



Telehealth Interventions and Cognitive-Behavioral Therapy: Addressing Social Media's Influence on Eating Disorders

Anna Johnson*

Department of Food Science and Human Nutrition, College of Health and Human Sciences, Colorado State University, Fort Collins, Colorado, USA

*Corresponding Author: Anna Johnson, Department of Food Science and Human Nutrition, College of Health and Human Sciences, Colorado State University, Fort Collins, Colorado, USA; E-mail: annajohnson83@scsu.edu

Received date: 21 May, 2024, Manuscript No. JFND-24-143428;

Editor assigned date: 23 May, 2024, PreQC No. JFND-24-143428 (PQ);

Reviewed date: 07 June, 2024, QC No. JFND-24-143428;

Revised date: 14 June, 2024, Manuscript No JFND-24-143428 (R);

Published date: 21 June, 2024, DOI: 10.4172/2324-8661.1000059.

Description

Precision Research has delved into the profound influence of social media on body image and disordered eating behaviour among adolescents. The widespread concern for unrealistic body image and adolescent eating disorder promoting content on social media has triggered numerous research studies to comprehend the impact of social media platforms on adolescents' mental health. Social media platforms are visually-driven, emphasizing physical attractiveness for self-worth, thereby exposing users to unattainable appearance ideals.

Studies have examined the content consumption and behaviour on social media platforms and its association with the development of disordered eating behaviours. The highly visual nature of platforms may contribute to body dissatisfaction and disordered eating behaviours among adolescents. Adolescents may be particularly susceptible due to their developmental stage and vulnerability to social influences. The tripartite influence model has been employed to better understand social media's role in promoting body dissatisfaction and disordered eating among adolescents.

Social media has negative effects on adolescent body image and disordered eating behaviours, leading to a lack of awareness among

youth and adults on ideal knowledge-sharing practices related to an eating disorder. Hence, there is an urgent need to identify effective strategies that can mitigate the negative impact of social media on adolescents' body image and eating behaviours. One such recommendation involves taking a harm-reduction approach to manage social media use, particularly among individuals under the age of 18.

The formulation and implementation of interventions and programs become essential in addressing the impact of social media on body image and disordered eating behaviours. Thus, the exploration of telehealth interventions for treating eating disorders in rural areas, along with the examination of the long-term outcomes of cognitive-behavioral therapy, will be important in rendering effective treatment options.

Furthermore, investigating the efficacy of nutritional rehabilitation programs, the relationship between disordered eating and sleep disturbances, and cultural factors' influence on the presentation and treatment of eating disorders will all contribute to the knowledge base. The influence of personality traits, genetics, and gut microbiota is also critical in understanding the etiology and treatment of eating disorders.

Moreover, media literacy programs and anti-obesity medications are being explored to determine their effectiveness in preventing and treating eating disorders. Research has found links between eating disorders and physical health and the prevalence of eating disorders among individuals with chronic illnesses. Personality traits' role in the development of eating disorders and the effectiveness of nutritional counseling in preventing weight regain after eating disorder recovery are other significant areas of exploration.

In conclusion, the influence of social media on body image and disordered eating among adolescents has spurred significant research efforts. The impact is widespread and complex, encompassing a variety of factors such as visual platforms, content consumption, as well as developmental and social influences. As research continues to unravel the multifaceted effects of social media, it is imperative to identify strategies and interventions that can effectively mitigate the negative impact and promote positive body image and eating behaviours among adolescents.

Citation: Johnson A (2024) Telehealth Interventions and Cognitive-Behavioral Therapy: Addressing Social Media's Influence on Eating Disorders. J Food Nutr Disor 13:3.