Digital Self-Harm:
Exploring the connections of eating disorder content online and clinical practices
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Eating disorders are comprised of a range of psychological disorders characterized by abnormal or disturbed eating habits.

- Anorexia Nervosa
- Bulimia Nervosa
- Binge-eating Disorder
- Other Specified Feeding or Eating Disorders
- Cachexia
- Orthorexia

Eating disorders tend to be a disease of the young:

<table>
<thead>
<tr>
<th>Ages</th>
<th>Percent</th>
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<tbody>
<tr>
<td>1 - 10</td>
<td>12.7%</td>
</tr>
<tr>
<td>11 - 13</td>
<td>14.3%</td>
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<tr>
<td>14 - 19</td>
<td>12.5%</td>
</tr>
<tr>
<td>20 - 29</td>
<td>14.7%</td>
</tr>
<tr>
<td>30 +</td>
<td>1.2%</td>
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</tbody>
</table>

Source: Norton Eating Disorders Survey, 2017

Youth have access and are pervasive users of social media:

- 24% of teens are online “almost constantly”
- 92% of teens go online are online daily
- 71% of teens use more than one SNS

Social media platforms are a host for various types of eating disorder content:

Research Questions:
How should clinical screening tools assess online presentations of eating disorders?
How does social media use vary among patients with eating disorders?
How should social media use inform diagnosis and treatment of eating disorders?

Upcoming Studies (Summer/Fall 2017):

S1. Compare diagnostic screening tools and results to online content

Current clinical practice does not inquire or assess online eating disordered behaviors
Create codebook from eating disorder diagnostic tools
Analyze eating disorder posts across platforms
Highlight online eating disordered behaviors that could be captured through current tools

S2. Assess perceptions of social media influence on eating disorders

It is unknown how physicians, patients, and parents/guardians perceive the influence and utilization of social media for disordered behaviors.

Interview stakeholders about perceptions of disordered activity on social media
Identify patients who use social media platforms for disordered activities

S3. Analyze past social media activity by clinically diagnosed patients

Social media scholarship is void of longitudinal social media ecosystem analysis of eating disordered behavior
Conduct a 12 month retrospective analysis of social media utilization across platforms
Conduct linguistic and thematic analysis to reveal patterns within data
Utilize findings for design recommendations


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