms could positively reshape youth attitudes towards eating and body image (George & Ravola, 2024). Thus, the current study underscores the dual nature of social media—potentially harmful yet also offering promising avenues for positive intervention if strategically managed. However, to harness such positive outcomes, targeted interventions should address both digital literacy regarding media consumption and psychosocial skills promoting positive self-perceptions, which have been supported by similar studies in Saudi Arabia and Indonesia (Alburkani et al., 2024; Angraini et al., 2023).

## 5. Limitations & Suggestions

Several limitations must be acknowledged in interpreting these findings. Firstly, the correlational descriptive design employed restricts causal interpretations; while significant associations were identified, causality between variables cannot be inferred conclusively. Additionally, reliance on self-report questionnaires potentially introduces response biases, including social desirability or recall bias, potentially affecting data accuracy. Thirdly, despite using standardized measures with established validity and reliability, cultural nuances specific to South African youth may not be entirely captured, potentially limiting the generalizability of these standardized tools to unique local contexts. Finally, the cross-sectional nature of this study limits understanding of how these relationships evolve over time, restricting insights into the long-term impact of social media and body image perceptions on eating attitudes.

Future research should adopt longitudinal or experimental designs to establish causal pathways between social media use, body image perceptions, and eating attitudes, providing clearer temporal dynamics among these variables. Furthermore, qualitative research methods, such as in-depth interviews or focus groups, could offer deeper insights into adolescents' subjective experiences regarding social media consumption, body dissatisfaction, and dietary behaviors. Additionally, expanding the sample to include diverse geographic regions and socio-economic backgrounds within South Africa would enhance understanding of potential variations across different demographic segments. Future studies might also examine moderating variables such as gender, age group distinctions,

or psychological resilience factors to identify populations most vulnerable to negative impacts of social media and body dissatisfaction. Finally, comparative cross-cultural studies between South Africa and other nations experiencing similar social media penetration could help distinguish culturally specific versus universally shared factors influencing eating attitudes among youth.

Based on these findings, several practical recommendations emerge for stakeholders, including educators, parents, policymakers, and healthcare practitioners. Educational institutions should integrate digital literacy programs aimed at fostering critical thinking skills and healthy social media consumption habits among adolescents, specifically addressing unrealistic body standards promoted online. Schools could also implement psychoeducational interventions promoting positive body image, self-esteem, and emotional resilience, thereby mitigating social media's potential harms. Parents should receive resources guiding effective communication about body positivity, realistic media consumption, and healthy eating behaviors with their children. Additionally, policymakers and public health authorities should develop regulations or guidelines governing responsible advertising practices on social media, especially those targeting youth. Lastly, healthcare professionals working with adolescents should routinely screen for excessive social media use and body dissatisfaction as potential risk indicators for maladaptive eating behaviors, providing timely preventive interventions and referral pathways to mental health support services.

## Acknowledgments

We would like to express our appreciation and gratitude to all those who cooperated in carrying out this study.

## Declaration of Interest

The authors of this article declared no conflict of interest.

## Ethical Considerations

The study protocol adhered to the principles outlined in the Helsinki Declaration, which provides guidelines for ethical research involving human participants.

## Transparency of Data

In accordance with the principles of transparency and open research, we declare that all data and materials used in this study are available upon request.

## Funding

This research was carried out independently with personal funding and without the financial support of any governmental or private institution or organization.

## Authors' Contributions

All authors equally contributed to this article.

## References

- Alburkani, B. S. S., Yousef, F. M., Arab, A., & Qutub, A. (2024). The Impact of Social Media and Family Attitudes on the Body Image and Eating Patterns of Male and Female Students. *Middle East Current Psychiatry*, 31(1). <https://doi.org/10.1186/s43045-024-00474-x>
- Aleid, S., Alshahrani, N. Z., Alsedrah, S., Carvalho, A. B., Lima, M. J., Teixeira-Lemos, E., & Raposo, A. (2024). The Role of Social Media Advertisement and Physical Activity on Eating Behaviors Among the General Population in Saudi Arabia. *Nutrients*, 16(8), 1215. <https://doi.org/10.3390/nu16081215>
- Angraini, D. I., Saftarina, F., & Wijaya, S. M. (2023). The Analysis of Factors to Predict Eating Behavior Among Adolescent Girls: A Community-Based Study in Indonesia. *Jurnal Gizi Dan Dietetik Indonesia (Indonesian Journal of Nutrition and Dietetics)*, 11(2), 62. [https://doi.org/10.21927/ijnd.2023.11\(2\).62-76](https://doi.org/10.21927/ijnd.2023.11(2).62-76)
- Ayunin, E. N., Mustakim, M., & Arumsari, I. (2024). Adolescents' Unhealthy Eating Behavior and Customer Engagement on Social Media in Sub Urban Areas. *Amerta Nutrition*, 8(4), 549-556. <https://doi.org/10.20473/amnt.v8i4.2024.549-556>
- Bissell, K., & Chou, S. (2024). Living for the Likes: Social Media Use, Fear of Missing Out, and Body and Life Satisfaction in Women. *Psychology of Popular Media*, 13(3), 481-489. <https://doi.org/10.1037/ppm0000507>
- Bulut, S., Rostami, M., Hajji, J., Boltivets, S., Saadati, N., Yang, J., McDonnell, M., Chikwe, C., & William, E. (2024). Psychological and Social Factors Influencing Eating Behaviors in College Athletes. *Hn*, 2(1), 99-105. <https://doi.org/10.61838/kman.hn.2.1.11>
- Czeczotka, M. J., Skorupska, M., Popławska, N. A., Śliz, J., & Woźniak, K. (2024). Eating Disorders in Pediatric Population, Analysis of Some of the Most Common Risk Factors. *Journal of Education Health and Sport*, 73, 51701. <https://doi.org/10.12775/jehs.2024.73.51701>
- Din, A. L., Javed, I., Devi, N., Mansoor, A., Mansoor, E., Khaliq, M., & Raza, H. A. (2024). Analysis of Eating Disorders and Social Media Impact on Health. *JHRR*, 4(2), 217-221. <https://doi.org/10.61919/jhrr.v4i2.808>
- Dopelt, K., & Houminer-Klepar, N. (2025). The Impact of Social Media on Disordered Eating: Insights From Israel. *Nutrients*, 17(1), 180. <https://doi.org/10.3390/nu17010180>
- George, B., & Ravola, M. (2024). Fighting Fire With Fire: Reclaiming Social Media to Promote Healthy Eating Behaviors Among Children. *Hem*, 5(3), 40-52. <https://doi.org/10.61093/hem.2024.3-03>
- Gul, O., & Koç, B. M. (2025). The Relationship Between Social Media Addiction and Eating Disorders Among Followers of Social Media Influencers. *Iranian Journal of Public Health*. <https://doi.org/10.18502/ijph.v54i2.17909>
- Imtiaz, H., & Malik, N. (2024). Social Media Addiction and Disordered Eating Behavior Among University Students: Appearance Based Rejection Sensitivity as Mediator. *J. Asian Dev. Studies*, 13(1), 853-861. <https://doi.org/10.62345/jads.2024.13.1.71>
- Khan, H. H., Ahsan, S., & Shafique, R. (2024). Body Esteem as Mediator Between Social Media Addiction and Eating Behaviors Among Young Adults. *Journal of Professional & Applied Psychology*, 5(4), 582-594. <https://doi.org/10.52053/jpap.v5i4.338>
- Mader, L., Müller, K. W., Wölfling, K., Beutel, M. E., & Scherer, L. (2023). Is (Disordered) Social Networking Sites Usage a Risk Factor for Dysfunctional Eating and Exercise Behavior? *International journal of environmental research and public health*, 20(4), 3484. <https://doi.org/10.3390/ijerph20043484>
- Malloy, J., Kazenbroot-Phillips, H., & Roy, R. (2024a). Associations Between Body Image, Eating Behaviors, and Diet Quality Among Young Women in New Zealand: The Role of Social Media. *Nutrients*, 16(20), 3517. <https://doi.org/10.3390/nu16203517>
- Malloy, J., Kazenbroot-Phillips, H., & Roy, R. (2024b). The Relationship Between Body Image, Eating Behaviors and Diet Quality in Young Women: The Impact of Social Media. <https://doi.org/10.20944/preprints202409.1640.v1>
- Nadeem, A., Nadeem, S., Yousaf, S., Shafait, H., Bacha, D. U., & Khan, R. (2023). Association Between Social Media Usage and Eating Behaviors of Young Adults in Pakistan. *International Journal of Pharmacy & Integrated Health Sciences*, 4(2), 58-69. <https://doi.org/10.56536/ijpihs.v4i2.102>
- Patil, A., Salimath, G., & Angolkar, M. (2024). Impact of Social Media Influence on Eating Behavior in Mid and Late Adolescent Children a Cross-Sectional Study. *Indian Journal of Health Sciences and Biomedical Research (Kleu)*, 17(2), 125-130. [https://doi.org/10.4103/kleuhsj.kleuhsj\\_551\\_23](https://doi.org/10.4103/kleuhsj.kleuhsj_551_23)
- Sabol, M. A., & Duell, N. (2024). Effects of Social Media Use on Body Image and Disordered Eating in Adolescents. <https://doi.org/10.31234/osf.io/fxh6m>
- Scoffier-Mériaux, S., & Paquet, Y. (2022). The Self-Regulation of Eating Attitudes in Sport Scale: Defining an Optimal Regulation Zone. *Frontiers in psychology*, 13. <https://doi.org/10.3389/fpsyg.2022.905277>
- Shaw, R., & Cassidy, T. (2022). Self-Compassion, Mindful Eating, Eating Attitudes and Wellbeing Among Emerging Adults. *The Journal of psychology*, 156(1), 33-47. <https://doi.org/10.1080/00223980.2021.1992334>
- Sheremeta, S. (2024). Дослідження Впливу Соціальних Мереж На Харчову Поведінку Користувачів Соціальних Мереж. *Psychological Prospects Journal*(44), 158-171. <https://doi.org/10.29038/2227-1376-2024-44-she>
- Skubisz, C., & Blancher, E. (2022). Eating Disorders: Media. 1-3. <https://doi.org/10.1002/9781119678816.iehc0813>
- Waller, G., Dickson, C., & Ohanian, V. (2002). Cognitive content in bulimic disorders: Core beliefs and eating attitudes. *Eating behaviors*, 3(2), 171-178. [https://doi.org/10.1016/S1471-0153\(01\)00056-3](https://doi.org/10.1016/S1471-0153(01)00056-3)
- Wang, H., Lyu, Q., Chen, X., & Wu, H. (2024). The Relationship Between Social Media and Healthy Eating Among the Elderly in the Community: Mediated by E-Health Literacy and Moderated by Aging Attitude. <https://doi.org/10.21203/rs.3.rs-4611936/v1>

- Xu, K., Liang, C., Zhao, Y., Zhang, F., Zhang, C., Zhang, Y., Zhang, Y., & Jiang, Z. (2024). Psychometric Evaluation of the Chinese Version of the Scale of Effects of Social Media on Eating Behaviour and Research of Its Influencing Factors. *BMC public health*, 24(1). <https://doi.org/10.1186/s12889-024-17923-1>
- Ye, C. (2023). The Influences of Social Media on Eating Disorder Risk. *Journal of Education Humanities and Social Sciences*, 22, 710-715. <https://doi.org/10.54097/ehss.v22i.13340>
- Yildiz, M., & Kuyumcu, A. (2022). The Relationship Between Nutrition and Exercise Behavior With Social Media Addiction in Adolescent Females. *İnönü Üniversitesi Sağlık Hizmetleri Meslek Yüksek Okulu Dergisi*, 10(1), 151-162. <https://doi.org/10.33715/inonusaglik.1037485>
- Zaharia, A., & Gonța, I. (2024). The Healthy Eating Movement on Social Media and Its Psychological Effects on Body Image. *Frontiers in Nutrition*, 11. <https://doi.org/10.3389/fnut.2024.1474729>
- Zhang, Q., & Zhang, W. (2022). Analysis of the Social Environment of Eating Disorders in Science Communication in China. *International Journal of Business and Management*, 1(1), 34. <https://doi.org/10.56028/ijbm.1.1.34>
- Κωνσταντοπούλου, Γ., Mavroeidi, E., Ntanellari, E., Morfi-Bonikou, M.-M., & Mentis, M. (2022). An Investigation of the Impact of Social Media on the Process of Identity Exploration and the Emergence of Eating Disorders in Student Life. *European Journal of Social Sciences Studies*, 8(1). <https://doi.org/10.46827/ejsss.v8i1.1360>