

**69-84%** of women experience body dissatisfaction, desiring to be a **lower weight** than they currently are.<sup>1 2</sup>

**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.<sup>2</sup>

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.<sup>3</sup> A study of transgender men reported that prior to gender affirming surgery they had **higher rates** of body dissatisfaction than their cisgender counterparts.<sup>4</sup>

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

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.<sup>6</sup>

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.<sup>7</sup>

One study amongst Hispanic college students found that **acculturative stress** was associated with heightened body image disturbance.<sup>8</sup> 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.<sup>9</sup>

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

Research found that women have greater acceptance for their own bodies after being shown bodies that don't conform to the **thin-ideal**.<sup>11</sup>

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**.<sup>12</sup>

<sup>1</sup> Runfola, C. D., Von Holle, A., Trace, S. E., Brownley, K. A., Hofmeier, S. M., Gagne, D. A., & Bulik, C. M. (2013). Body dissatisfaction in women across the lifespan: results of the UNC-SELF and Gender and Body Image (GABI) studies. *European eating disorders review: the journal of the Eating Disorders Association*, 21(1), 52-59. <https://doi.org/10.1002/erv.2201>

<sup>2</sup> Quirkat, H. L., Hartmann, A. S., Düsing, R., Buhmann, U., & Vocks, S. (2019). Body Dissatisfaction, Importance of Appearance, and Body Appreciation in Men and Women Over the Lifespan. *Frontiers in psychiatry*, 10, 864. <https://doi.org/10.3389/fpsy.2019.00864>

<sup>3</sup> Nagata, J. M., Ganson, K. T., & Austin, S. B. (2020). Emerging trends in eating disorders among sexual and gender minorities. *Current opinion in psychiatry*, 33(6), 562-567. <https://doi.org/10.1097/YCO.0000000000000645>

<sup>4</sup> van de Grift, T. C., Kreukels, B. P., Effering, L., Özer, M., Bouman, M. B., Buncamper, M. E., Smit, J. M., & Mullender, M. G. (2016). Body Image in Transmen: Multidimensional Measurement and the Effects of Mastectomy. *The journal of sexual medicine*, 13(11), 1778-1786. <https://doi.org/10.1016/j.jsxm.2016.09.003>

<sup>5</sup> Muzi, L., Nardelli, N., Naticchioni, G., Mazzechi, C., Baiocco, R., & Lingiardi, V. (2023). Body Uneasiness and Dissatisfaction Among Lesbian, Gay, Bisexual, and Heterosexual Persons. *Sexuality research & social policy: journal of NSRC: SR & SP*, 1-1. <https://doi.org/10.1007/s13178-023-00805-3>

<sup>6</sup> Zageria, A., Carolini, S., Mocini, E., & Lombardo, C. (2023). The relationship between internalized weight stigma and physical and mental health-related quality of life in a large sample of women: a structural equation modeling analysis. *Eating and weight disorders : EWD*, 28(1), 52. <https://doi.org/10.1007/s40519-023-01582-2>

<sup>7</sup> Olson, K. L., Lillis, J., Panza, E., Wing, R. R., Quinn, D. M., & Puhl, R. R. (2020). Body shape concerns across racial and ethnic groups among adults in the United States: More similarities than differences. *Body image*, 35, 108-113. <https://doi.org/10.1016/j.bodyim.2020.08.013>

<sup>8</sup> Menon, C. V., & Harter, S. L. (2012). Examining the impact of acculturative stress on body image disturbance among Hispanic college students. *Cultural Diversity and Ethnic Minority Psychology*, 18(3), 239-246. <https://doi.org/10.1037/a0028638>

<sup>9</sup> Keum, B. T. (2016). Asian American men's internalization of Western media appearance ideals, social comparison, and acculturative stress. *Asian American Journal of Psychology*, 7(4), 256-264. <https://doi.org/10.1037/aap0000057>

<sup>10</sup> Watson, K. L., Livingston, J. N., Clette, G., & Eaton, S. (2015). Internalization of the Thin Ideal, Media Images and Body Image Dissatisfaction in African American College Women: Implications for Black Female Sexuality. *Journal of Black Sexuality and Relationships* 1(4), 23-43. <https://doi.org/10.1353/bsr.2015.0014>

<sup>11</sup> Williamson, G., & Karazias, B. T. (2018). The effect of functionality-focused and appearance-focused images of models of mixed body sizes on women's state-oriented body appreciation. *Body Image*, 24, 95-101. <https://doi.org/10.1016/j.bodyim.2017.12.008>

<sup>12</sup> Augustus-Horvath, C. L., & Tyka, T. L. (2011). The acceptance model of intuitive eating: a comparison of women in emerging adulthood, early adulthood, and middle adulthood. *Journal of counseling psychology*, 58(1), 110-125. <https://doi.org/10.1037/a0022129>

<sup>13</sup> Bailey, K. A., Gammage, K. L., van Ingen, C., & Ditor, D. S. (2015). "It's all about acceptance": A qualitative study exploring a model of positive body image for people with spinal cord injury. *Body image*, 15, 24-34. <https://doi.org/10.1016/j.bodyim.2015.04.010>