

60 min(s) to complete

Sincere Gratitude

Interview

London, UK

Metanoia Institute

My research aims to explore and understand how women who have experienced an Eating Disorder discuss Instagram and its connection to their relationship with food.

Research has established that higher Instagram use is associated with declines in mental and physical health, higher levels of 'drive for thinness', poor appearance related self-perception, higher body dissatisfaction and higher disordered eating.

Find out more online

Poster printed on 11/05/2024 Study expires on 31/07/2024

More info by scanning the QR code

or visiting the URL

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