

## APPEAR NEWSLETTER!

### Members

#### Faculty

Dr. Rachel F Rodgers  
Dr. Debra L. Franko  
Dr. Jessica Edwards George

#### PhD students

Laura Fischer  
Katherine Laveway  
Isabella Sereno

#### Master

Meghan Maher  
Valerie Goutama  
Revathi Tripuraneni  
Genevieve Peck Nowicki

#### Undergraduates

Megan Alam  
Ritu Amarnani  
Alexandra Askenazi  
Lujane Bakarar  
Elizah Becker  
Ilana Berliavsky  
Alexis Canzanese  
William Cardone  
Madison Casner  
Alison Cheung  
Elisa Danthinne  
Alice E  
Angelica Fiuza  
Francesca Giorgianni  
Molly Hargerty  
Gabiella Hayes  
Aleena Jacob  
Shelley Jeon  
Elisa Kodama  
Samhita Koduri  
Lauren Maldonado  
Lucy Marnell  
Haley Moriarty  
Gal Nisan  
Maria Oliveira  
Lindsay Parcell  
Paridhi Rathi  
Anaelle Surprise  
Megha Varghese  
Julia Zalvino

#### Volunteers

Kendra Cornell-Rath  
Isabel Cunha  
Geneva Driscoll  
Carli Fink  
Breanna Marchwinski  
Cate Navarrete  
Maddie Steele  
Stephanie Sun

#### Interns

Rachel Buder  
Lindsay Wang  
Helena Xie

Welcome to the Winter 2021/2022 APPEAR newsletter!

As 2021 draws to a close, we are again grateful for our wonderful APPEAR team, as well as our colleagues, and the way in which they give such energy and inspiration.

It has been an eventful year and we are thankful for the opportunities we have had to work together and look forward to doing so in the new year.

APPEAR team

## Recent Publications

1. Dolan, S. C., Khindri, R., Franko, D. L., Thomas, J. J., Reilly, E.E., & Eddy, K. T. Anhedonia in eating disorders: A systematic review and meta-analysis. *International Journal of Eating Disorders*, in press.
2. Doley, J., Rodgers, R. F., McLean, S. M., & Paxton, S. J. Effectiveness of recruitment strategies for a social media literacy e-intervention for young adults with body dissatisfaction: Cost, time, diversity, and completion. *Eating Disorders*, in press.
3. Linardon, J., Fuller-Tyszkiewicz, M., Messer, M., & Rodgers, R. F. A systematic scoping review of research on COVID-19 impacts on eating disorders: A critical appraisal of the evidence and recommendations for the field. *International Journal of Eating Disorders*, in press.
4. Ganson, K. T., Nagata, J. M., MD, Lavender, J. M., Rodgers, R. F., Cunningham, M., Murray, S. B., & Hammon, D. Prevalence and correlates of weight gain attempts across five countries. *International Journal of Eating Disorders*, in press.
5. Ganson, K. T., Rodgers, R. F., Murray, S. B., Nagata, J. M. Prevalence and Demographic, Substance Use, and Mental Health Correlates of Fasting among U.S. College Students, *Journal of Eating Disorders*, in press.
6. Gordon, C. S., Jarman, H. K., Rodgers, R. F., McLean, S. A., Slatre, A., Fuller-Tyszkiewicz, A., & Paxton, S. J., Outcomes of a cluster randomized controlled trial of the SoMe social media literacy program for improving body image, dieting, and wellbeing in adolescent boys and girls. *Nutrients*, in press.
7. Grilo, C. M., Thompson-Brenner, H., Shingleton, R. M., Thompson, D. R., & Franko, D. L. (2021). Clinical moderators and predictors of cognitive-behavioral therapy by guided-self-help versus therapist-led for binge-eating disorder: Analysis of aggregated clinical trials. *International Journal of Eating Disorders*, 54, 1875-1880.
8. Lowy, A. S., Rodgers, R. F., Franko, D.L., Pluhar, E., & Webb, J. B. (2021). Body image and internalization of appearance ideals in Black women: An update and call for culturally-sensitive research. *Body Image*, 39, 313-327.

## Recent Publications (continued)

9. Keshishian, A. C., Tabri, N., Becker, K. R., Herzog, D., Thomas, J. J., Franko, D. L., & Eddy, K. T. Comorbid depression and substance use prospectively predict eating disorder persistence among women with anorexia nervosa and bulimia nervosa. *Journal of Behavioral and Cognitive Therapy*, in press.
10. Mclean, S. A., Rodgers, R. F., Slater, A., Jarman, H. K., Gordon, C., & Paxton, S. J. Clinically significant body dissatisfaction: prevalence and association with depressive symptoms in adolescent boys and girls. *European Child and Adolescent Psychiatry*, in press.
11. Naab, P\*, Shiyko, M & Edwards George, J. Risk Behavioral Contexts in Adolescence of Obese Adults. *Journal of Adolescent Health*, in press
12. Rodgers, R. F., Laura E. Fischer\*, & Emily Zimmerman. Exclusive breastfeeding, mothers, young infants, body image, disordered eating. *Appetite*, in press.
13. Rodgers, R. F., Lowy, A. S.\*, Kodama, E.\*, & Bujold, H. #beautyunedited: Is labeling unedited selfies helpful for body image and mood among young women? *Body image*, in press.

## Recent presentations

### **Forum for Food and Health, Royal Society of Medicine, London, England. (Virtual)**

Edwards George, J. Aideyan, B\*, Avery, K., & Bast, A. (November 2021). Causes and consequence of exclusion/restriction diets: The good, the bad and the struggling. (Invited presentation and panel discussion)

### **Association for Behavioral and Cognitive Therapy, November 2021 (Virtual)**

1. Rodgers, R. F., Paxton, S. J., & Wertherim, E. #Bopo: Can social media help to promote positive body image? (Presentation).
2. Rodgers, R. F., Campagna, J.\*, Attawala, R.\*, Richard, C.\*, Kafka, C.\*, & Rizzo, C. Swipe right! A mixed methods exploration of the relationships between online dating and body image in college students. (Presentation).
3. Cunning, A., Staples, C., Rancourt, D., & Rodgers, R. F. The role of external weight bias through internalization on body shame, obligatory exercise, and eating disorder symptoms across racial/ethnic groups. (Poster).

### **Eating Disorder Research Society, September 2021 (Virtual).**

1. Burke, N. L., Hazzard, V., Schaefer, L. M., Simone, M., O'Flynn, J.\*, & Rodgers, R. F. Socioeconomic Status and Eating Disorder Risk: At the Intersections of Gender Identity, Sexual Orientation, and Race/Ethnicity. (Presentation).
2. Franko, D. L., Rodgers, R. F., Fischer, L.E.\*, & Fuller-Tyszkiewicz, M. Perceived changes in orthorexia symptoms during the COVID-19 pandemic. (Poster).
3. Laveway, K.\*, Berry, R.\*, & Rodgers, R. F. Aging with appreciation: towards identifying protective factors for disordered eating among older women. (Poster).
4. Campagna, J.\*, Piran, N., Rizzo, C., & Rodgers, R. F. Positive embodiment, social media use, and body image concerns. (Poster).

## Coming to a (hybrid) conference near you...

Society of Pediatric Psychology Annual Conference, April 2022, Phoenix, Arizona  
 International Conference on Eating Disorders, June 2022, Monterrey, Mexico

## Research News and Highlights

We were thrilled to continue working with the Northeastern Institute for Health Equity and Social Justice Research, and will be welcoming 2 new interns in the Spring 2022.

Our Delphi consensus building study related to eating behaviors is about to launch its second wave!!

We have started some new wonderful collaborations with colleagues including Dr. Zachary Soulliard.

We also have a new study with Northeastern's own Christine Clark from UHCS focused on intuitive eating!

## In the media

The recent interest in the effects of social media on the body image of youth has led to some important conversations around the world on the negative effects of social media use:

<https://news.northeastern.edu/2021/12/07/instagram-new-teen-safety-features/>

<https://news.northeastern.edu/2021/09/20/negative-effects-of-instagram/>

<https://www.lefigaro.fr/secteur/high-tech/comment-instagram-aggrave-le-mal-etre-de-certaines-adolescentes-20211008>

News@Northeastern

**UNTESTED,  
INSTAGRAM'S NEW  
TEEN SAFETY MEASURES  
MAY NOT WORK**

## Congratulations!

- Congratulations to **Julia Zalvino** who was awarded a PEAK Basecamp award for her qualitative project on the effects of body positive social media content
- Congratulations to **Haley Moriarty** who was awarded a PEAK Basecamp award for her interview project on the parental mediation of social media content among teens
- Congratulations to **Laura Fischer** who successfully defended her dissertation titled "Exploring the Role of Mindfulness in Psychological Help-Seeking Among College Students."

## Sneak Peak at Summer 2022

**Keep an eye on some more exciting collaborations with Dr. Bryn Austin from STRIPED and the Model Alliance, as well as some more social media work!**

**CONTACT**