

# YouTube, Health Content, and Body Image Perception Study

67 réponses

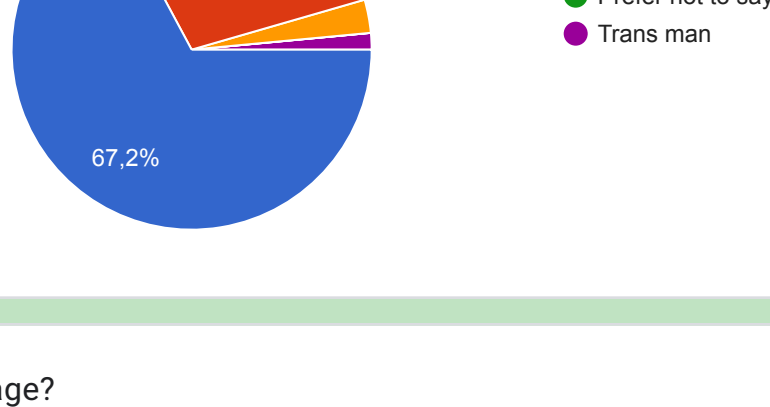
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## Use of YouTube

What is your gender identity? (Please specify if not listed)

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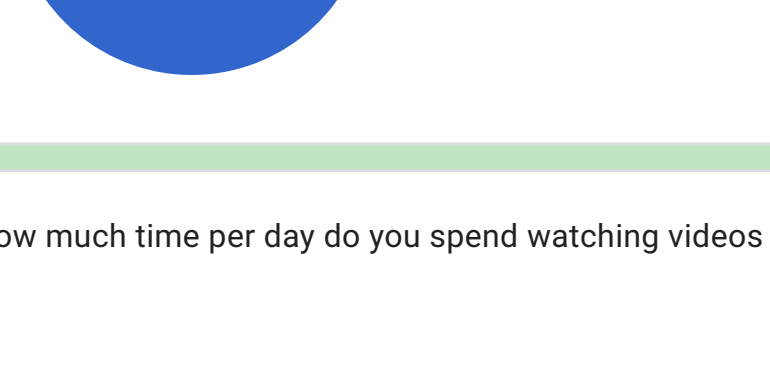
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What is your age?

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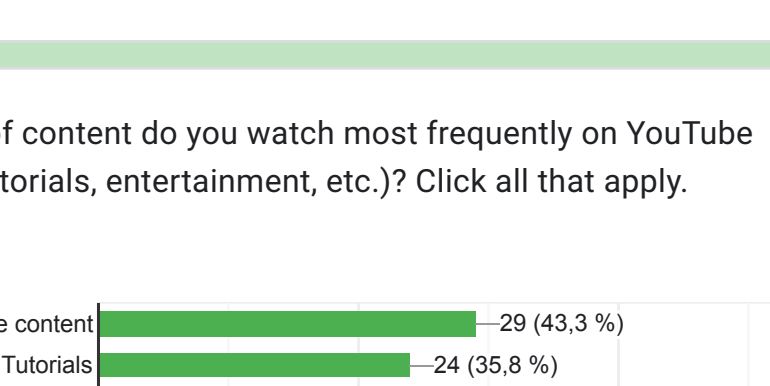
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On average, how much time per day do you spend watching videos on YouTube?

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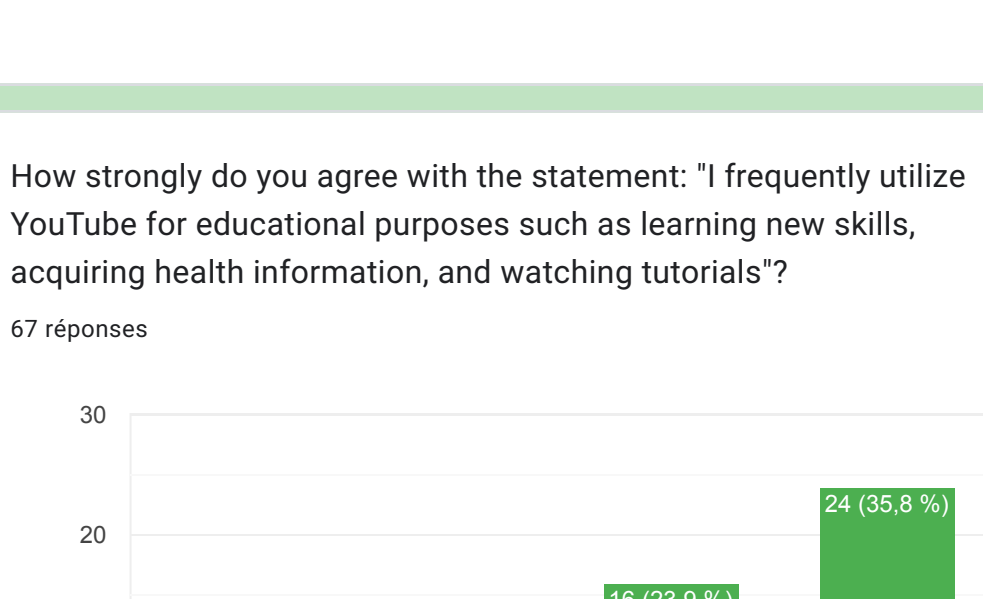
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Which types of content do you watch most frequently on YouTube (e.g., vlogs, tutorials, entertainment, etc)? Click all that apply.

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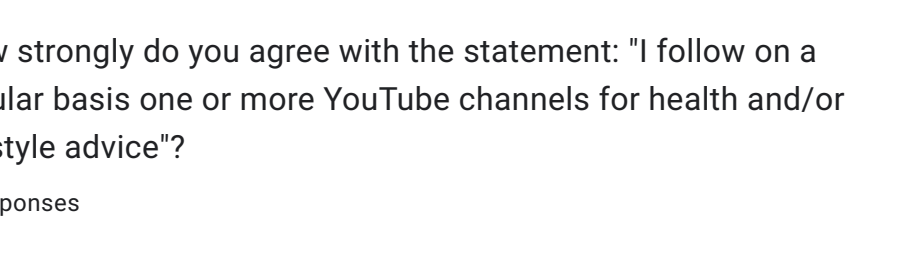
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How strongly do you agree with the statement: "I frequently utilize YouTube for educational purposes such as learning new skills, acquiring health information, and watching tutorials?"

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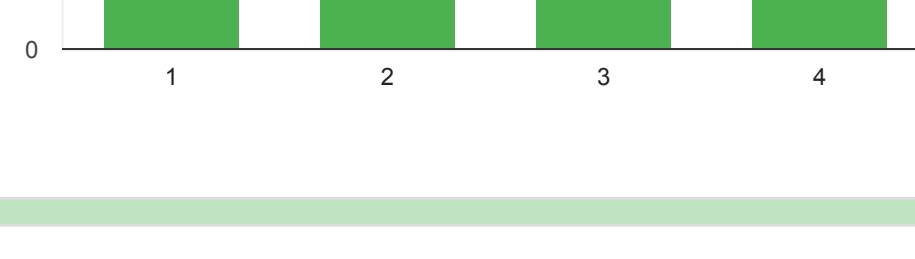
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How strongly do you agree with the statement: "I follow on a regular basis one or more YouTube channels for health and/or lifestyle advice"?

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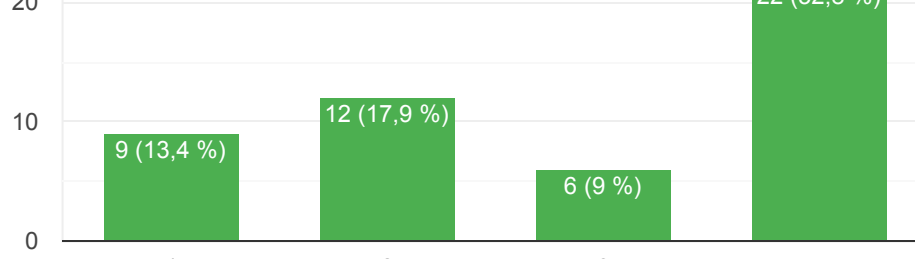
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How strongly do you agree with the statement: "I frequently click on recommended videos while watching a video on Youtube?"

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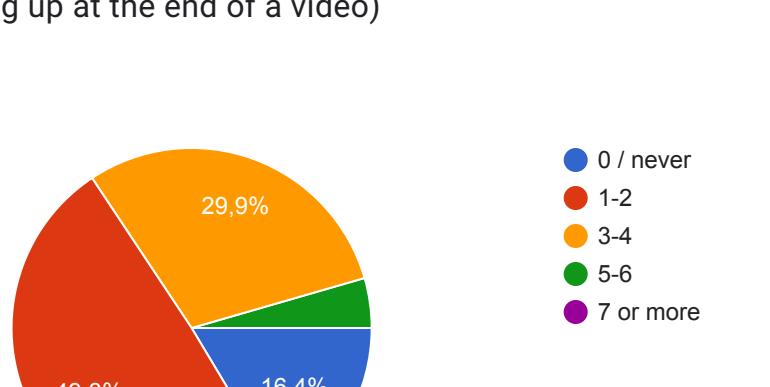
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On average, how many consecutive videos recommended by YouTube's algorithm do you find yourself clicking on while navigating through related content? (recommended sidebar, or videos popping up at the end of a video)

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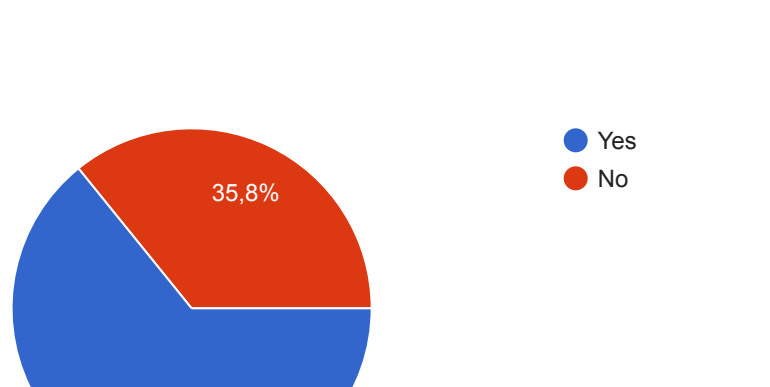
67 réponses



Have you ever subscribed to a YouTube channel based on a recommendation from YouTube?

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67 réponses



How strongly do you agree with the statement: "I frequently start watching Youtube by clicking on a video recommended to me on my homepage"?

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67 réponses

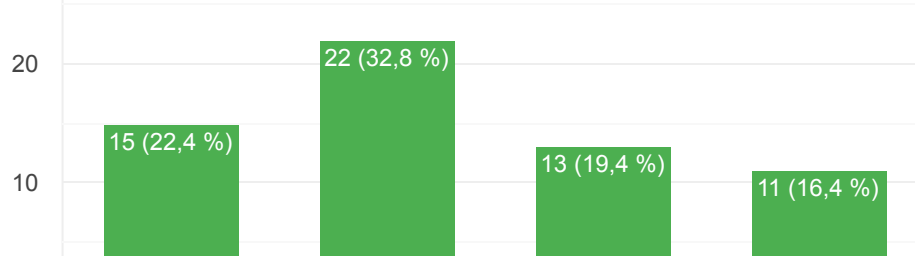


## Health Content and Body Image Perceptions

How strongly do you agree with the statement: "I maintain a rigid exercise regime and try really hard to prioritize exercising (despite weather, fatigue, illness, or injury)?"

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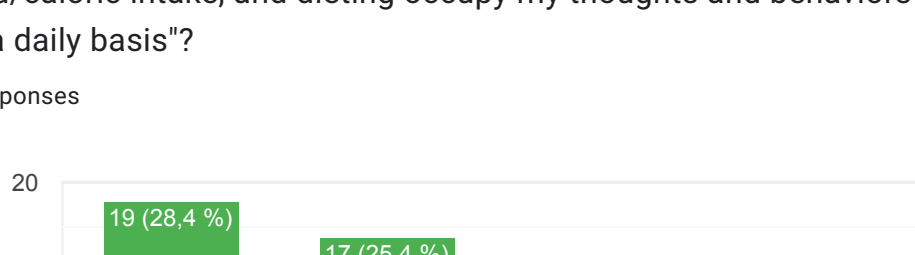
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How strongly do you agree with the statement: "Weight loss, food/caloric intake, and dieting occupy my thoughts and behaviors on a daily basis"?

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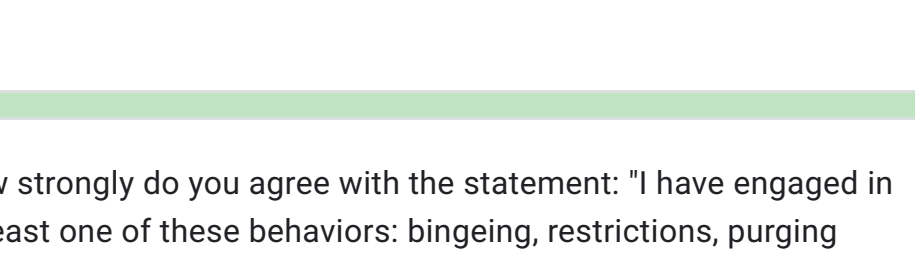
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How strongly do you agree with the statement: "I have engaged in at least one of these behaviors: bingeing, restrictions, purging behaviors (from making myself vomit to using laxatives/diuretics)?"

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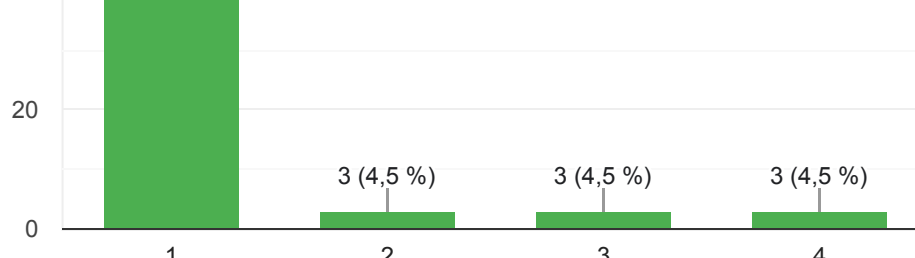
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How strongly do you agree with the statement: "I currently (or have previously) engage(d) in refusal to eat certain foods or whole categories of food (ex: no carbs)?"

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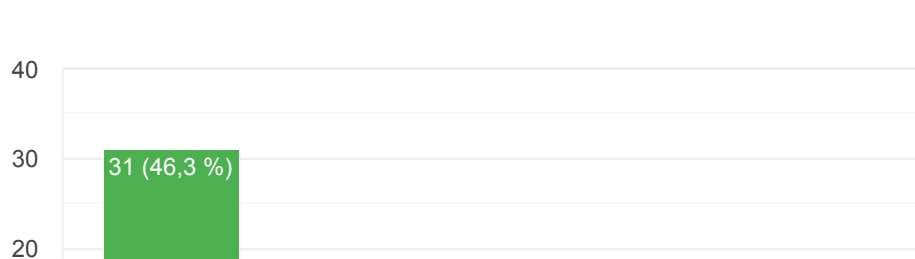
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How strongly do you agree with the statement: "I have had feelings of guilt/shame/disgust after eating?"

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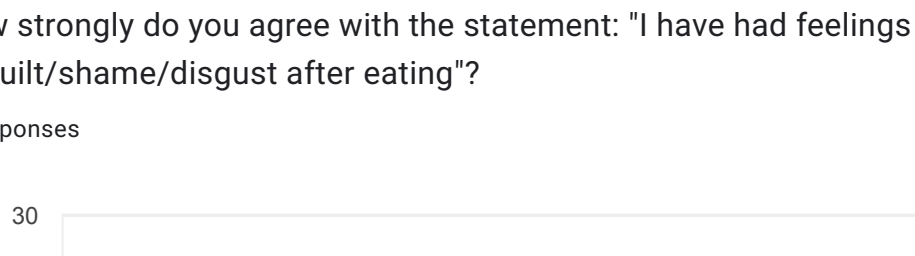
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How strongly do you agree with the statement: "I am concerned about my weight and/or the way my body looks?"

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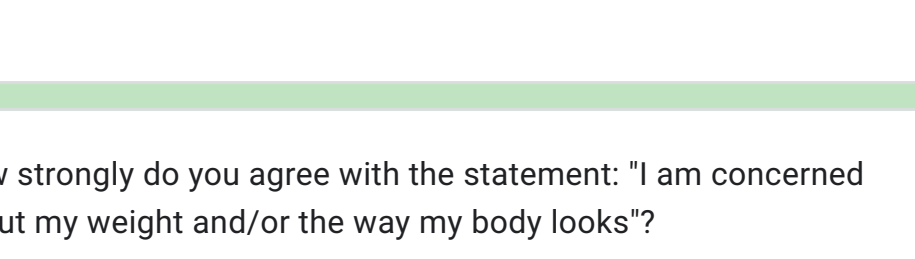
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How strongly do you agree with the statement: "I have compared my body to images or videos I see on YouTube or other social media platforms (TikTok, Instagram, etc.)?"

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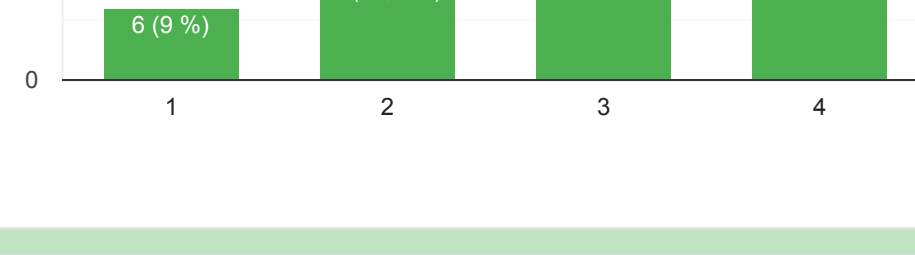
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How strongly do you agree with the statement: "I have experienced negative feelings about my body after viewing content on YouTube?"

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67 réponses

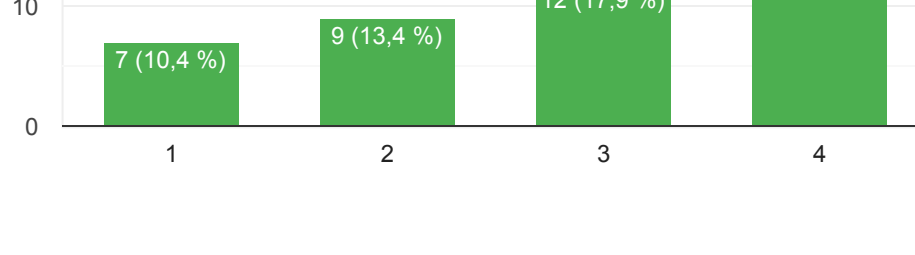


## Perception of the YouTube Algorithm

How strongly do you agree with the statement: "I believe the YouTube algorithm accurately takes into account my preferences and interests?"

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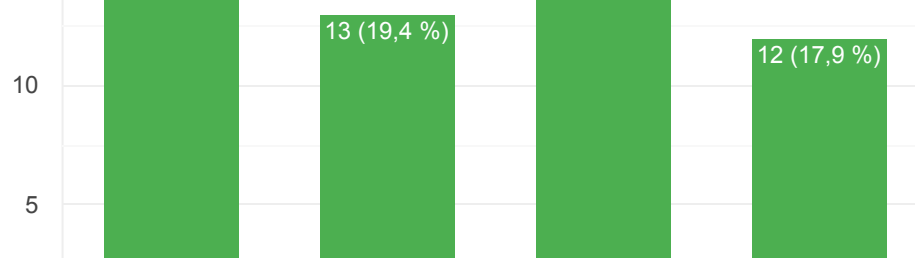
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How strongly do you agree with the statement: "I have noticed patterns in the type of content the algorithm recommends to me?"

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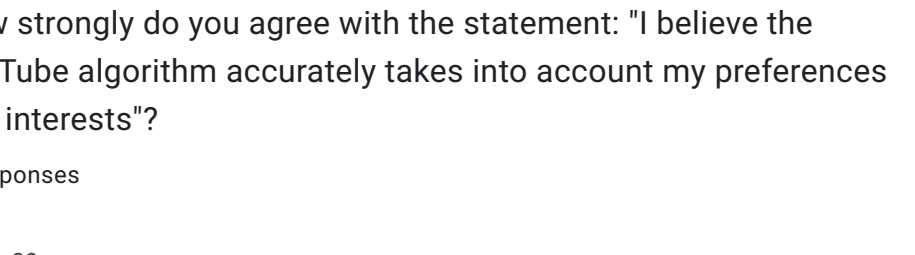
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How strongly do you agree with the statement: "The YouTube algorithm significantly shapes the content I consume on the platform?"

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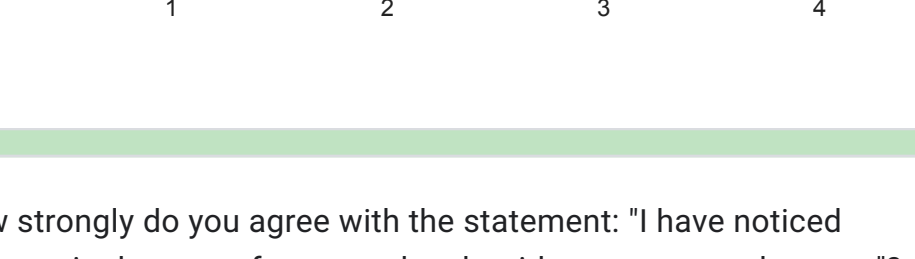
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How strongly do you agree with the statement: "I have deliberately tried to manipulate the algorithm to get specific types of recommendations?"

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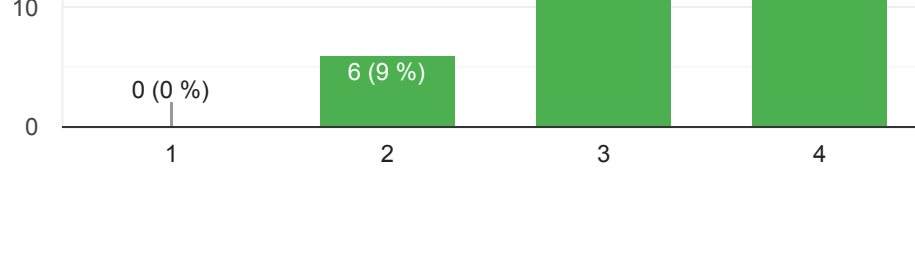
67 réponses



How strongly do you agree with the statement: "I have had concerns about the impact of the algorithm on my viewing habits or preferences?"

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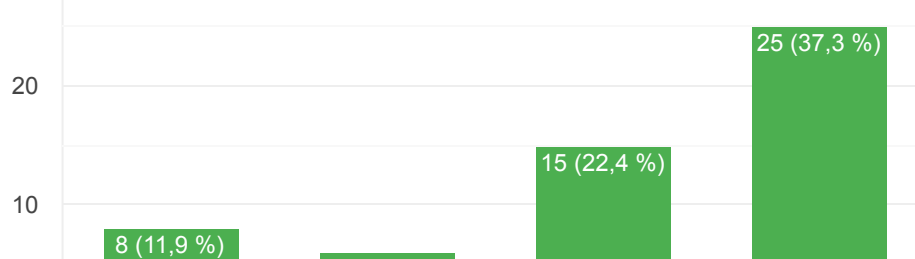
67 réponses



How strongly do you agree with the statement: "I have felt that some social media recommendations seem to create a 'rabbit hole' effect/keep me from accessing more novel content?"

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66 réponses



If these questions or this topic got you wondering about anything you think might be worth sharing (topic you think this study should touch on, your personal experience, or anything at all) please share it in this answer.

5 réponses

Most of the time what I watch don't actually involve looking at people (i.e. video essays or Vtubers (gamers that use a 2D avatar instead of showing their real face)). So, I'm aware of what I look like but YouTube hasn't affected me as much as other social medias has since I'm never actively comparing myself to what I see on screen. Although, recently, YouTube has inserted competitive eaters/makbangs into my recommended and that is what has been affecting me. These people with perfect bodies eating so much food and having the metabolism of a god while I can't even look at water without gaining 10 pounds. I try and not think about it too much since it sends me into a spiral... but yeah. And of you're asking why I watch them when I shouldn't be I have two reasons 1. I'm hungry but don't want to eat 2. it's hard to admit but shit is entertaining.

YouTube shorts algorithm seems to encourage the viewing of « extreme » and controversial content that encourages a lot interactions like comments, likes or dislikes. For example: the whole Andrew Tate stuff, any type or graphic content or political content. Even after purposely trying to manipulate the algorithm by liking and disliking certain shorts, after a few weeks or months it always comes back with minimal interaction with that type of content

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