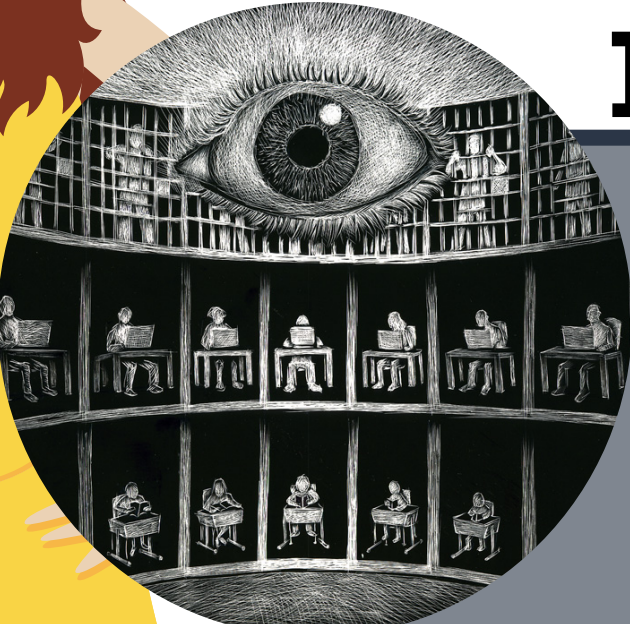


internship

JEOPARDIZATION OF SOCIAL MEDIA: WHY IS IT SO DIFFICULT FOR PATIENTS OF EATING DISORDERS TO RECOVER?



Thin Internalization by Social Media



1. Panopticism

- Social media exposes us to a kind of virtual Panopticon
- Our activities are monitored and recorded
- Surveillance comes from whom we share the content
- We are both guards and prisoners
- We observe and criticize one another

2. Spiral of Silence

- Discrepancy of opinions leads to fear of social isolation
- People whose ideas face wide support voice out opinions more
- Minority opinions gradually dissipate
- Others perceive the prevailing opinion as dominant and correct

3. Echo Chamber and Filter Bubble

- Like-minded friends filter out cross-cutting information
- Users prefer information that reinforce their values
- Newsfeed algorithm records browsing history, etc.
- It presents information that we interact with most often
- Information is amplified and reinforced
- Available information shapes our standards of beauty

Research Result from Internship

**p ≤ 0.01	Time Spent on Facebook	Thin Internalization by Social Media	Body Dissatisfaction
Eating Disorder Tendency	0.207**	0.292**	0.221**

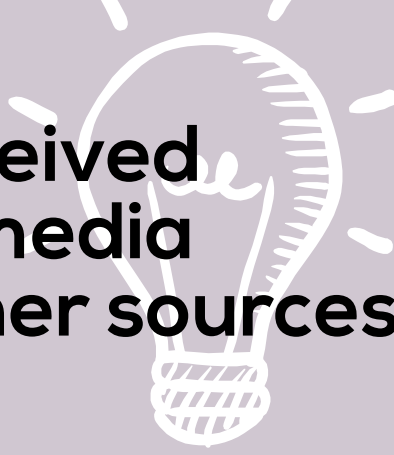
Fig. 1. Correlation of Eating Disorder Tendency with Social Media Usage, Thin Internalization and Body Dissatisfaction (Source: HEDA Research)

A Case from Caregiver's Meeting

A girl suffered from ED due to peer criticism of having a belly

SOLUTIONS: To burst the filter bubble

- Do not internalize every piece of information received
- Learn to appreciate opposing opinions in social media
- Be critical: Learn to receive information from other sources
- Believe your own values on beauty and health



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