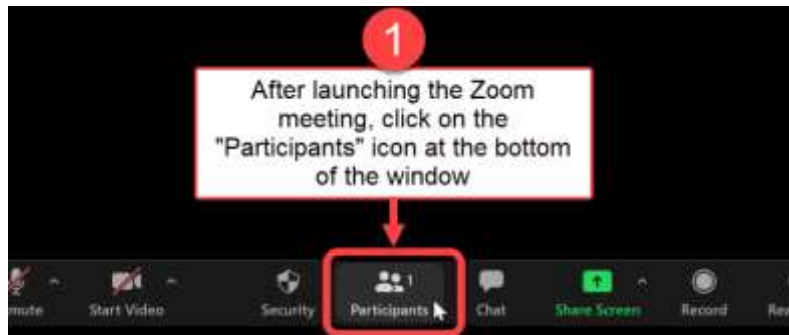


ECHO Session Reminder





Growing Healthy Minds Project ECHO®

The Impact of Social Media on Adolescent Self-Esteem, Body Image and Eating Disorders

February 15, 2024 | 5:30-6:30pm



Acknowledgements & Disclosures

This Project ECHO® is made possible through a grant from the New Jersey Department of Children and Families.

Today's speakers have NO disclosures or conflicts of interest in relation to this presentation.





Continuing Education Credits

Requirements:

1. Participation in each complete Growing Healthy Minds ECHO session
 - **For social work credits:** Your camera must be turned on for the full duration of the session
2. Completion of each ECHO session evaluation, which will be sent to the email you used to register following each session

No one with the ability to control content of this activity has a relevant financial relationship with an ineligible company.

This continuing education activity was approved by the Ohio Nurses Association, an Ohio Board of Nursing approver. (OBN-001-91)

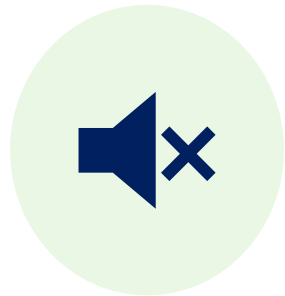
Expiration date: 11/16/2025 for all recorded sessions



Housekeeping



We encourage you to attend the sessions with video capability.



Kindly mute your microphone when not speaking.



By participating in these ECHO sessions, you are consenting to being recorded.



To protect privacy, please do not provide any identifiable information.



Use the chat function to engage in discussion with our hub team and fellow participants.



Growing Healthy Minds:

An ECHO on Strategies to Support Student Mental Health

Bert Mandelbaum, MD

School Physician for Montgomery, Hillsborough, North Brunswick, Chapin
Chair, Department of Pediatrics, Penn Medicine Princeton Health
Chair, NJAAP Task Force on Adolescent Health and School Start Times



Jennifer Chuang, MD

Section Chief, Adolescent Medicine
Pediatrics Residency Program Director
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Laura Williams, MA

School Counselor, Oak Valley School, Deptford
BIPOC Committee Chair, NJ School Counselor Association



Kristina Donovan, PhD

Administrative Supervisor of Student Services
Office of Guidance & Operations
Freehold Regional High School District



David Nash, Esq

Director of Legal Education and National Outreach for
the Foundation for Educational Administration



Kathy McCutcheon MSN, RN, NCSN

Executive Board, New Jersey State School Nurse Association





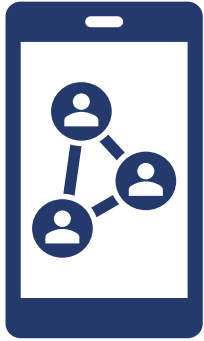
Growing Healthy Minds ECHO Session on

The Impact of Social Media on Adolescent Self-Esteem, Body Image and Eating Disorders

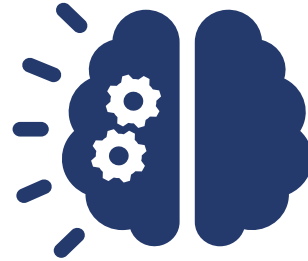
Michele Calderoni, DO
Jennifer H. Chuang, MD, MS
February 15, 2024



Presentation Goals



Describe the use of social media in adolescents



Understand the negative impact of various platforms on self-esteem, body image, and eating disorders



Identify areas of positive impact educators, guidance counselors, and school nurses can provide to adolescents



Before we start

A note of caution:

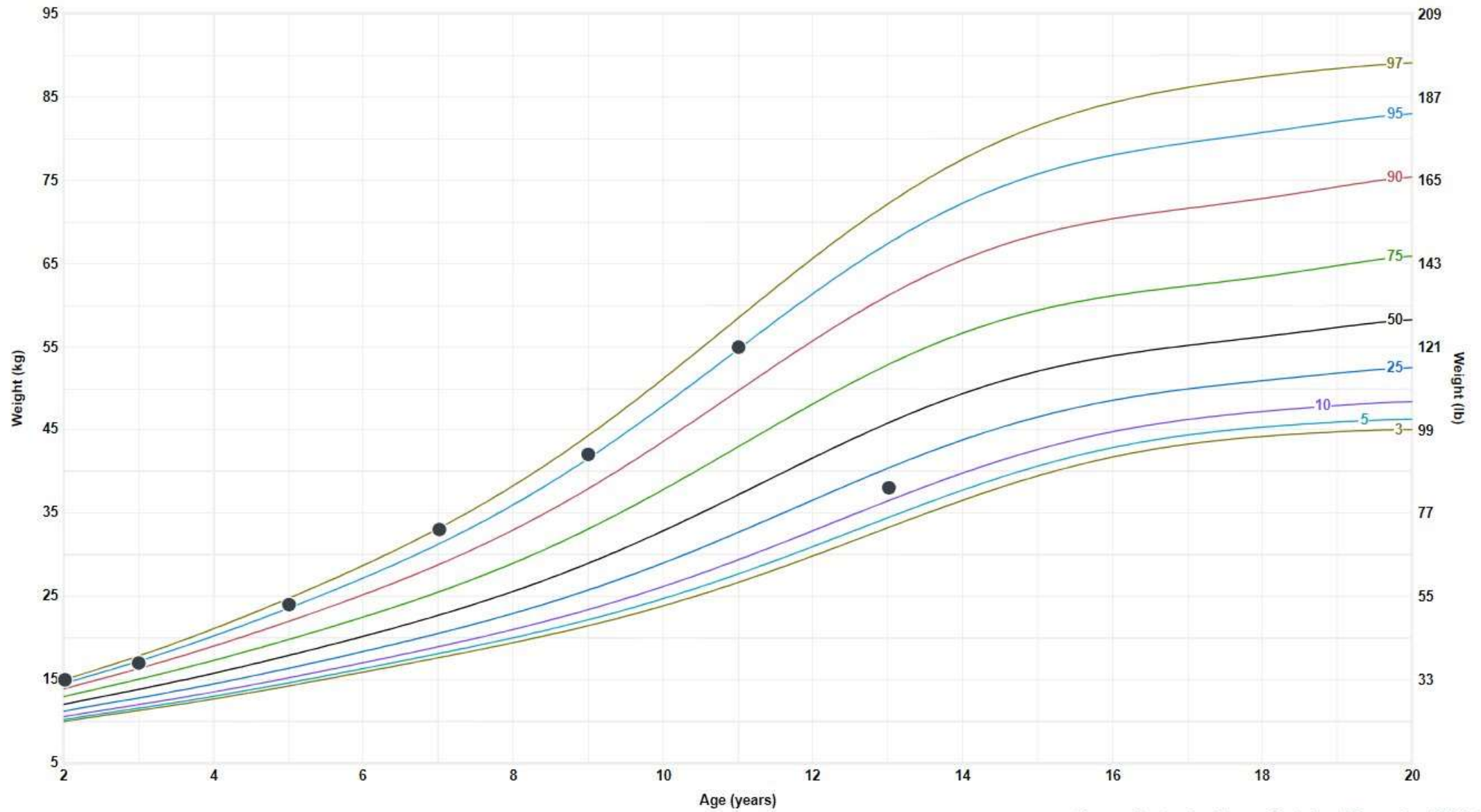
Today's talk will involve frank discussion about body image and eating disorders. Some of the material – particularly images and videos - may be potentially triggering for individuals. The presenters ask that screenshots of images are not shared with the public. The content of these slides will be available as a pdf, but the images will be removed upon distribution



Case Study

- SA is a 13-year-old female who presents to the Emergency Department with a 40 lb weight loss
- History of Present Illness:
 - Patient admits to a 2-year history of restricting and losing weight
 - She started restricting after a friend from dance showed her videos from the internet focusing on fashion and makeup tips
 - She admitted to desiring a more “ideal body” and used the internet to learn how to restrict her calories (eating low fat foods, minimal carbohydrates, and drinking more water)
 - She continued to watch videos and strive for a smaller body and weight loss. She denied vomiting but used laxatives once in the last year
- On further questioning, she also endorses fatigue, insomnia, nausea, constipation, dizziness, feeling cold, and a decrease in focus and memory
- Physical exam: alert, awake, female, flat affect
 - Slow heart rate at 47 beats per minute
 - Cool extremities but normal blood flow in fingertips





Source: Centers for Disease Control and Prevention (CDC), 2000



Case Study Continued



**Hospitalized for
10 days**



Currently in outpatient care

Gaining weight

Working on limited engagement of websites that promote weight loss (thinspiration and fitspiration) and viewing sites that are more acceptance of diverse body sizes and appearances and body positivity (although sites are limited and often misleading)

Therapist specialized in Family Based Treatment of eating disorders, adolescent medicine physician, dietician who is specialized in eating disorders



Body Image

- Thoughts, feelings, beliefs and attitudes one has about their body and appearance
- Amongst girls, research has shown that self-perceived physical appearance is the single sub-domain of the self that contributes to self-esteem; sending a message that one's value is derived largely from their appearance
- Negative body image can be linked to body dissatisfaction
- Body dissatisfaction has been linked to low self-esteem , decreased mood, and the risk of eating disorders



Social Media Relevance

- It is estimated 94% of adolescents use social media, rates are increasing as most social media can be accessed through a cell phone.
- Average time ranged 2- 4 hrs a day
- Instagram*, Snapchat* and Facebook are most common
- Appearance based use has been found to have a negative impact on adolescents' body image. This includes posting and commenting on photographs and videos of others or themselves ("selfies")
- Self-perceived physical appearance often relies on social media self-presentations and others' comments on one's postings



Negative Impacts of Social Media

- Photos are often edited or "changed" to depict unrealistic physical appearances that are difficult to obtain, creating negative social comparisons
- Filters are often used to promote thinness and unattainable body image perfection
- Over time social media may create appearance norms that are difficult to obtain and will create a gap between the perceived and ideal self
- This gap may result in negative consequences such as body dissatisfaction, negative mood, and poor self-esteem which may drive actions such as food restriction, over exercising and other maladaptive eating disorder behaviors.
- Adolescent girls are particularly vulnerable due to the combination of reaching puberty (physical body changes), importance of peer acceptance, and romantic relationship interests.



Themes

Expectation

Pressured to look as
"good as peers:
Using photos/posts for
positive commentary
from peers
Fear of negative
comments or minimal
"likes"

Comparison

Peer comparison more
influential than celebrities
Awareness of editing of
photos did not ameliorate
negative appearance-
based comparisons

Striving

Adolescents aspire to
change their bodies to
look like their peers' posts
Efforts can lead to eating
disorder behaviors

Validation

Getting likes and positive
commentary helps to
reinforce the
concept that adolescent
girls' value is based on
appearance
Positive "likes" promotes
continued posting

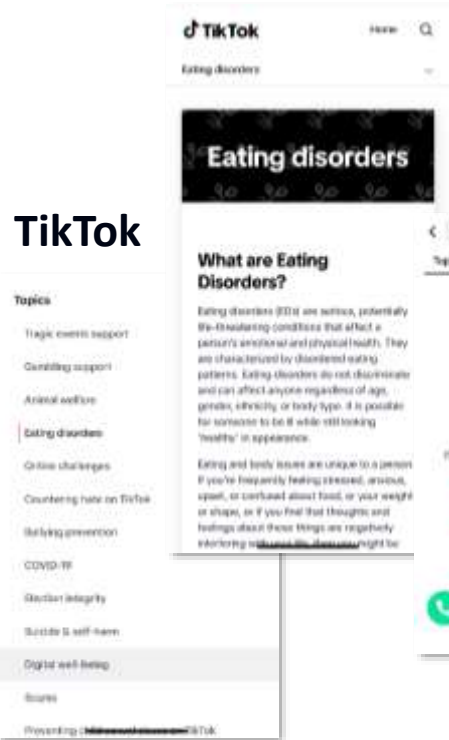


Pro-ana, Pro-mia, Thinspiration, Fitspiration

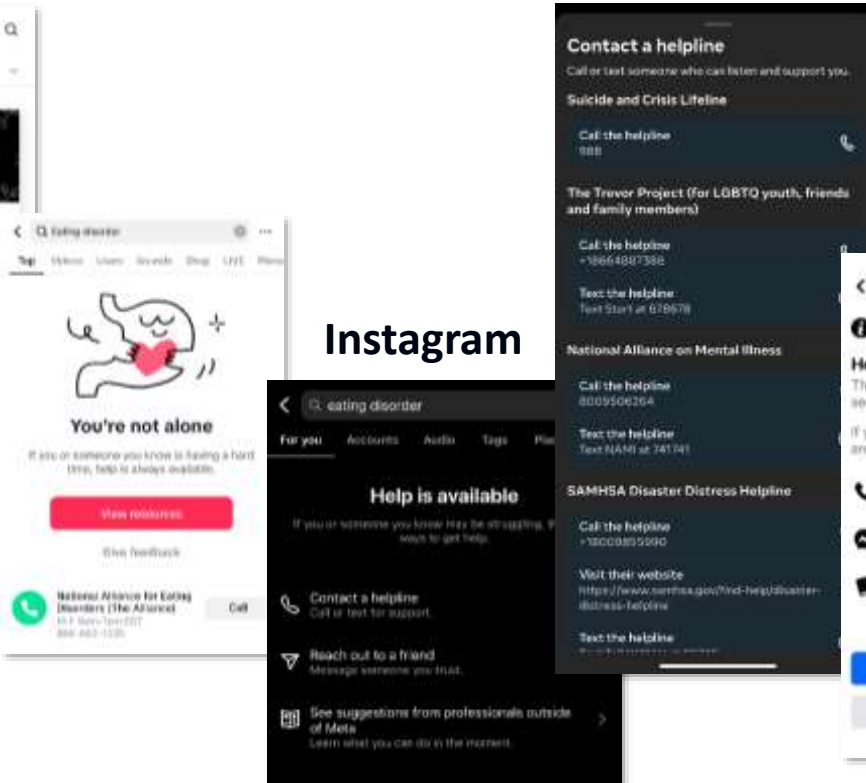


Social Media Awareness

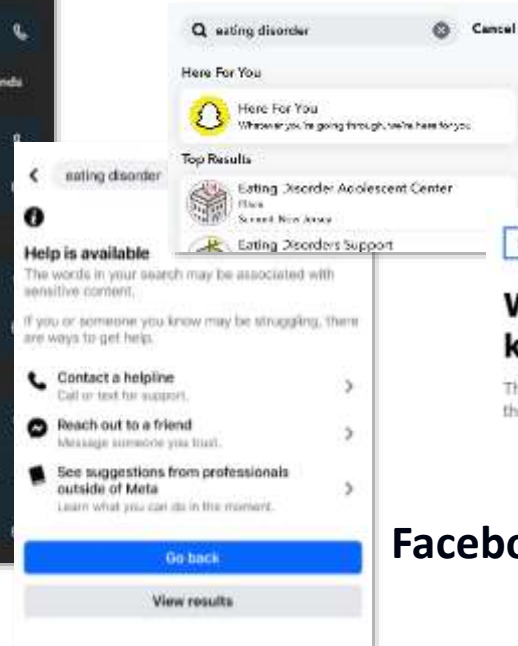
TikTok



Instagram



Snapchat

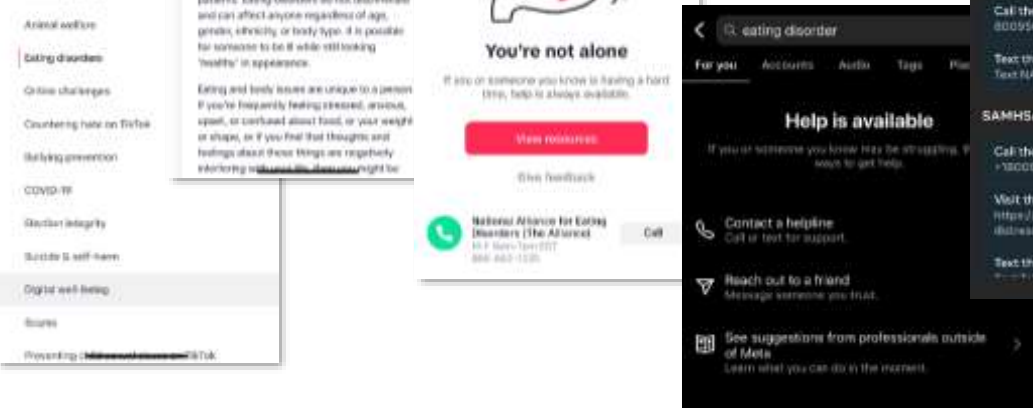


BeReal

What is BeReal? What parents need to know about popular new app

The app notifies users at random times each day to share unfiltered snapshots of what they're doing during a two-minute window.

Facebook



Overview of Eating Disorders

Eating disorders affect >9% of population worldwide:

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder
- Other Specified Feeding and Eating Disorder
- Avoidant Restrictive Food Intake Disorder

Eating disorders do NOT discriminate

6-10% mortality – highest mortality of any psychiatric illness

About 26% attempt suicide



What Causes Eating Disorders?

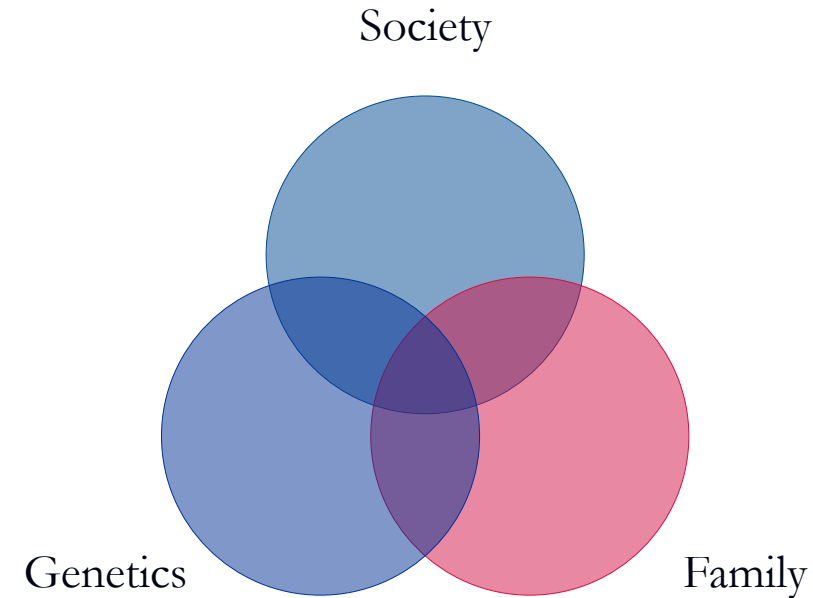
Multi-factorial Etiologies

Genetics

Social and cultural

Periods of change

Family influences



WE DON'T KNOW!



What do we look for?

Food behaviors

Appearance and
body image
concerns

Exercise
obsession

Mood changes

Low self-esteem

Guilt after eating

Low energy

Poor
concentration

lightheadedness,
passing out



Early Childhood Malnutrition Has Lasting Cognitive Effects

Robert A. Dershewitz, MD, MSc reviewing Liu J et al. *Arch Pediatr Adolesc Med* 2003 Jun

Zeitschrift für Kinder- und Jugendpsychiatrie und Psychotherapie (2014), 42, pp. 7-18.
<https://doi.org/10.1024/1422-4917/a000265>. © 2014 Verlag Hans Huber.

Morphological Changes in the Brain of Acutely Ill and Weight-Recovered Patients with Anorexia Nervosa A Meta-Analysis and Qualitative Review

Jochen Seitz , Katharina Bühren , Georg G. von Polier , Nicole Heussen ,
Beate Herpertz-Dahlmann , Kerstin Konrad 

ORIGINAL RESEARCH ARTICLE

Front. Psychiatry. 16 April 2018 | <https://doi.org/10.3389/fpsyg.2018.00138>

Neurocognitive Impairments Are More Severe in the Binge-Eating/Purging Anorexia Nervosa Subtype Than in the Restricting Subtype

 Hiroko Tamiya¹,  Atushi Ouchi¹,  Runshu Chen¹,  Shiho Miyazawa²,  Yoritaka Akimoto³,  Yasuhiro Kaneda⁴ and
 Ichiro Sora^{1*}

Neuropsychiatr Dis Treat. 2019; 15: 1329–1341.

Published online 2019 May 21. doi: [10.2147/NDT.S199927](https://doi.org/10.2147/NDT.S199927)

Cognitive impairment in eating disorder patients of short and long-term duration: a case-control study

Antoni Grau^{1,2}, Ernesto Magallón-Neri^{3,4}, Gustavo Faus^{1,2} and Guillem Feixas^{3,4}

Behavioral and Brain Functions

 BMC

Behav Brain Funct. 2008; 4: 31.

Published online 2008 Jul 24. doi: [10.1186/1744-9081-4-31](https://doi.org/10.1186/1744-9081-4-31)

Cognitive development in children with chronic protein energy malnutrition

Bhoomika R Kar^{1*}, Shobini L Rao² and B A Chandramouli³

Psychiatry and Preclinical Psychiatric Studies - Original Article | Published: 17 May 2016

Brain morphological changes in adolescent and adult patients with anorexia nervosa

J. Seitz , B. Herpertz-Dahlmann & K. Konrad

Journal of Neural Transmission 123, 949–959(2016) |



Treatments for Eating Disorders

- Family Based Treatment
- Inpatient
- Residential
- Individual therapy
 - CBT, DBT, other psychotherapy
- Group setting



Back to Our Case



**Hospitalized for
10 days**



Currently in outpatient care

Gaining weight

Working on limited engagement of websites that promote weight loss (thinspiration and fitspiration) and viewing sites that are more acceptance of diverse body sizes and appearances and body positivity (although sites are limited and often misleading)

Therapist specialized in Family Based Treatment of eating disorders, adolescent medicine physician, dietician who is specialized in eating disorders



Interventions: Next Steps

- Awareness and education on social media, body image, and risk of eating disorders, starting at a younger age, ideally before social media use has started and as puberty starts
- Girl support groups and programs to counteract negative body image, focused on girls who are at a higher risk (pre-existing low self-esteem or negative body image)
- Online sites that promote body diversity and positivity; online sites that do not use "likes" and commentary for photos (? Do these exist)
- Schools may be one source of information, along with parents, healthcare providers and online sources
- Schools may also be a source for early identification of eating disorders, and an important part of treatment (accommodations, part time return to school, supervised lunches, no gym or health class when weight or fitness discussed, gradual return to sports)



In Conclusion

- Eating disorders can be serious and chronic illnesses with significant morbidity and mortality
- Eating disorders are treatable
- Family and other support are important
- Avoid judgment
- Avoid comments on weight and appearance
- Be realistic about your own views
- Reinforce importance of family meals

Eating Disorders Awareness Week

February 26 – March 3, 2024

Eating Disorders Awareness Week (EDAW) is an annual campaign to educate the public about eating disorders and to engage in efforts to provide hope and to engage support for individuals and families affected by eating disorders. Eating Disorders Awareness Week 2024 is taking place **Monday, February 26 – Sunday, March 3, 2024.**

In order to better recognize, support and effectively treat eating disorders, **public awareness is key.** This year we are asking you to **"Get in the Know"** and learn about eating disorders, get involved in raising awareness, and share information and resources.



Questions?



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Evaluation

Reminder:

If you are seeking educational credit for your participation in this webinar,
you must complete a webinar evaluation at:

<https://www.surveymonkey.com/r/62BWBRG>



Join us again in March

Speakers:



David Nash, Esq
LEGAL ONE Director
FEA National Outreach Director



Kristina Donovan, PhD
Administrative Supervisor of Student Services
Office of Guidance & Operations,
Freehold Regional High School District



Wayne Yankus, MD
School Physician
Ridgewood and Leonia Schools

Topic: Chronic Absenteeism

When: Thursday, March 15 from 5:30-6:30pm

Where: All sessions are hosted virtually via Zoom.

Cost: FREE! There is no cost to participate in this series.

For more information, please contact Tizana Hoggs, MPA at thoggs@njaap.org.



Share a Case for Discussion

The submission of cases for presentation and discussion is a key component of the Project ECHO model and critically important for knowledge building and sharing.

We are seeking cases for discussion related to upcoming ECHO session topics noted below. Please complete our Case Presentation Form if you would like to submit a case for consideration:



March 14: Chronic absenteeism

April 18: Support for school staff

Please note that to maintain anonymity of districts, staff, and students, our hub faculty will present cases to the group for discussion. No identifiable information will be shared.

