

Contents

PART I. CONCEPTUAL FOUNDATIONS

1. Understanding Body Images: Historical and Contemporary Perspectives <i>Thomas F. Cash and Linda Smolak</i>	3
2. Sociocultural Perspectives on Human Appearance and Body Image <i>Marika Tiggemann</i>	12
3. Evolutionary Perspectives on Human Appearance and Body Image <i>Viren Swami</i>	20
4. Genetic and Neuroscientific Perspectives on Body Image <i>Jessica L. Suisman and Kelly L. Klump</i>	29
5. Cognitive-Behavioral Perspectives on Body Image <i>Thomas F. Cash</i>	39
6. Feminist Perspectives on Body Image <i>Nita Mary McKinley</i>	48
7. Positive Psychology Perspectives on Body Image <i>Tracy L. Tylka</i>	56

PART II. DEVELOPMENTAL PERSPECTIVES AND INFLUENCES

- | | |
|--|-----|
| 8. Body Image Development in Childhood | 67 |
| <i>Linda Smolak</i> | |
| 9. Body Image Development in Adolescent Girls | 76 |
| <i>Eleanor H. Wertheim and Susan J. Paxton</i> | |
| 10. Body Image Development in Adolescent Boys | 85 |
| <i>Lina A. Ricciardelli and Marita P. McCabe</i> | |
| 11. Body Image Development in Adulthood | 93 |
| <i>Sarah Grogan</i> | |
| 12. Media Influences on Body Image | 101 |
| <i>Michael P. Levine and Kelsey Chapman</i> | |
| 13. Interpersonal and Familial Influences on the Development of Body Image | 110 |
| <i>Diane Carlson Jones</i> | |
| 14. Sexual Abuse and Body Image | 119 |
| <i>Linda Smolak</i> | |

PART III. BODY IMAGE ASSESSMENT

- | | |
|---|-----|
| 15. Crucial Considerations in the Assessment of Body Image | 129 |
| <i>Thomas F. Cash</i> | |
| 16. Body Image Assessment of Children | 138 |
| <i>Andrew J. Hill</i> | |
| 17. Perceptual Measures of Body Image for Adolescents and Adults | 146 |
| <i>Rick M. Gardner</i> | |
| 18. Attitudinal Assessment of Body Image for Adolescents and Adults | 154 |
| <i>Jessie E. Menzel, Ross Krawczyk, and J. Kevin Thompson</i> | |

PART IV. INDIVIDUAL AND CULTURAL DIFFERENCES

- | | |
|----------------------------|-----|
| 19. Gender and Body Images | 173 |
| <i>Sarah K. Murnen</i> | |

20. Obesity and Body Image in Youth	180
<i>Dianne Neumark-Sztainer</i>	
21. Obesity and Body Image in Adulthood	189
<i>Janet D. Latner and Rebecca E. Wilson</i>	
22. Body Image and Muscularity	198
<i>Donald R. McCreary</i>	
23. Body Image and Athleticism	206
<i>Trent A. Petrie and Christy Greenleaf</i>	
24. Gay and Lesbian Body Images	214
<i>Todd G. Morrison and Jessica M. McCutcheon</i>	
25. African American Body Images	221
<i>Debra L. Franko and James P. Roehrig</i>	
26. Asian American Body Images	229
<i>Kathleen Y. Kawamura</i>	
27. Hispanic/Latino Body Images	237
<i>Deborah Schooler and Lynda S. Lowry</i>	
28. Body Images in Non-Western Cultures	244
<i>Eileen P. Anderson-Fye</i>	
29. Body Image and Congenital Conditions Resulting in Visible Difference	253
<i>Nichola Rumsey and Diana Harcourt</i>	
 PART V. BODY IMAGE DYSFUNCTIONS AND DISORDERS	
30. Body Image and Social Functioning	263
<i>Stacey Tantleff-Dunn and Danielle M. Lindner</i>	
31. Body Image and Sexual Functioning	271
<i>Michael W. Wiederman</i>	
32. Body Image and Anorexia Nervosa	279
<i>Sherrie Selwyn Delinsky</i>	
33. Body Image and Bulimia Nervosa	288
<i>Janis H. Crowther and Nicole M. Williams</i>	
34. Body Image and Binge-Eating Disorder	296
<i>Joshua I. Hrabosky</i>	

35. Body Image and Body Dysmorphic Disorder 305
Katharine A. Phillips
36. Body Image and Appearance- and Performance-Enhancing Drug Use 314
Tom Hildebrandt and Justine Lai

PART VI. BODY IMAGE ISSUES IN MEDICAL CONTEXTS

37. Body Image Issues in Dermatology 323
Andrew R. Thompson
38. Body Image Issues in Oncology 333
Craig A. White and Caroline Hood
39. Body Image Issues in Obstetrics and Gynecology 342
Helen Skouteris
40. Body Image Issues in Rheumatology 350
Meenakshi Jolly
41. Body Image Issues Associated with Burn Injuries 358
John W. Lawrence and James A. Fauerbach

PART VII. CHANGING THE BODY: MEDICAL, SURGICAL, AND OTHER APPROACHES

42. Weight Loss and Changes in Body Image 369
David B. Sarwer, Rebecca J. Dilks, and Jacqueline C. Spitzer
43. Exercise and Changes in Body Image 378
Kathleen A. Martin Ginis and Rebecca L. Bassett
44. Body Art and Body Image 387
Leeana Kent
45. Cosmetic Surgery and Changes in Body Image 394
David B. Sarwer, Canice E. Crerand, and Leanne Magee
46. Body Image and Biomedical Interventions for Disfiguring Conditions 404
Diana Harcourt and Nichola Rumsey

**PART VIII. CHANGING BODY IMAGES:
PSYCHOSOCIAL INTERVENTIONS
FOR TREATMENT AND PREVENTION**

47. Cognitive-Behavioral Approaches to Body Image Change	415
<i>Josée L. Jarry and Thomas F. Cash</i>	
48. Experiential Approaches to Body Image Change	424
<i>Judith Ruskay Rabinor and Marion Bilich</i>	
49. School-Based Psychoeducational Approaches to Prevention	434
<i>Jennifer A. O'Dea and Zali Yager</i>	
50. Computer-Based Approaches to Prevention	442
<i>Hannah Weisman, Jakki Bailey, Andrew Winzelberg, and C. Barr Taylor</i>	
51. Ecological and Activism Approaches to Prevention	451
<i>Niva Piran and Nina Mafrici</i>	
52. Public Policy Approaches to Prevention	460
<i>Susan J. Paxton</i>	

PART IX. CONCLUSIONS AND DIRECTIONS

53. Future Challenges for Body Image Science, Practice, and Prevention	471
<i>Linda Smolak and Thomas F. Cash</i>	
Index	479