

Spiseforstyrrelser og sociale medier

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Indhold

- 1 Baggrund: Lidt om sociale medier (SoMe)
 - Instagram
- 2 Spiseforstyrrelser og selvskade på SoMe
 - Studier og tendenser
- 3 ... og måske lidt om spiseforstyrrelser og diabetes på SoMe...

Photo: <https://globalempotech.wordpress.com/2018/05/13/nature-and-purposes-of-online-platforms/>

”Disclaimers”

- (Unge) voksne > børn
- **Spiseforstyrrelser** (og diabetes) > selvskade
- **Stærke billeder**
 - Formål: At afspejle den online ”virkelighed”.
 - Forskningsområde nævnt på egen profil.



1 Baggrund: Lidt om SoMe

- **Web 1.0** (~1990-2004)
 - Internettet bruges til at **finde** information
- **Web 2.0** (~2005 →)
 - Internettet bruges til at **dele** information, fx via SoMe
 - 2007: iPhone kommer på markedet
 - 2020: **85%** bruger smartphones } 16-89-årige, DK
 - **80%** bruger SoMe



(Lupton 2013; Morris 2016; Danmarks Statistik 2020)

1 Baggrund: Lidt om SoMe

Home

Brev fra Mia

Brev fra Ana

tips og tricks

Thinspo/citater



- Hæng plakater af tynde modeller op på væggen.
- Sæt evt. billeder af fede mennesker og tynde modeller på køleskabet.
- Hent billeder af skinny ana-piger ned på din mobil så du altid har det ved din side.
- Se videoer på youtube med thinspo lavet af Ana-piger.
- Lav en scrapbog med thinspo.
- Hør en sang der holder dig motiveret. Det kan f.eks. være en sang du ville ønske du kunne danse til, til fester uden at se fed ud.

PRO-ANA TIPS :

1. Spis altid morgenmad, det får din forbrænding igang.
2. Spis så langsomt som du kan. Det tager din krop ca. 30 min. at forstå den er mæt.
3. Tyg indtil maden er opløst i munden.
4. Bliv vegetar + hold dig fra ris, pasta og lign.
5. Læg dit bestik ned efter hver bid, prøv såvidt at bruge bestik til al din mad.
6. Spis aldrig efter kl. 19 og før kl. 7 (12 timers faste)
7. Brug neglelak til at skjule misfarvede negle fra mangel på vitaminer og føde.
8. Hav et gummi-elastik omkring håndledet, smæk det mod huden hver gang du tænker på mad eller bliver fristet til at spise. Mad bliver hurtig lig med smerte.
9. Drik light sodavand og saft. (1 kcal.)
10. Børst ofte tænder. Tandpasta og mad er ikke godt sammen.
11. Alle kalorier tæller. Når du sidder ned fx. i skole, så ryst med benet eller en kuglepen i hånden etc.
12. Drik et glas vand hver time. Din mave vil føles fuld og din hud bliver flottere.
Kold vand - forbrænder kalorier
Lunken vand - mætter
13. Hav altid et billede på dig som motiverer dig til ikke at spise.
14. ~~Lag en slurk vand efter hver bid (mætter hurtigere)~~
15. Hold dig kold. Din krop forbrænder flere kalorier ved at forsøge at varme din krop op.
16. Spis din mad på en mindre tallerken. Så ser det ud af mere.
17. Pres balderne sammen - forbrænder kalorier.
18. Brug sødemiddel (0 kcal.)
19. Bliv i sengen, så har du ikke lyst til at rejse dig for at hente noget mad.
20. Forstil dig hvor klam maden vil se ud når den kommer i din mave.
21. Ødelæg maden, tilsæt for meget salt etc.
22. Prøv tøj du ikke kan passe.
23. Kig på andre mennesker, som spiser og følg dig overlegen fordi du ikke spiser.

1 Baggrund: Lidt om SoMe

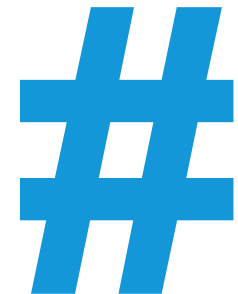
Instagram (2010)

- ~2,1 milliarder brugere
- ~500 millioner brugere med daglig aktivitet



Hvorfor potentielt **risikabelt**?

- Anonymitet (hvis ønsket)
- Nem deling af (redigerede) billeder via hashtags
- **25%** af brand-relateret interaktion omhandler mode
- **84%** af teenagere er brugere (US)
 - **25%** har Instagram som favorit-SoMe



(Lupton 2013; Morris 2016; Iqbal 2022)

1 Baggrund: Lidt om SoMe – og billedredigering

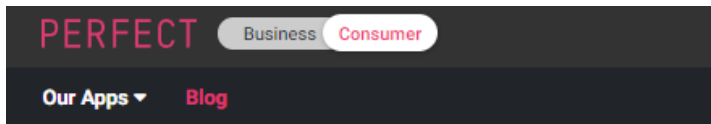
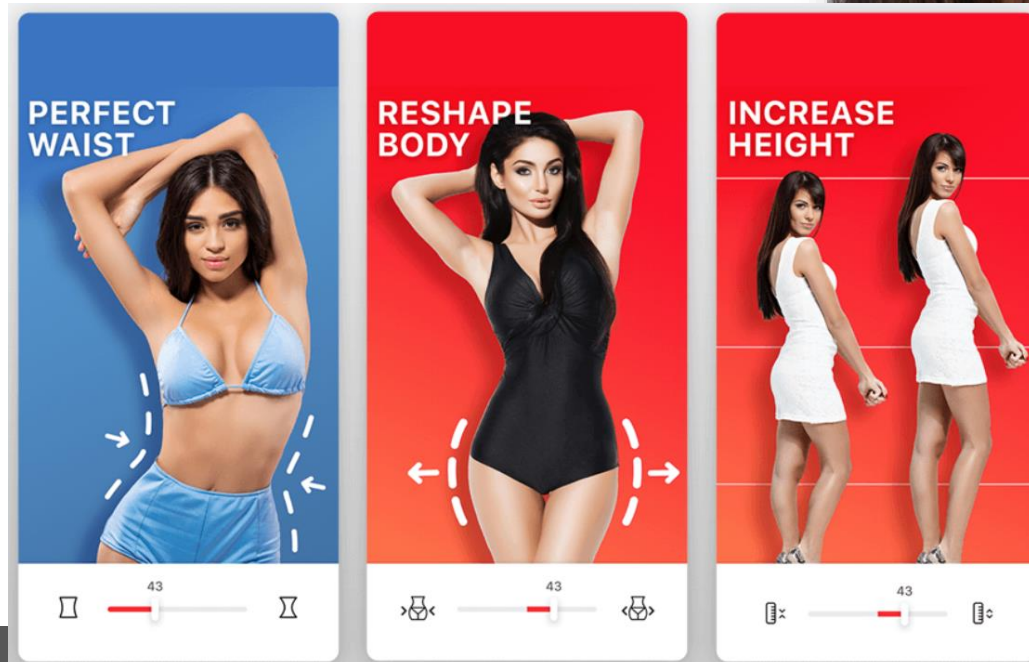
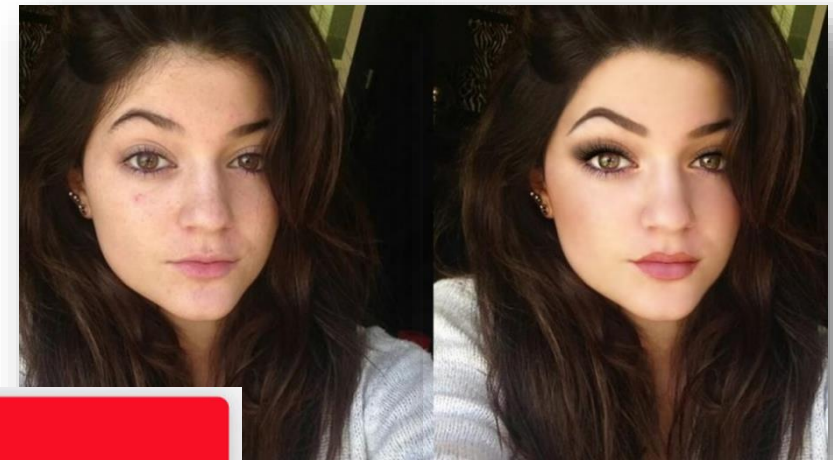


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- 8 Best Free Body Editor Apps for iPhone & Android
- **How to Edit Your Body in Pictures**
- Free Download the Best Body Editor App, YouCam Perfect
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Discover 8 Best Free Body Editor Apps for iPhone and Android in 2022

If you love to try different body editor apps to edit your best photos, you really need to start playing with these apps. We've rounded up the best free body editing apps for iPhone and Android. Take a look!



2 Spiseforstyrrelser og selvskade på SoMe

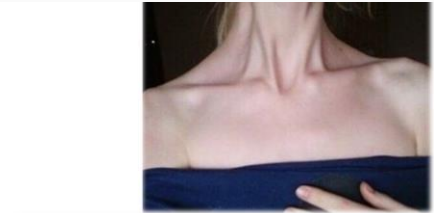
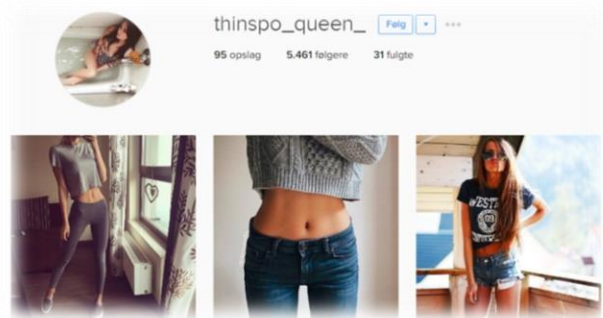


2 Spiseforstyrrelser og selvskade på SoMe

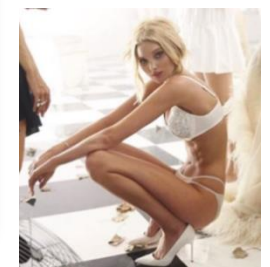
#thin: ≈2,1 millioner posts



1 ♡
=
1 hour
no food



mikasoth I can't wait till the tops of my thighs don't touch .
#annamiaa #anorexianerviosa #anorexicgirl
#anorexia #thinspoana #thinspospam



shutup_countyourcalories i love the feeling of being hungry.

2 Spiseforstyrrelser og **selvskade** på SoMe



2 Spiseforstyrrelser og **selvskade** på SoMe

#selvskade: ≈2.100 posts



6 Synes godt om
fastingandcry Kan ikke lade vær #selvskade #cutting #denmark



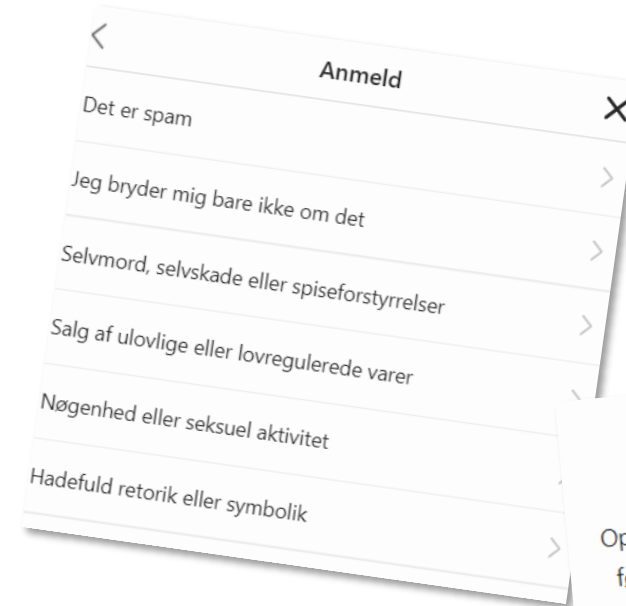
CUTTING IS HORRIBLE,
BUT THEN AGAIN,
SO AM I.



2 Spiseforstyrrelser og selvskade på SoMe

Hvordan har Instagram reageret?

- Ændring af politik i 2012
 - Anmeldelser
 - Brugere kan anmelde hinanden
 - Instagram kan slette profiler
 - Advarsler & henvisning til rådgivning
 - Censur
 - Blokering/sletning af hashtags, fx [#thinspo](#) [#proana](#) [#selfharm](#)



Hvad kan vi hjælpe dig med?
Opslag med ord, du søger efter, er ofte tilknyttet følsomt indhold. Hvis du går igennem en svær tid, har vi samlet nogle ressourcer fra eksperter, som vi håber kan hjælpe.
Get support

Se opslag

Annuller

Virker det efter hensigten..?

2 Spiseforstyrrelser og selvskade på SoMe

Chancellor et al. 2016

- **Formål:** At undersøge effekt af Instagrams politik på udviklingen i hashtags om spiseforstyrrelser.
- **Metode:** Analyse af 2,5 millioner posts (2011-2014).
- **Resultat**
 - Før 2012: 17 "grund-tags" (fx [#proana](#) [#thinspo](#))
 - Efter 2012: 672 "variations-tags" (fx [#proanna](#) [#thynnsपो](#))
- **Konklusion:** Indhold om *pro-eating disorder* (ED) trives trods indsats!
 - Komplexiteten i leksikale variationer øget over tid.
 - Interaktion blandt pro-ED-profiler øget over tid.
 - Posts mere ekstreme og selvskadende (fx [#deadinside](#) [#wishiweredead](#) [#selfharmm](#))



2 Spiseforstyrrelser og selvskade på SoMe

Moreno et al. 2016

Formål: At undersøge selvskade-hashtags og deres udvikling over tid på Instagram.

Metode: Analyse af a) offentlige **#selfharmmm**-posts, b) korrelerede hashtags, c) advarsler og d) udvikling (5 mdr.)

Resultater

- 201 **#selfharmmm** posts og 10 korrelerede hashtags (fx **#cat #selfinjury #secretsociety123 #mysecretfamily**)
- Advarsler vist ved **≈33%** af de analyserede posts
- Udvikling over tid (i millioner):

	T1	vs.	T2
#mysecretfamily	≈0,90	vs.	>1,5
#secretsociety123	≈1.0	vs.	>1,9
#selfharmmm	≈1,7	vs.	>2,4

Konklusion


- Selvskade-posts er populære på Instagram, men "tilslørede".
- Advarsler er ikke pålidelige.
- Forældre og sundhedspersoner bør tale med unge om SoMe.

2 Spiseforstyrrelser og selvskade på SoMe

En "modreaktion"?

#edrecovery: ≈4,3 millioner posts


#edwarrior: ≈1,5 millioner posts



millyrecovers Følg Besked +

211 opslag 10.7K følgere 122 fulgte


milly 🌸 she
1 year into anorexia recovery
23, british, and trying to flourish 🍌



em_fitx Følg Besked +0 ...

359 opslag 21.1K følgere 681 fulgte

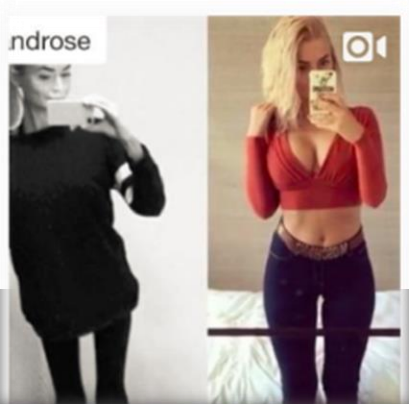
Emma Mailer
Personlig blog
weight gain journey ☁ @myprotein EMFIT
@misfitshealth EMFITX20
@justspices_uk justemfitx



livingwithdayna Følg Besked

33 opslag 2,277 følgere 122 fulgte

dayna :) she/her
Personlig blog
ed recovery diary ☐
foodie gal at heart
all in for life <3

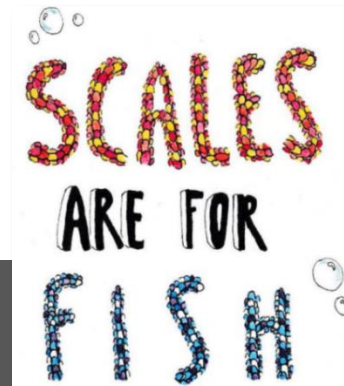


2 Spiseforstyrrelser og selvskade på SoMe

[#edrecovery](#) [#edwarrior](#)

LaMarre & Rice 2017

- **Formål:** At udforske ED-recovery på Instagram.
- **Metode:** Kvalitativ analyse af 1.056 posts.
(fx [#edrecovery](#) [#eatingdisorderrecovery](#) [#edsoldier](#))
- **Resultater:** Fire temaer.
 - *A feast for the eyes:* Flere og “flottere” billeder = “bedre” recovery.
 - *Bodies of proof:* Før og efter – men klassiske skønhedsideal.
 - *Quotable:* At aktualisere sig selv og tage ansvar for egen recovery .
 - *(Im)Perfection:* Fokus på “normalhed” via sammenligning og kontrastering.
(fx [#balancednotclean](#) [#strongnotskinny](#) [#bootyoverbones](#))

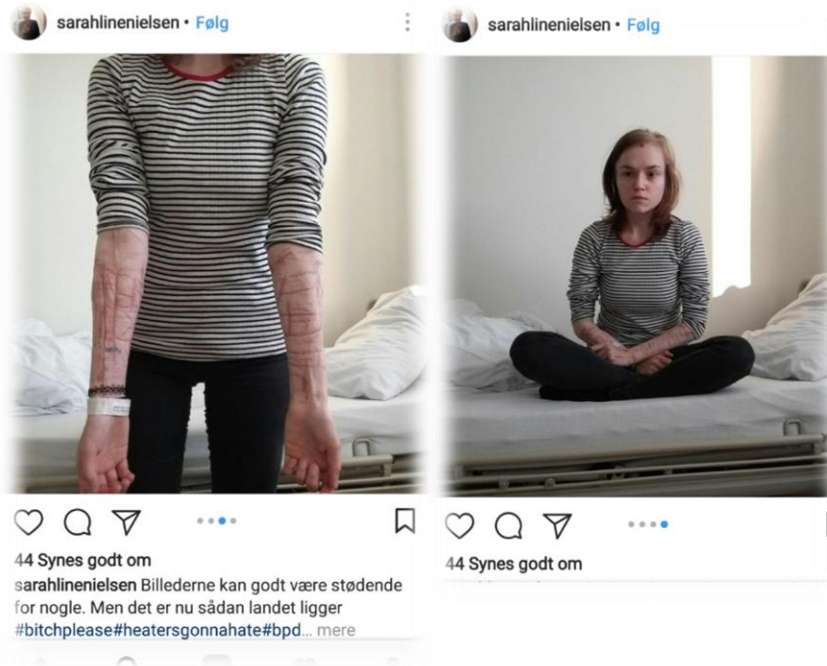


Clean eating is not doing the dishes while eating a cake.



2 Spiseforstyrrelser og selvskade på SoMe

Offentlige profiler: Selvfølgeligt også i Danmark...



sofiebuus .. weekenden føltes som én stor overspising. Virkelig ubehageligt. Jeg kender en af årsagerne, og det er, at jeg glemte at tage min medicin. Min medicin får ro på mine tanker. I starten dæmpede den min appetit. Det gør den heldigvis ikke mere, men når jeg ikke får min medicin løber mine tanker løbsk. Det arbejder jeg virkelig på, men jeg rammer en del små mure for tiden. Heldigvis ved jeg, at jeg lærer af dem, men sommetider rammer man en mur, hvor man ikke orker at skulle klare det



2 Spiseforstyrrelser og selvskade på SoMe

#edrecovery #edwarrior

Offentlige profiler med fokus på recovery

Mulige fordele (?)

- Virksomme rollemodeller og inspirationskilder.
- Mulighed for at fortælle egen historie.
- Udgør et fællesskab (social støtte).
- Udgør et "alternativ" til manglende behandling.

Mulige ulemper (?)

- Deling af posts, der virker som *thinspo*.
- Udlevering af sig selv – og andre (fx behandler).
- Deling af skadelige "råd".
- De er **ikke** er *imperfect*.



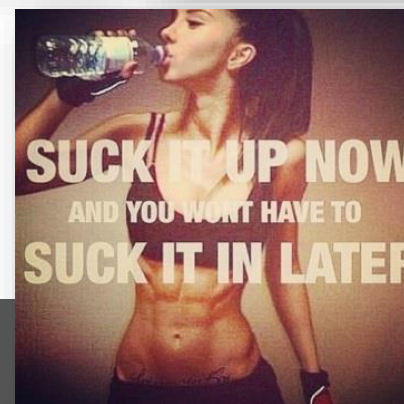
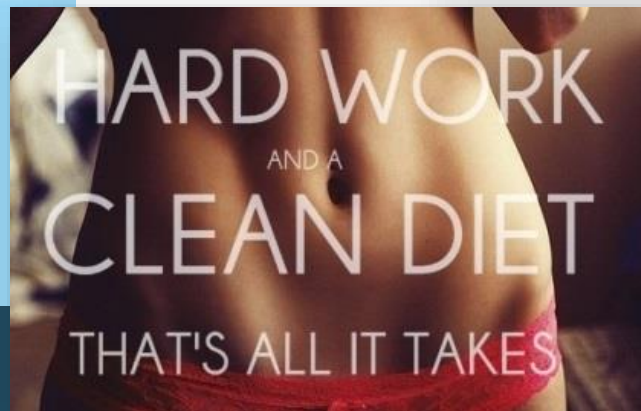
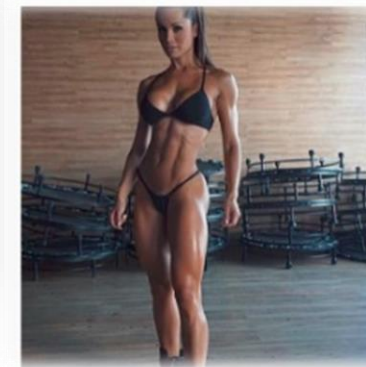
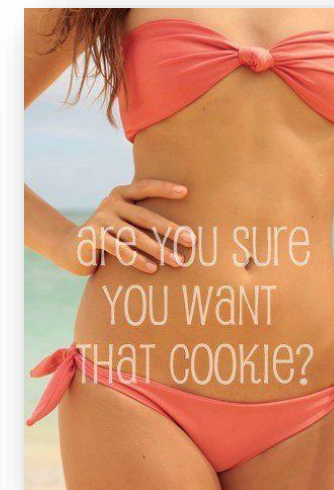
2 Spiseforstyrrelser og selvskade på SoMe

Andre "modreaktioner"?

#strongnotskinny: ≈9,4 millioner posts

#strongisthenewskinny: ≈1,7 millioner posts

#fitspiration: ≈19 millioner posts



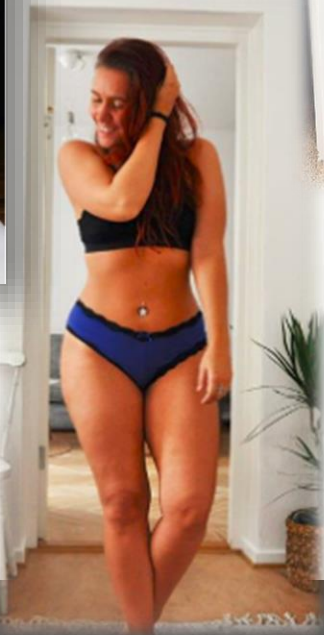
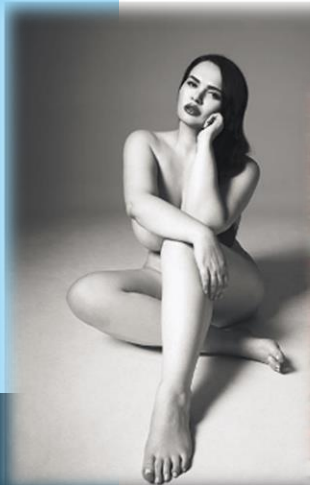
2 Spiseforstyrrelser og selvskade på SoMe

Andre "modreaktioner"?

#bodypositive / #bodypositivity: ≈8,2 millioner posts / ≈10,8 millioner posts

#effyourbeautystandards: ≈5,1 millioner posts

#thickthighssavelives: ≈2,0 millioner posts




2 Spiseforstyrrelser og selvskade på SoMe



Type 1 diabetes: [#diabulimia](#) [#diabulimiaawareness](#) [#diabulimiarecovery](#)

“Diabulimi”: Insulinrestriktion → væggtab

 **more_than_diabulimia** I've been struggling a lot recently and have very little brainpower. Just as things were starting to get better I ended up in hospital because of a really bad migraine 😞 I know this won't last, and better times are yet to come. Right now feels shit and just sucks and that's okay 😞 (swipe for super ugly pic)

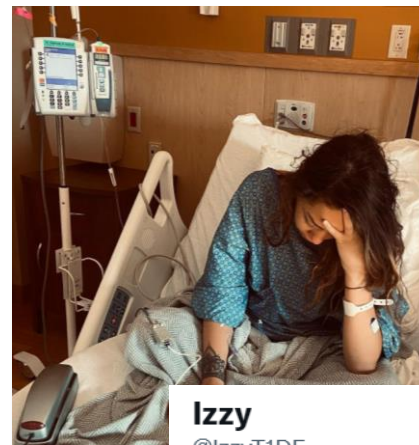
Review > [Diabet Med.](#) 2018 Oct;35(10):1329-1336. doi: 10.1111/dme.13700. Epub 2018 Jun 20.

'Diabulima' through the lens of social media: a qualitative review and analysis of online blogs by people with Type 1 diabetes mellitus and eating disorders

E Staite ¹, N Zaremba ¹, P Macdonald ², J Allan ³, J Treasure ², K Ismail ¹, M Stadler ⁴

Kvalitativ indholdsanalyse: Fem temaer.

- Årsager til at udelade insulin.
- Frustrationer (fx over uventet blodsukker).
- Bekymring for diabeteskomplikationer (akut og på sigt).
- Recovery-strategier (fx etablering af social netværk).
- Tilbagefalds-*triggers* (inkl. daglig diabeteshåndtering).



Izzy
@IzzyTIDE

Sharing the highs & lows as I go through my journey of Type 1 diabetes & disordered eating. its not all a bed of roses
Love tea, bubbles, flowers & all animals



 **typebalanced_**
@typebalanced

Today's todo list:

- ✗ Listen to your ED
- ✓ Eat your meals
- ✓ Take your insulin
- ✓ Trust yourself
- ✓ Believe recovery is possible

2 Spiseforstyrrelser og selvskade på SoMe



Type 2 diabetes: "type 2 diabetes" AND "binge"

Indhold ("uformelle" fund)

- Søger rådgivning fra ligesindede.
- Deling af egen historie. (*binge eating* ↔ type 2 diabetes)

↑ 56 ↓ r/EDAnonymous · Posted by u/lizardbree 2 years ago

I literally gave myself diabetes by binge eating (TW: numbers)

Rant / Rave spoiler

I've been wanting to post about this because it's the biggest shame in my life

My blood sugar has been high for like three years, and I knew it was because of my binges. I love junk food man, and I didn't stop bingeing even though I saw a nutritionist and talked about ED stuff. My BMI was around 38 and I felt so gross

Anyways, in October I was diagnosed with type 2 diabetes. I have to take my blood sugar every day and take medication every time I eat because I'm overweight and don't know how to just.

↑ 4 ↓ r/BingeEatingDisorder · Posted by u/veganketoavocado 1 month ago

How I developed binge eating

So I (19F) have been overweight (obese) my whole life. I never really liked food and didn't eat much but because of PCOS and other medical condition I was always big.

Ages 14-17 I weighed about 300 pounds I ate about 2 meals a day mostly carbs, cheese and veggies (I'm lacto vegan because I never liked meat/eggs). I gave up on anything weight related because I didn't understand why I'm not losing weight if I'm eating so little (not purposefully but just because I didn't really care about food)

Age 18 - I was diagnosed with Type 2 diabetes. Now keep in mind I barely eat. I was mad, I thought to myself why is this happening to me? I wished I could of at least enjoyed the foods or had more food

↑ 10 ↓ r/diabetes · Posted by u/woah-there-satan 11 months ago

I have been advised to start a low carb / ketogenic diet to offset type 2 diabetes but I don't know how to do this with my history of disordered eating

Prediabetic

Sorry if this is more of just a rant.

I have polycystic ovary syndrome with insulin resistance, it's chronic and I've had it since I was around 12.

I'm 5'1 and have struggled with my weight since forever I'm currently sitting around 133 pounds but for my height this is still overweight according to my endocrinologist.

I mentioned that I have a long history of binge and restrict cycling which stems from desperate attempts to regulate my weight while battling bi polar disorder and pcos.

Suddenly I can't have 98% of the foods I enjoy and I just feel lost.

↑ 5 ↓ r/loseit · Posted by u/ghostowns42

F 30 | 5'6" | HW:~260 SW:240 CW:205.6 GW:199 UGW:160 6 years ago

Need help with disordered eating.

Hi. So... I'm overweight. I'm F, 5'6", 230ish lbs, 28 years old. Been overweight my whole life. Diagnosed T2 diabetic 6 years ago, but have been seeing a doctor for about a year now for it.

↑ 4 ↓ r/BingeEatingDisorder · Posted by u/[deleted] 3 years ago

I show many symptoms of Type 2 diabetes, especially after heavy binging periods

I usually eat healthy, with the occasional binge, but in the last few months my thirst / urination has been unstoppable. I also developed thrush / yeast infection after a very sugary binge. I exercise a lot, and am not particularly overweight (could do with losing 5-10lbs though). Am I really causing this to happen to myself? I don't want to fast again because it puts me into a binge cycle, but that appears to also be the best cure for diabetes and probably my most achievable one. (I find restricting a lot worse than fasting)

(reddit.com)

Opsamling: Pointer

- Unge (voksne) er online (næsten) konstant.
- Personer med spiseforstyrrelser og selvskade vil sandsynligvis søge hinandens (skadelige) råd og erfaringer på SoMe.
- SoMe går ikke “væk”, fordi vi ikke taler om dem.

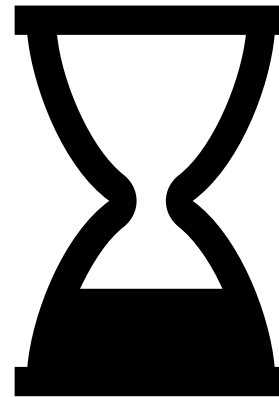




Refleksion og drøftelse

- Hvilke erfaringer har I med brug af SoMe blandt patienter/borgere med spiseforstyrrelser og selvskade?
 - **Fylder** SoMe i jeres daglige arbejde med målgruppen?
 - Hvorfor er det **svært** at tale om SoMe med målgruppen? Hvad **virker**?
 - Hvad ville du/I gerne **lykkes bedre** med i forhold til at håndtere SoMe?

Tak for jeres tid!



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