

second edition

BODY IMAGE

**A Handbook
of Science, Practice,
and Prevention**

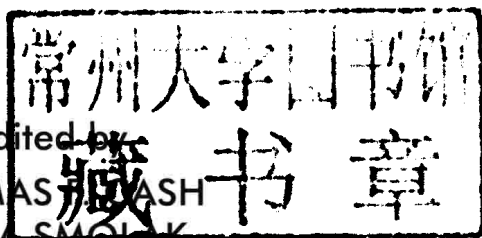
Edited by Thomas F. Cash and Linda Smolak

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A Handbook
of Science, Practice,
and Prevention

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Edited by
THOMAS J. HASH
LINDA SMOLAK



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Preface

Nearly a decade has passed since the publication of the first edition of this comprehensive volume. During this time, the field has continued to grow in the dissemination of scientific research on the multidimensional concept of body image and its implications and applications. Body image, the psychological experience of embodiment, profoundly influences the quality of human life. Historically, much research has focused on body image in relation to eating disorders and disturbances among adolescent girls and young women in Western cultures. However, as conveyed in this volume and its previous edition, increasing topical diversity and sophistication are evident in body image scholarship. Research has expanded to consider body image development and difficulties among boys and men and body image functioning in various cultures. The validation of new body image assessments has proliferated. Appearance-altering conditions within medical contexts are increasingly studied in terms of body image. Our knowledge has grown further regarding the prevention and treatment of body image problems. Simply stated, we know much more about body image than we knew a decade ago.

In this handbook, internationally recognized experts skillfully distilled their scientific wisdom into concise, insightful reviews of specific topics that address the richness and complexity of body image experiences. As in the earlier edition, chapters are meaningfully organized into nine sections. Some topics are novel to this second edition. In Part I, "Conceptual Foundations," there are new chapters to provide contemporary socio-cultural, evolutionary, genetic/neuroscientific, and positive psychology perspectives on human appearance and body image. In Part II, "Developmental Perspectives and Influences," there are now separate chapters concerning body image development in adolescent boys and girls. Part III, "Body Image Assessment," includes a new chapter on crucial issues in body image assessment. In Part IV, "Individual and Cultural Differences," and Part V, "Body Image Dysfunctions and Disorders," chapters have been added covering body image in non-Western cultures, body image

and binge-eating disorder, body image and appearance- and performance-enhancing drug use, and separate chapters on obesity in youth and in adulthood. In Part VI, "Body Image Issues in Medical Contexts," there are new chapters that focus on body image issues in rheumatology and those associated with burn injuries. Part VII, "Changing the Body: Medical, Surgical, and Other Approaches," includes a new chapter on body art. And in Part VIII, "Changing Body Images: Psychosocial Interventions for Treatment and Prevention," the coverage of prevention has been expanded to four chapters.

For both seasoned and aspiring professionals, this second edition of *Body Image* is a distinctively comprehensive, scientifically up-to-date, and clinically valuable resource, particularly for scientists and practitioners in psychology and mental health, as well as those in medical and allied health fields. As editors, we made certain that chapters informatively cross-reference one another. As catalysts for further discovery, each chapter offers an annotated bibliography of "Informative Readings."

Readers familiar with the first edition of this handbook will notice a change in the editorship of the work. Tom Pruzinsky was a coeditor of the first edition. Since that time, he has gradually transitioned to other personally important pursuits. Nevertheless, the present version of the handbook continues to reflect his long-standing devotion to the field, especially his clinical health psychology interests in appearance-altering medical conditions.

In addition to our esteemed contributing authors, many people were vital in the production of this work. As always, The Guilford Press was a superlative publisher. We appreciate their support, and particularly thank Jim Nageotte, Jane Keislar, Carolyn Graham, Anna Nelson, Katherine Lieber, and Paul Gordon. Each editor also personally wishes to recognize certain persons who were instrumental to this work:

Tom Cash: First and foremost, I am grateful to Tom Pruzinsky, my valued friend and colleague for over 20 years. The opportunity to know and collaborate with him has always been inspiring and fulfilling. Tom is one of the most caring and genuine people I have ever known. I sincerely thank my new coeditor, Linda Smolak, for the wisdom, diligence, upbeat attitude, and friendship she brought to this work. From 1973 to 2008, I had the exceptional good fortune to spend my academic career in the Department of Psychology at Old Dominion University. I treasure my experiences there, with the faculty and many undergraduate and graduate students who were integral to my satisfying career. Of course, I am especially grateful to my family—my deceased parents, who always believed in me; my adult sons, who make me proud; my grandchildren, who keep me hopeful; and my wonderful wife, Natalie, who makes me smile every day.

Linda Smolak: I want to first thank Tom Cash for his continued passionate dedication to the field of body image and for the vision that became this book. It is an honor to have been invited to work on it. Tom

brought intelligence, thoroughness, and, importantly, good humor to this endeavor. Second, the contributors to this book, many of whom are long-time friends, were timely and professional in sharing their expertise in these chapters. They made it possible to produce such a rich volume. Kenyon College has been my professional home since 1980. I continue to value my colleagues there despite my recent retirement. In particular, I want to thank my Kenyon friends Michael Levine, Sarah Murnen, and Dana Krieg. Finally, I want to thank my husband, Jim Keeler, for his patience and support throughout this project. He makes my work possible and every day a pleasure. My children—Marlyce, Jesse, and Meghan—and grandchildren—Sabrina, Nathan, Iz, and Lydie—continue to remind me why this work is important and to provide laughter in my life.

Reflecting the rapid expansion of the field, this handbook is testimony to the central importance of body image in the full range of human experience. Our hope is that this volume contributes, in science and clinical practice and prevention, to the alleviation of body image suffering and the promotion of body image acceptance.

THOMAS F. CASH, PhD
LINDA SMOLAK, PhD

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