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## Body Image, Weight Pressure and Disordered Eating Behaviors among Children and Adolescents

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Deadline for manuscript  
submissions:

**closed (31 December 2022)**

### Message from the Guest Editors

Adolescence is a critical period for body image development. Children and adolescents receive a plethora of messages, mainly by media, family, and peers, about the perceived body ideal, which emphasizes body thinness. The pressures to adopt to socially acceptable body ideals explain the associations between weight status and body image and lead to an increased body image dissatisfaction, mainly among teenage girls. Body image is a multidimensional concept, which includes perceptions, thoughts, feelings, and actions toward a person's body. Evidence indicates that unhealthy body image is associated with obesity and physical inactivity.

Furthermore, negative body image among adolescents is linked to increased pressure for thinness and desirable body shape, playing a crucial role in the development of disordered eating behaviors. Unhealthy eating behaviors may range between subclinical disordered eating and the presence of clinical eating disorders, where adolescents struggle with extreme dieting, a distorted body image, weight fluctuations, and abnormal eating behaviors.



[mdpi.com/si/91315](https://mdpi.com/si/91315)

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