

## Joint Research Scheme (JRS) Webinar

# Eating, Exercise, and Body Images in Asian Young Adults: An International Collaboration



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**Date:** Mon, 19 Aug 2024  
**Time:** 1000-1100 (MY & TW Time)  
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# Eating, Exercise, and Body Images in Asian Young Adults: An International Collaboration

### Webinar Abstract

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With increasing usage of social media, young people tend to pay more attention to body image and healthy lifestyles. However, inappropriate practices, such as exercise addiction and disordered eating, may hamper psychological health. The present study aims to study dynamic interactions between weight stigma, eating habits, and body image concerns in Asian young adults through an internationally-collaborated online survey. Questionnaires cover multiple domains, including exercise, eating, body image, psychology, and stigma. Two waves of data collection have been initiated. Part of preliminary results will be presented. Briefly, we found that muscle dysmorphia was related to muscularity-oriented behaviors, i.e. exercise addiction and disordered eating, via multiple intrinsic psychological factors. Besides, food insecurity served a strong predictor of these behaviors via the mediation of muscle dysmorphia. Resilience might mitigate the negative impacts of food insecurity on muscle dysmorphia. More longitudinal relationships and cross-national comparisons are yet to be discovered.

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