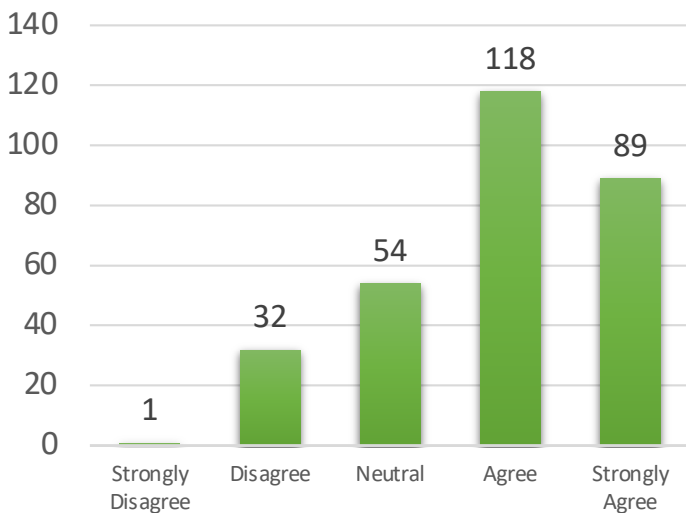


RESEARCH BRIEF

PANDEMIC HOMEBODIES: THE EFFECTS OF THE COVID-19 PANDEMIC ON BODY IMAGE AND LIFE SATISFACTION

During the spring of 2021, 326 participants completed our survey which sought to investigate the impact of the COVID-19 pandemic on young adult's body image, life satisfaction, and current emotions. Thank you to all of our participants! Below are some preliminary results that may spark your interest.

My life has been greatly impacted by the pandemic.



44%

Said they were **distressed** extremely or quite a bit over the past month.



75%

Agreed that they spent a lot of time looking at their **own image** on the screen when videoconferencing.



43%

Said that they often or always felt **comfortable** in their bodies.



53%

Agreed that the pandemic has made it difficult to maintain **eating habits** that best suit their nutritional and lifestyle needs.



What has been the greatest impact of the pandemic on your body image?

"throughout the pandemic I have gained so it's very hard to accept the weight that I have gained, knowing that I was at one point happy with my appearance"

"Gave me a lot of free time to work on myself and body"

"I feel both disconnected from my body but also trapped by its limitations"

"It's almost refreshing to have had a year with almost no judgement on my looks from family and peers.."

"I stopped caring about what people think and put more importance into what I think and feel about my body"



"Increased use of social media to connect with others has led to an increase in opportunities to compare my life/my appearance to others."

Please check our website [here](#) as more information on this project becomes available.

Report prepared by Sierra Tulloch (July 2021)