

## Research theme

In determining the topic of my research, I decided to start with myself. I'm a very weight-conscious girl, and I get very anxious about any fluctuation on the scale. So I set out to explore the effects of body anxiety on young women. The word "influence" is a big spectrum. But as I mentioned in the slides that I shared in the course, when I look for literature, I get clearer and clearer, and I finally know what I want to talk about. So I first planned to look at the literature along the line of "body anxiety" and "young women", and then gradually narrow it down to find what I really wanted to discuss.

### ***process***

#### **The first stage**

I first did an extensive search using different websites. As expected, the search results were huge. I found a lot of different literature, but I knew I had to narrow down my search terms.

<i>website</i>	<i>search terms</i>	<i>search results</i>
UAL search library online	The effect of body anxiety on young women	1844
Google scholar	The effect of body anxiety on young women	3,080,000
Google books	The effect of body anxiety on young women	92,000
ACM digital library	The effect of body anxiety on young women	1,387,211

So I'm going to search by narrowing down and gradually refining the keywords.

#### **The second stage**

In the process of this attempt, a lot of time was wasted because I was not familiar with the way of searching keywords. At the same time, I also tried to replace many different words and thought about the research direction of the topic.

For example:

1. What is the definition of "young woman"?
2. How to classify "young"?
3. Should we specify a definite age limit (e.g., "18 to 24 years old") or a wide range (e.g., define the keyword as "young women")?
4. Should the "effects of body anxiety" be defined as "positive effects" or "negative effects"?
5. "Body anxiety" appeared in modern times. Should a time period be determined for the research literature?
6. Should research on "body anxiety" be limited to women? Should 'body anxiety' not include gender? Should you start with a specific age group?

#### **The third stage**

After many attempts, I gradually got familiar with how to search keywords, and determined the direction of my final research by constantly replacing keywords and narrowing down the scope.

Some of my attempts are documented below.

<i>website</i>	<i>search terms</i>	<i>search results</i>
UAL search library online	"body anxiety""young women"	326
Google scholar	"body anxiety""young women"	484
Google books	"body anxiety""young women"	160
ACM digital library	"body anxiety""young women"	2
UAL search library online	"body anxiety""female" "teenagers"	291
Google scholar	"body anxiety""female" "teenagers"	193
Google books	"body anxiety""female" "teenagers"	144
UAL search library online	"body anxiety""female" "teenagers" (2020-2023)	46
Google scholar	"body anxiety""female" "teenagers" (2020-2023)	40
Google books	"body anxiety""female" "teenagers" (2020-2023)	2
UAL search library online	"body anxiety""female adolescent""negative impact" (2020-2023)	41
Google scholar	"body anxiety""female adolescent""negative impact" (2020-2023)	3
UAL search library online	"body anxiety""adolescent" "negative impact" (2020-2023)	40
Google scholar	"body anxiety""adolescent" "negative impact" (2020-2023)	47

In the final process of continuous attempts, I gradually determined the object and theme of my research -- the negative impact of body anxiety on adolescence (2020-2023).

Google 学术搜索 "body anxiety""adolescent""negative impact"

找到约 47 条结果 (用时0.04秒)

文章

时间不限  
2023以来  
2022以来  
2019以来  
自定义范围...  
2020 — 2023  
搜索

按相关性排序  
按日期排序

不限语言  
中文网页  
简体中文网页

类型不限  
评论性文章

☐ 包括专利  
☐ 包含引用  
创建快讯

[HTML] How the exposure to beauty ideals on social networking sites influences body image: A systematic review of experimental studies [HTML] springer.com  
G Fioravanti, S Bocci Benucci, G Ceragioli... - Adolescent Research ..., 2022 - Springer  
... people view every day on SNSs have a **negative impact** on body image and for which types  
... self-esteem, psychological body investment and **body anxiety**. Casale et al. (2019) showed ...  
☆ 保存 引用 被引用次数: 16 相关文章 所有 2 个版本

[HTML] Associations between body dissatisfaction and self-reported anxiety and depression in otherwise healthy men: A systematic review and meta-analysis [HTML] plos.org  
M Barnes, P Abhyankar, E Dimova, C Best - PloS one, 2020 - journals.plos.org  
... This persistent and increasing **negative impact** on mental health could continue to spiral into psychiatric illnesses, which could jeopardise physical health and wellbeing [1; 5]. For ...  
☆ 保存 引用 被引用次数: 63 相关文章 所有 20 个版本

The Research on the Sense of Body Shaming Brought by Little Red Book Upon Chinese High School and Undergraduate Students [PDF] atlantis-press.com  
Y Lyu, Q Qin - ... Conference on Science Education and Art ..., 2022 - atlantis-press.com  
... The target of **body anxiety** spread by social media is mainly ... However, **body anxiety** targets females because the whole ... In general, it is a type of aggression leading to **negative impact** ...  
☆ 保存 引用 相关文章

[HTML] Effects of Physical Exercise on Physical Fitness and Mental Health of Obese Students [HTML] hindawi.com  
J Wu - Journal of Environmental and Public Health, 2022 - hindawi.com  
... that obesity has a great **negative impact** on all aspects of college ... e research on the influence of mental health on **adolescent** ... Figure 4 shows students' **body anxiety** due to obesity. By ...  
☆ 保存 引用 被引用次数: 1 相关文章 所有 8 个版本

A network investigation of eating disorder symptoms and risk factors before and [PDF] louisville.edu

Search: "body anxiety"&"adolescent"&"negative impact"  
Did you mean **body anxiety** **adolescent** **negative impact** ?  
Create new alert from this search

Explore Journals with BrowZine

36 of 36 databases searched

Search Summary  
157

Narrow Results Visual

All Results (40)  
2020 - 2023 (40)

Clusters

Sort by: # of Results

Refine by:

Topics

- Life (7)
- Mental Health (7)
- Study Aims (7)
- Exploring (6)
- Social Media (6)
- More...

Publications

- Current Psych... (4)
- Journal of Co... (3)
- More...

Authors

- Search for mo... (2)

Results 1 - 20 of 40 Sort by: Rank Limit to: All Databases (40) First Previous 1 2 Next Last

Index  
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ScienceDirect  
Encyclopedia of Child and Adolescent Health  
2023-12-31  
DOI: 10.1016/B978-0-12-818872-9.09974-X Pages: 711-752

Parent- and Child-Driven Daily Family Stress Processes between Daily Stress, Parental Warmth, and Adolescent Adjustment  
Jingyi Xu; Yao Zheng  
Journal of Youth and Adolescence  
2023-03  
Emerging evidence suggests that family members' stress and family interactions vary across days. This study examined the daily associations among parental and adolescent daily stress, parental warmth, and adol...  
DOI: 10.1007/s10964-022-01691-5

Early Life Maltreatment and Adolescent Interpretations of Ambiguous Social Situations: Investigating Interpersonal Cognitions and Emotional Symptoms  
☆☆☆☆☆  
SpringerLink  
Eleanor M. Bennett; Paul Gray; Jennifer Y. F. Lau  
Journal of Child & Adolescent Trauma  
2023-03  
In the general population, negative interpretations of social situations have been associated with risk of developing emotional disorders such as anxiety and depression. Given that childhood maltreatment poses...  
DOI: 10.1007/s40653-022-00469-y

## summarize

In this attempt, I found that different results would appear by searching for different keywords. Although some words have similar meanings, the search results are very different. At the same time, the selection of research objects is also closely related to the amount of literature found.

Here are some of the "keywords" I've tried.

<i>more successful search terms</i>	<i>less successful search terms</i>
"body anxiety"	"body" "anxiety" "physical anxiety" "somatic anxiety"
"adolescent"	"teenagers" "teenager" "the young" "young" "13-19" "18-20"
"negative impact"	"negative" "impact"
	"young woman" "women" "woman" "female" "female adolescent" "young woman aged 18-24" "young woman aged 20-24" "aged 20-24"
	"network" "internet" "web" "social contact" "social software"

### ***Analysis (good and bad search results)***

Searches for "body anxiety" are better than searches for "body" and "anxiety" separately. The reason for this may be because "body anxiety" is an important keyword. If this phrase is separated, the result found will be far related to the subject to be studied.

"Adolescent" did better than a specific gender such as "gender female" and a related age group such as "18 to 20". "Adolescence" is not only a time period, but also represents a group. Vague terms, such as "young women" and "young people", may not be very good because of the uncertainty and rigor of not being able to define the "young" age group.

The key word "negative impact" confirms that the impact was negative. Initial attempts to separate the terms "negative" and "impact" didn't work well. That's probably because not all searches for "negative" come up. The key word "influence" is ambiguous to some extent, so I need to consider whether the topic I explore is "positive" or "negative".

I also made many attempts, such as adding words like "Internet" and "social software" to explore the influence of "modern" time period on "body anxiety". But there was so little that I abandoned the idea and instead searched for papers published between 2020 and 2023.