### 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.

website	search terms	search results
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?

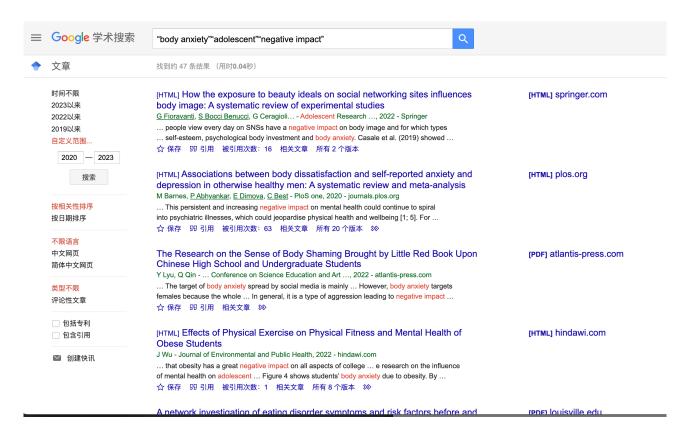
#### The third stage

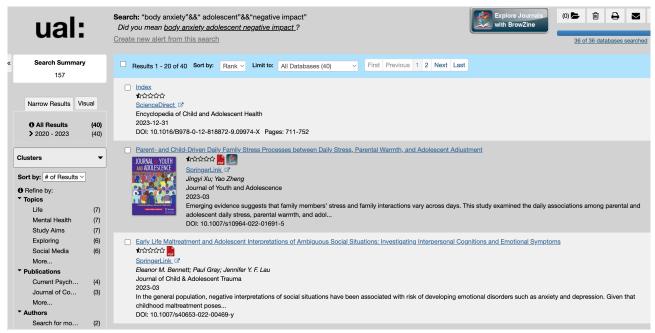
After many attempts, I gradually got familiar with how to search keywords, and determined the direction of my final research by constantly replacing keywords and narrowing down the scope.

# Some of my attempts are documented below.

website	search terms	search results
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).





#### 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.

more successful search terms	less successful search terms
"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.