

IMPACT OF COMFORTABLE IN OUR SKIN GROUP WORKSHOP ON MEDIA AWARENESS AND SELF-CONFIDENCE IN ADOLESCENTS, A POPULATION AT RISK FOR BODY DYSMORPHIC DISORDER

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Introduction

- ◆ Comfortable in Our Skin (CIOS) is a non-profit organization created to promote positivity and to aid young people in achieving their full potential through peer support groups that celebrate individuality.
- ◆ One of the organization's means of accomplishing this goal is through interactive workshops.
- ◆ This study evaluates the efficacy of the CIOS workshop "Instagram-Glam: Media Awareness" and how it causes adolescents to reflect upon their social media habits, self-image, and tendencies concerning for Body Dysmorphic Disorder (BDD).

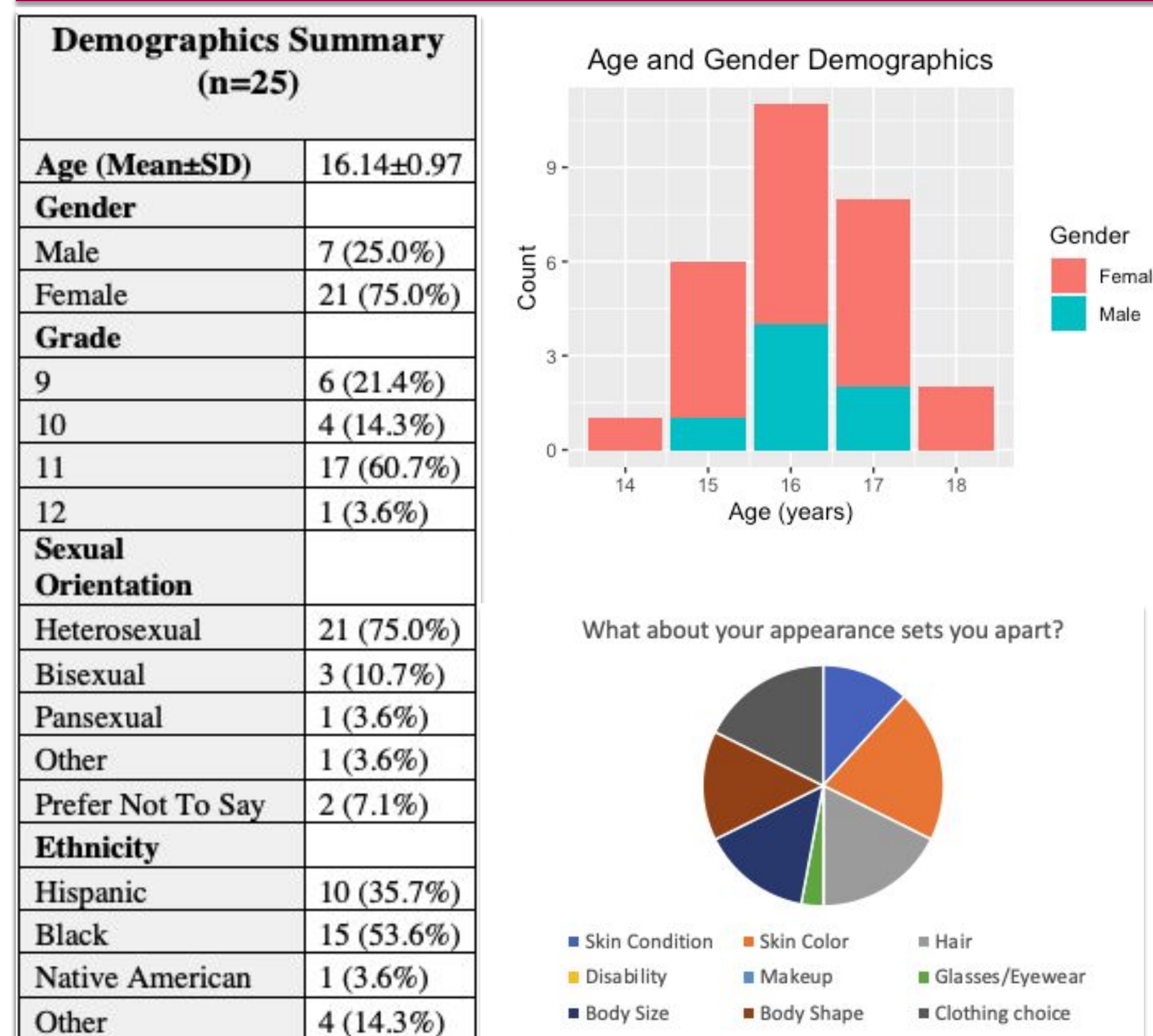
Objectives

- ◆ To assess current trends in high school social media use
- ◆ To evaluate the presence of tendencies that raise concern for BDD among adolescents
- ◆ To evaluate the effect of social media on adolescent self-confidence and thoughts/behaviors concerning for BDD

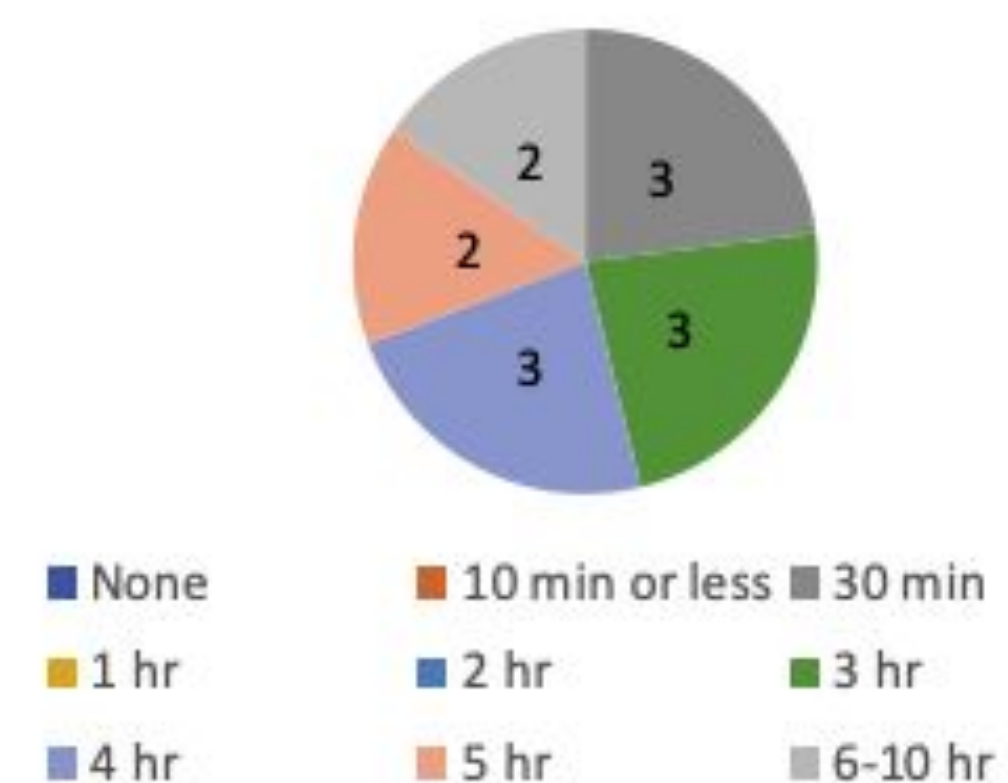
Methods

- ◆ Students from the Boston Area Health Education Center after-school program were recruited to participate in the study.
- ◆ Students completed pre- and post-workshop questionnaires assessing viewpoints on social media.
- ◆ The interactive CIOS workshop consisted of topics including what celebrities really look like, how media affects body image, and constructing a positive body image for all shapes and sizes.
- ◆ Statistical analysis compared pre- and post-survey responses.

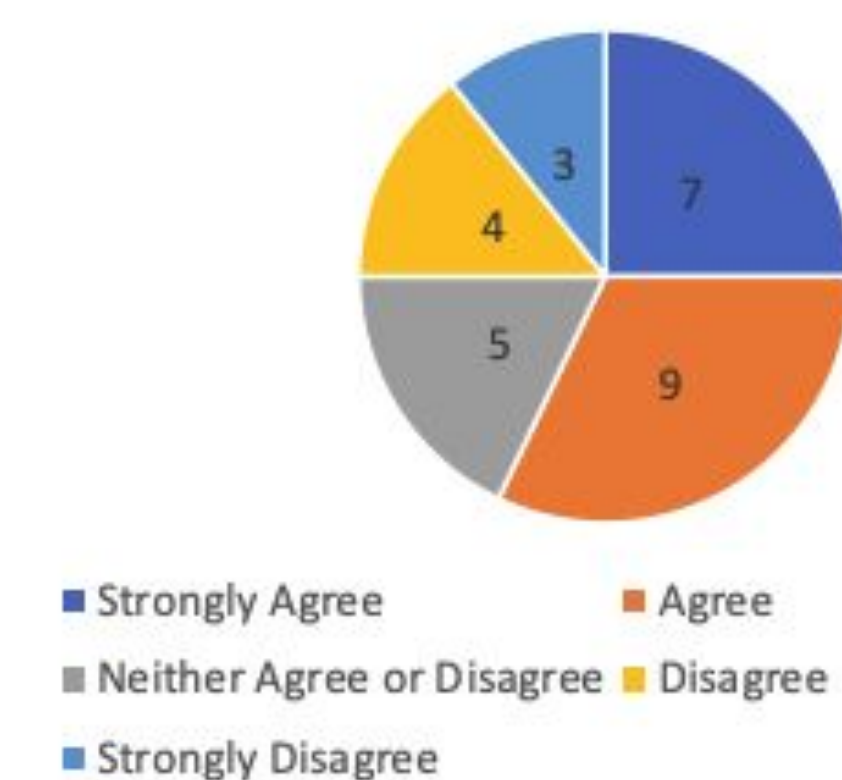
Results



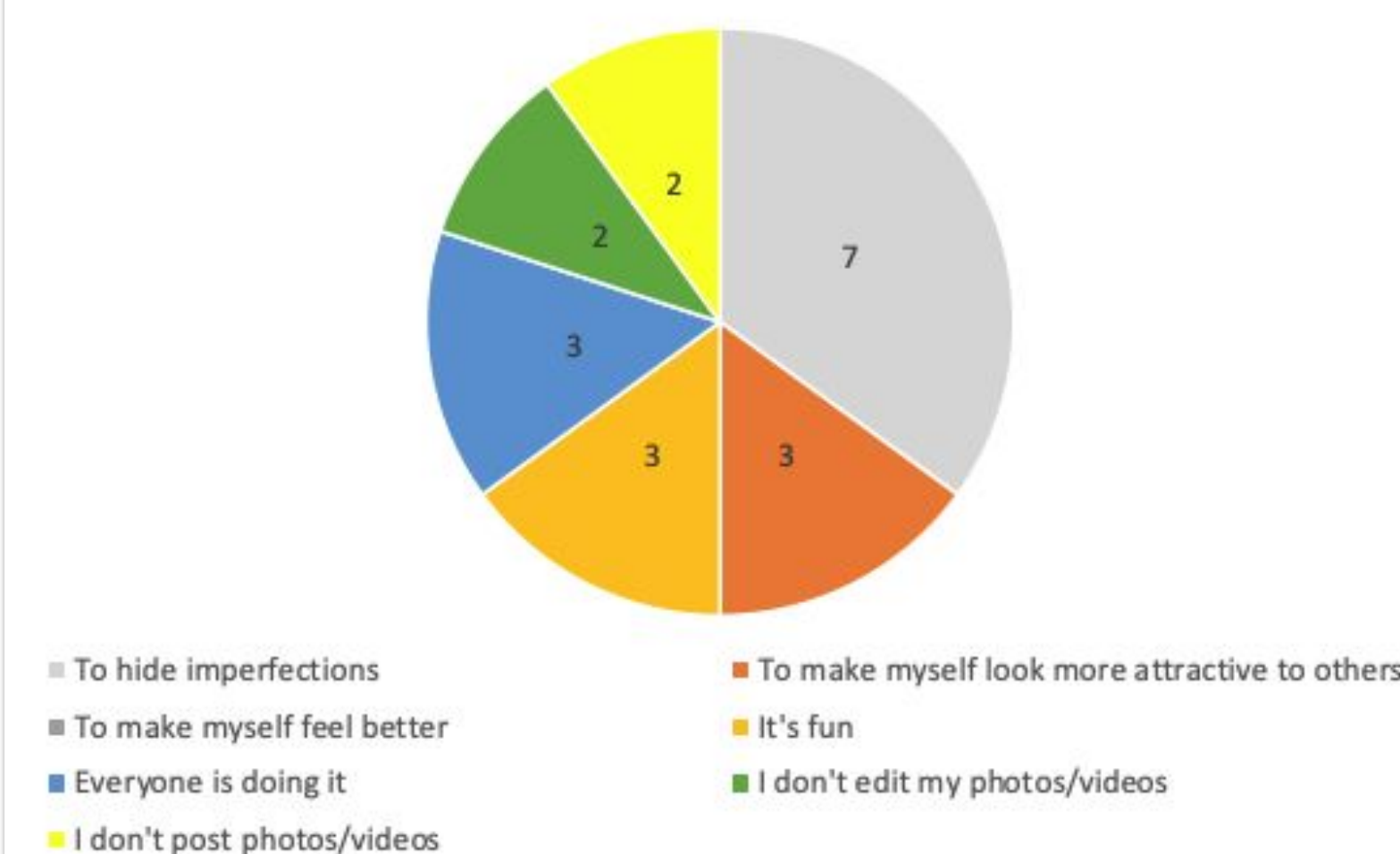
Daily Time Spent Using Social Media



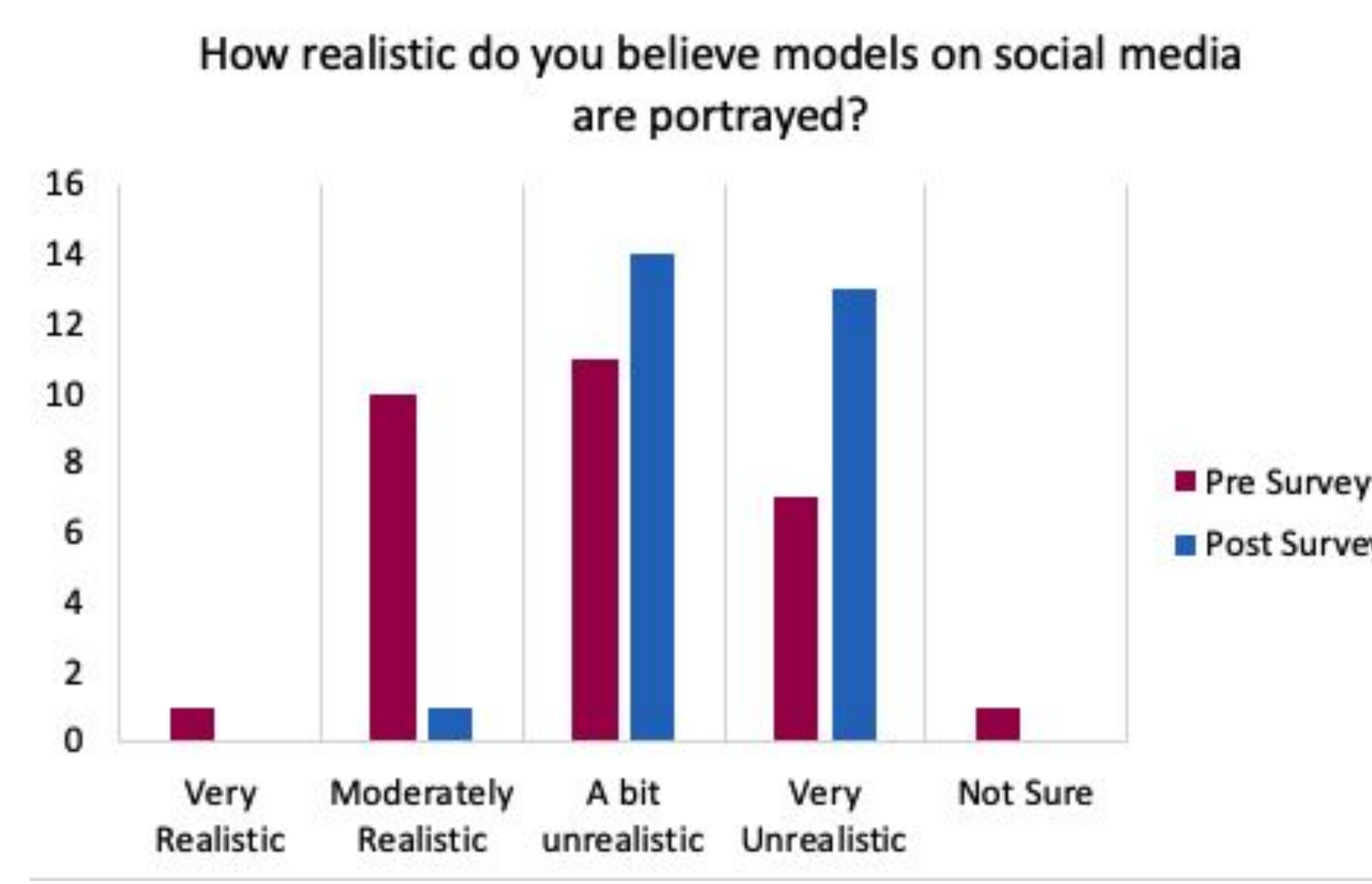
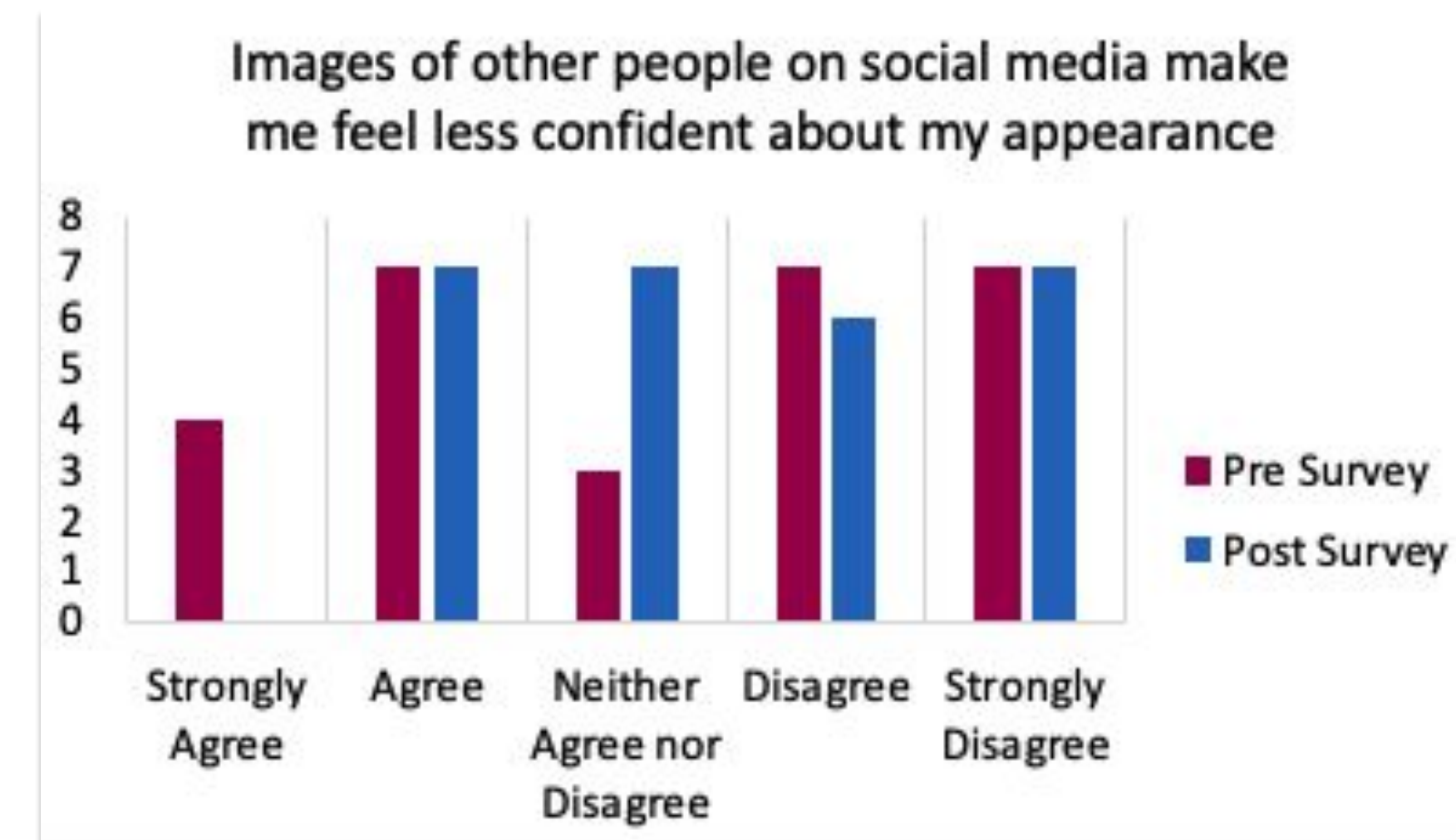
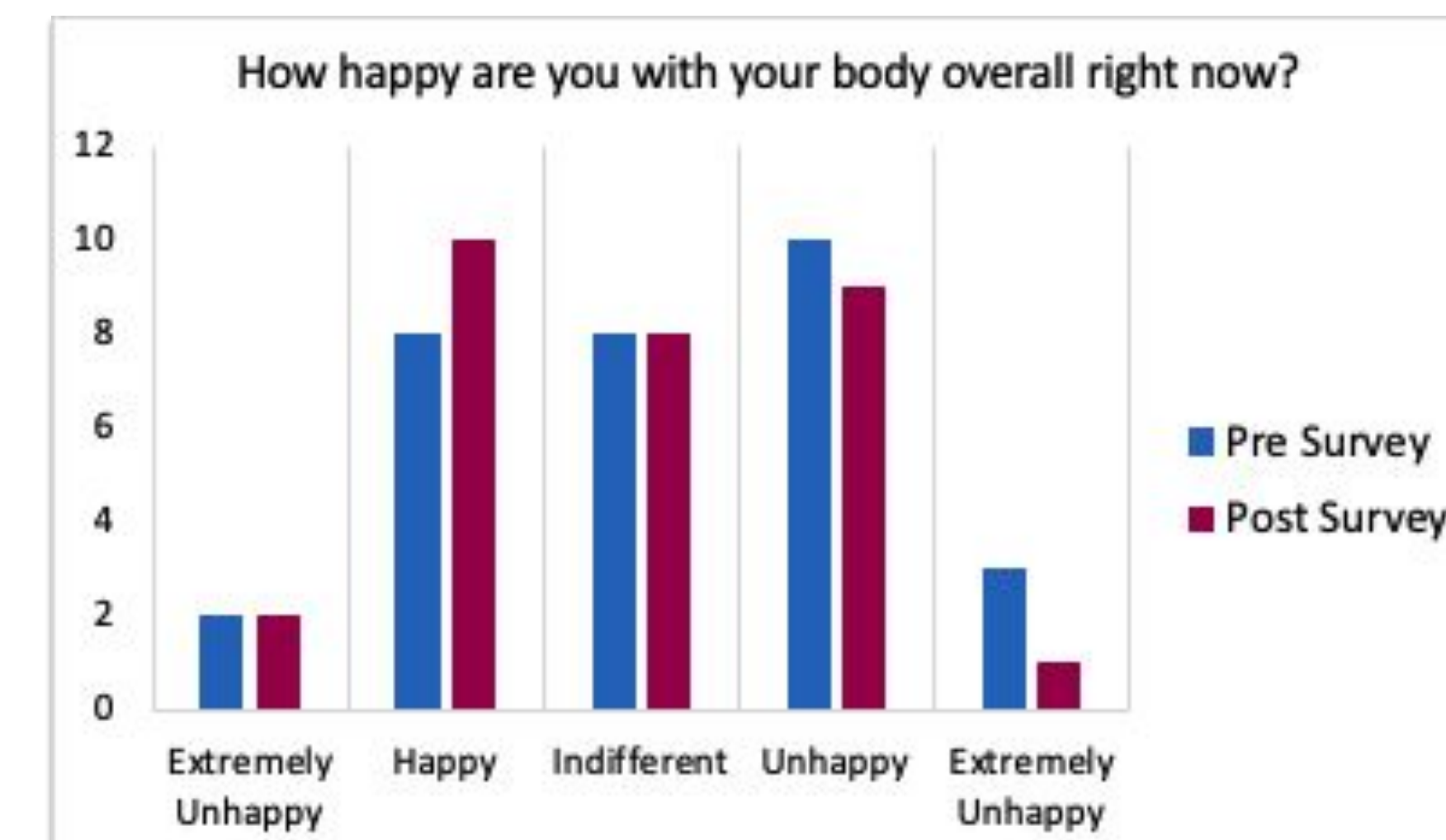
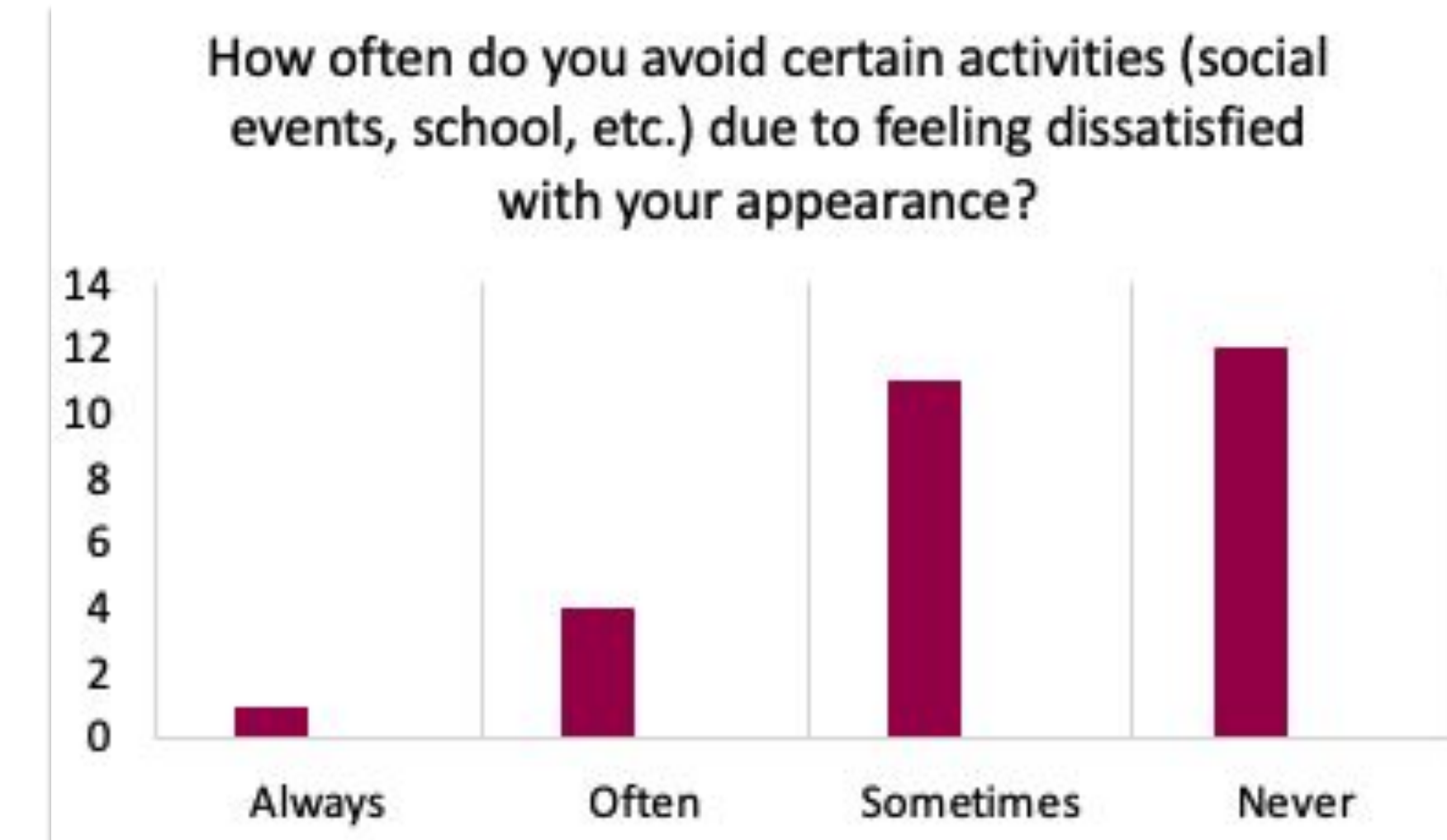
I should cut back on social media



Why do you edit your photos/videos before posting them?



Results (Continued)



Analysis

- ◆ 25% of students denied spending >1hr/d thinking about something they dislike about their bodies.
- ◆ 76.9% of students who used social media daily reported spending between 3-10 hours on social media per day, and 39.3% students disagreed that they could cut back on their social media use.
- ◆ 21.4% of students reported editing their photos to hide imperfections and 14.3% to feel better about themselves.
- ◆ Following the workshop, 96.5% of students responded that models and celebrities on social media are often portrayed unrealistically compared to 64.3% initially.
- ◆ 92.9% of students reported learning something valuable and 89.3% felt more confident as a result of their participation.

Conclusions

- ◆ Social media use is widespread and impacts teenagers' sense of self and sense of reality.
- ◆ Behaviors concerning for BDD are prevalent among adolescents, likely due to increased emphasis on the perfection of the visual world.
- ◆ Interactive CIOS workshops are an effective intervention to engage students to reflect on social media use and to promote self-confidence among adolescents.

Future Directions

- ◆ Adapt CIOS presentations as part of virtual after-school curriculum to increase participation.
- ◆ Expand workshops to explore the specific ways that adolescents from racial and ethnic minority backgrounds are affected by skin conditions.

Acknowledgements

This presentation would not be possible without the help of Dr. Margaret Lee, who provided continuous support to our project. We would also like to thank the Boston Medical Center Department of Dermatology.