**Title**: Anorexia Nervosa and the Media

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*Thesis*: The media plays a major role in today's society among young women and their battle with anorexia. Recent studies have shown that more and more women are looking to both television and magazines to help convince them of the right way to look and dress, which in turn is causing women to become anorexic.

**Core Concepts/Keywords**: eating disorders, anorexia nervosa, media, society, body image

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**Primary Source**


*Annotation*: This photo helps to depict anorexia within the media. This image is of a model who is receiving last minute make-up before walking out on the runway. These are the types of photographs that adolescent girls look to as their inspiration and role models. Can you honestly say that this young woman could be your role model?

**Print Reference Source**


*Annotation*: In this encyclopedia about eating disorders, it offers many different sections which help us to better understand the different types of eating disorders. Each section has information on the signs, symptoms, risk factors, etc. about the different eating disorders. This book is an easy-to-use guide which helps both doctors and parents alike to better understand eating disorders.

**Electronic Reference Source**


*Annotation*: This electronic resource talks about women in the early twelfth and thirteenth centuries. Throughout these times women were inferior to men and found that the only way to have some sort of control over their lives was to starve themselves. This act was seen as a way of sainthood for these women, so they continued to starve for a sense of power. Although, this source does not talk about the media, it helps us to have a better understanding as to where anorexia came from.

**Web Sites**


*Annotation*: In this world-renowned scholarly website about anorexia nervosa, it shows many different tabs which suggest the different symptoms, causes, risk factors, etc. about anorexia nervosa. This website also suggests different links for people to seek help with this specific eating disorder. Finally, this scholarly website is quite helpful, even for clinicians to further diagnose a patient.

Annotation: This website is dedicated not just to information about anorexia nervosa, but also that of other eating disorders as well. This website is full of statistics about the eating disorders, where one can seek help for themselves or a loved one and also how it affects males, not just females. ANRED also offers links to other websites that also issue help, links to clinical trials and even success stories of those who have survived an eating disorder. This is a very educational website, that is thoroughly cited.

Books:


Annotation: This book offers an overview about just how the media does effect both children and adolescents in the 21st century. This book hopes to educate children and adolescents about both the positive and negative effects in which the media can have and how they can benefit from knowing both.


Annotation: This book is by a mother of a recovering anorexic and found it could be helpful to others to explain her and her sons story about how to cope with the illness. The book helps those who read it realize why males can have eating disorders also. There is a huge demand for males to be perfect in all athletics, but some struggle and over exercise, diet and even take pills to help them towards perfection. This book is a great tool for those in similar situations.


Annotation: This book is a great resource for those who wish to become better educated in the field of both eating disorders and weight disorders. This book also helps us to understand, how and why these disorders develop, how they are diagnosed and even how best to treat them. The book current and up to date and allows professionals to use it as a turn to guide, that is also heavily cited and educational.

Peer Reviewed Journal Articles:


Annotation: This is a study that was published in the Social Psychiatry & Psychiatric Epidemiology journal. This study questions whether or not college-aged women are more likely to develop an eating disorder when they are exposed to any sort of media, be it television, magazines or the internet. The study also questioned men, but found that women develop eating disorders more often than men, nine to one. In conclusion of this study, it was found that in fact college-aged women do have a higher risk of developing such eating disorders if they do have access to the media, whereas men are not that phased by the media.


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Annotation: This New York Times article is a huge wakeup call for those young women who are looking to pursue a career in modeling. This article is about 4 girls who died from the disease and was shocking to the people of Brazil because many are starving due to their income, not because of choice. The fashion industry is too strict about the difference between how women are supposed to look and how ‘normal’ women actually do look. The media portrays these models and looking glamorous and beautiful, although in reality their skeleton-like and on their death bed.


Annotation: This video is about a young model who has suffered from anorexia since age 13. It helps us to better understand what the daily struggles of someone with anorexia has to go through in order to survive. The model has posed nude on a billboard in Italy in hopes to help stop anorexia among young girls and is even disgusted by the sight of herself on these billboards. It was a true wakeup call for her and has put her in the mindset to start eating food again and trying to gain weight.

Annotation: This website is about the role in which the media plays in the development of eating disorders, as well as its' influences. This website has different sections throughout the article, which helps to explain both how and why the media plays such a major role in the development of eating disorders. It also explains which type of people are usually susceptible to suffering from eating disorders, as well as why. This website helps to give a better understanding as to just how today's society influences young people into going down the dark path of eating disorders. The website also offers help and when and where to seek treatment, it is a very informative and educational site.


Annotation: This website is dedicated to gaining information on eating disorders and just how much the media influences young people. The article talks about different studies and their findings about these eating disorders, as well as what what parts of the media have the greatest effect on those people. This article also offers information on how and why these products, ads, surgeries and books are so popular in today's society. Finally, this website does a great job in portraying the major role of the media in just about every young person's life and how not one person isn't influenced by it.

Citation: Vodafone Malta Foundation. Anorexia Tv Commercial. 23 Nov. 2008. <http://www.youtube.com/watch?v=jh5JPEm0GMc>

Annotation: This tv commercial shows the day in the life of an anorexic. It helps us to better understand their daily life, who they affect and how they affect them. Also, it shows us just how bad it can get. At the end of the commercial it shows a sort of a wake up call for the anorexic in the commercial when she realizes her hair is starting to fall out. This commercial helps to educate young girls about both the positive and negative effects of having an eating disorder.