69-84% of women experience body dissatisfaction, desiring to be a lower weight than they currently are.¹²

10% to 30% of men exhibit body dissatisfaction with the primary concern being a desire to become more muscular. One study found that 90% of boys in their sample were dissatisfied with their muscularity.²

For nonbinary and transgender folks, research has found that a perceived inconsistency between one’s body shape and the body ideals of the gender they identify as increases body dissatisfaction.³ A study of transgender men reported that prior to gender affirming surgery they had higher rates of body dissatisfaction than their cisgender counterparts.⁴

Gay and bisexual men have higher rates of body image dissatisfaction and a drive for thinness than their heterosexual counterparts.⁵

Weight stigma, which is discrimination or negative stereotyping based on a person’s weight, has been found to be a core factor in the development of internalized weight bias and body dissatisfaction.⁶

One study compared body shape concerns amongst different racial and ethnic groups. There were similar levels of body shape concerns though there could be differences in body ideals related to culture that contributes to these concerns. For example, one person’s concerns may come from the desire to be thinner, while another’s concerns may come from the desire for a more curvy body shape.⁷

One study amongst Hispanic college students found that acculturative stress was associated with heightened body image disturbance.⁸ Another study amongst Asian American men indicated that greater internalization of Western media appearance ideals were associated with higher levels of social comparison based on these ideals which was linked to greater acculturative stress.⁹

One study amongst college aged African American women found that greater internalization of media images, the greater likelihood of body dissatisfaction.¹⁰

Research found that women have greater acceptance for their own bodies after being shown bodies that don’t conform to the thin-ideal.¹¹

Research found that when women, of any age, perceived that others accepted their bodies, they were more appreciative of their own bodies. Additionally, research found that social support is a key factor in body acceptance with those who have physical disabilities.¹²