Conceptual Foundations
Understanding Body Images: Historical and Contemporary Perspectives p. 3
Sociocultural Perspectives on Human Appearance and Body Image p. 12
Evolutionary Perspectives on Human Appearance and Body Image p. 20
Genetic and Neuroscientific Perspectives on Body Image p. 29
Cognitive-Behavioral Perspectives on Body Image p. 39
Feminist Perspectives on Body Image p. 48
Positive Psychology Perspectives on Body Image p. 56
Developmental Perspectives and Influences
Body Image Development in Childhood p. 67
Body Image Development in Adolescent Girls p. 76
Body Image Development in Adolescent Boys p. 85
Body Image Development in Adulthood p. 93
Media Influences on Body Image p. 101
Interpersonal and Familial Influences on the Development of Body Image p. 110
Sexual Abuse and Body Image p. 119
Body Image Assessment
Crucial Considerations in the Assessment of Body Image p. 129
Body Image Assessment of Children p. 138
Perceptual Measures of Body Image for Adolescents and Adults p. 146
Attitudinal Assessment of Body Image for Adolescents and Adults p. 154
Individual and Cultural Differences
Gender and Body Images p. 173
Obesity and Body Image in Youth p. 180
Obesity and Body Image in Adulthood p. 189
Body Image and Muscularity p. 198
Body Image and Athleticism p. 206
Gay and Lesbian Body Images p. 214
African American Body Images p. 221
Asian American Body Images p. 229
Hispanic/Latino Body Images p. 237
Body Images in Non-Western Cultures p. 244
Body Image and Congenital Conditions Resulting in Visible Difference p. 253
Body Image Dysfunctions and Disorders
Body Image and Social Functioning p. 263
Body Image and Sexual Functioning p. 271
Body Image and Anorexia Nervosa p. 279
Body Image and Bulimia Nervosa p. 288
Body Image and Binge-Eating Disorder p. 296
Body Image and Body Dysmorphic Disorder p. 305
Body Image and Appearance- and Performance-Enhancing Drug Use p. 314