

## ADOLESCENCE

### BODY IMAGE DURING ADOLESCENCE

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**Abstract:** *Body image plays an important role in identity development during adolescence. It is influenced by pubertal changes and various psychological and socio-cultural factors. Negative body image during adolescence can be associated with risky behaviours and poor health outcomes. Pediatricians should screen for body image concerns and promote development of healthy body image during annual health visits. Referral to mental health specialist must be made when indicated.*

**Keywords:** *Body image, Adolescence, Screening.*

### Points to Remember

- *Body image is dynamic perception of one's body and is determined strongly by self-evaluation.*
- *Development of body image follows biopsychosocial model and body image disturbance can be associated with negative health outcomes.*
- *Adolescents should be screened for body image concerns during well visits with detailed history, HEEADSSS assessment and examination. SCOFF and EAT 26 are the common questionnaires used for screening. If indicated appropriate timely referral to a mental health specialist / Psychiatrist should be made.*
- *Promotion of healthy body image should be included as a part of the anticipatory guidance to all adolescents. It includes explaining the normal pubertal changes, encouraging to follow healthy life style, media education and mastering the life skills.*

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