

Examining the roles of body image perception on the mental health of female athletes in aesthetic sports: a systematic review

Caleb Martin, 'Linda' Trang Nruyen, Ashley Williams, & Jennifer A. Bunn



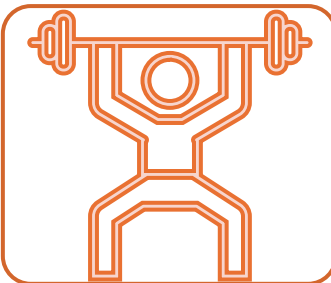
Mental health impact

- Athletes experience anxiety, depression, and stress from negative body perception



Eating disorders

- 69% of studies found links between negative body image and disordered eating



Negative body image

- 62% of studies showed aesthetic sports athletes experience body dissatisfaction

A systematic review of 13 studies involving 1,035 female athletes in aesthetic sports found that negative body image perception significantly impacts mental health, leading to body dissatisfaction, eating disorders, anxiety, and depression.

External factors like coach criticism, judge evaluations, mirrors in training facilities, and social media comments exacerbate these issues. The "thin to win" mentality drives athletes to extreme dieting measures.

Creating positive environments focused on performance rather than appearance, reducing mirror use in practice, and ensuring athletes have access to mental health professionals and dietitians.