

References:

Videos demonstrating social media versus real life (Dr Sian McLean):

- <https://www.youtube.com/watch?v=0EFHbruKEmw>
- https://www.youtube.com/watch?v=zgWlxv5_6SE

Resources (Jade Portingale and team):

[Love me Tinder: The effects of women's lifetime dating app use on daily body dissatisfaction, disordered eating urges, and negative mood](#)

[Do appearance comparisons mediate the effects of thinspiration and fitspiration on body dissatisfaction, happiness, and disordered eating urges in women's daily lives?](#)

[Dating app usage and motivations for dating app usage are associated with increased disordered eating](#)

[Effects of videoconferencing use on momentary changes in disordered eating urges, body dissatisfaction, and mood](#)

Other Resources:

[Social media and body image: Recent trends and future directions](#)

[Can following body positive or appearance neutral Facebook pages improve young women's body image and mood? Testing novel social media micro-interventions](#)

[Digital social evaluation: Relationships between receiving likes, comments, and follows on social media and adolescents' body image concerns](#)

