



Body Image: A Handbook of Theory, Research, and Clinical Practice

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This uniquely integrative handbook provides a comprehensive account of current theory, research, and clinical practice in the area of body image and body image disorders. The volume's 57 brief chapters have been contributed by internationally recognized experts from diverse mental health, medical, and allied health care disciplines. Conceptual approaches for understanding body image are reviewed, lifespan developmental factors examined, and the influences of gender, physical characteristics, family factors, sexual orientation, and sociocultural variables evaluated. Cutting-edge information is presented on understanding and treating such problems as eating disorders, body dysmorphic disorder, and negative body image experiences associated with disease or other physical conditions. Specific assessment techniques are reviewed and evaluated, and the evidence is examined for a wide range of clinical management approaches, including contemporary psychosocial treatments, weight loss and fitness regimens, psychopharmacology, and surgical interventions.

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