2025 (. . . ., 2024). . . . . N . . . . f . . . . f . (. . . . . f . . f . . . .).

. . . . *C* . . . . . . (G . . . . G . ., 1976; . . . ., 2021) . . . . (D . . . ., 2016).

I . . ., ... N . . . . f . . . . (B . ., 2018; G O . . ., 2020) . . . . (. . . . . ., 2016). . ., ... N . ., ... H . . . . f . . . . (. . . . . . ; G . . . . G . ., 1976), ... f N . ., ... (R . . . . ., 2021; R . ., 2009) . . . . N . . . . f . . . . N . . . . f . . . . (J . . . ., 2021) . . . . f . . . . (. . . ., 2021). . . . . f . . . ., ... f . . (. . . ., 2021) . . . . f . . . . f . . . . (R . . . . ., 2021). . . . . f . . . . f, ... f . . . . f N . ., ... (P . . . ., 2020).

T. a . . b SNS a d MD

. . . . MD . . . . . . (. . . ., 2020) . . . . MD (R . . . K . ., 2019; . . . ., 2021). . . . . N . . MD . . . . MD . . . . N . . (I . . . . . ., 2022) . . . . N . . . . f . . . . (G . . . ., 2023). M . . . . f . . . . M . (2020) f . . . . I . . . .

I ac adc c d

N [illegible] f [illegible] ([illegible]) [illegible]. N f [illegible] f [illegible] ff [illegible] f [illegible] ’ [illegible] ([illegible] ., 2016). [illegible] f [illegible] f [illegible] N [illegible] f [illegible] (C [illegible] ., 2020; GO [illegible] ., 2020). P [illegible] - [illegible] f [illegible] f [illegible] - [illegible] - [illegible] (N [illegible] R [illegible] , 2008; R [illegible] ., 2009; [illegible] ., 2013). P [illegible] (2020) f [illegible] N [illegible] - [illegible]. I [illegible] ’ [illegible] N f [illegible] (B [illegible] ., 2019; [illegible] ., 2018). [illegible] f- [illegible] f [illegible] - [illegible] f [illegible] N [illegible] - [illegible] f [illegible] ff [illegible] ([illegible] ., 2021).

V ’ - a d c

N [illegible] f [illegible] - [illegible] - [illegible] f [illegible] f [illegible] (K [illegible] ., 2022). F [illegible] - [illegible] , f [illegible] ([illegible]), [illegible] f [illegible] N [illegible] f [illegible] f [illegible] - [illegible] f [illegible] ([illegible] , 2018). H [illegible] - [illegible] (R [illegible] ., 2018), [illegible] f [illegible] (C [illegible] ., 2017). [illegible] f [illegible] - [illegible] - [illegible] MD [illegible] (C [illegible] ., 2020). [illegible] f [illegible] f [illegible] - [illegible] f- [illegible] (C [illegible] ., 2021). I [illegible] - [illegible] f [illegible] f [illegible] f [illegible] (F [illegible] ., 2019; [illegible] ., 2021) [illegible] MD [illegible] ([illegible] M [illegible] , 2020).

T c d w

F [illegible] f [illegible] N [illegible] ([illegible] ., 2021). H [illegible] MD [illegible] f [illegible] f [illegible] N [illegible] : [illegible] ’

Pa c,a a d, c d

... BMI ... (... ; C f... ., 2008; M ... ., 2023; M ... ., 2022) ...

... (P... : 205630). ... Af... 20 ... A ... A ... P ... f... 21 ... A ...
F ... I ... A ... P ...

1. Sociodemographic characteristics of gender, sexual orientation and ethnicity in the sample.

Sample characteristics	*N*	%
Gender		
Men (cis)	91	95.8
Men (transgender)	4	4.2
Sexual orientation		
Heterosexual	56	58.9
Gay	19	20
Bisexual	10	10.5
Pansexual	8	8.4
Unsure/questioning	2	2.1
Ethnicity		
Australian	66	69.5
Asian	16	16.8
Indian	7	7.4
European	3	3.2
Did not answer	3	3.2
MDDI scores ‘at-risk’ cut-off (>39)	18	19

N = 95. MDDI: muscle dysmorphic disorder inventory.

[illegible] N [illegible] 5 [illegible] 25, [illegible] N [illegible] (2021) [illegible] (D=.91) [illegible] (D=.81).

T [illegible] a c c d a d c [illegible] (2021) 5- [illegible] L [illegible] 1 ([illegible]) [illegible] 5 ([illegible]). [illegible] A [illegible] N [illegible] 5 [illegible] 30, [illegible] N [illegible] (2021) [illegible] (D=.85). [illegible] (D=.86).

F c [illegible] -a d c [illegible] C [illegible] (2021). [illegible] 5- [illegible] L [illegible] 1 ([illegible]) [illegible] 5

(   ).   . A
                                  f   N   's f   f -
                                                                    ,'   ,'
                                          '   ff . f
                                          f   5 25,   f
    f   (2021)   f
                    (D=.87).   f,
                    . (D = .92).

M c d   c d d   . MD
13-   (MDDI)   (H   .,
2004). R   f   1 (   ). 5 (   ),
                13 65,   .   MD   . A
          f > 39   , f MD,
(H   ., 2022). A
              f   '.   MDDI.   -
                (D=.81),   -   . (= .87)
          .   (H   ., 2004). I   ,   f
                                            (D=.80).

Da a a q
D.   . P   27.   f
                    f   -
                (,   ,   ),   f
                                                  . A   f   J (2023), BMI
                                              ( )   ( );   ( )/(   )^2.
                  f
                                                                                  ,   ,
                                                              . O
f   ,   ff.   (B   , 2015). R
                                                                          f   f
                                                            f   .   f   -
          .

P   N. f   2   (=124.36,   =78.51).
P   f.   , (=3.09,
  =2.11)   BMI   (=25.3,   =3.85;
        BMI=25 29.9 / ^2).   39   . MDDI   -
                    , f   MD,   f 19% (=18) f
                                                  2 f
    f   .

Table 2. Zero-order correlations of sociodemographic characteristics, social networking site activities and muscle dysmorphia symptomatology.

Variable	1	2	3	4	5	6	7	8	9
M	27.2	0.41	3.09	25.3	124.36	10.02	12.02	13.08	30.51
SD	4.45	0.49	2.11	3.85	78.51	3.62	4.87	5.65	8.64
1. Age	–	.13	–.20*	.85	–.11	.10	.21*	–.16	.80
2. Sexual orientation		–	–.10	.16	.24**	.12	.09	–.13	.24*
3. Weekly fitness			–	.86	–.14	.17	–.03	.51***	.26*
4. BMI				–	.41	.16	.21*	.14	.07
5. Daily SNS use					–	.12	.06	–.04	–.02
6. Celebrity and fashion						–	.29**	.53***	.39***
7. Likes and comments							–	.16	.31**
8. Fitness content								–	.35***
9. MDDI									–

Weekly fitness: number of workout sessions in a week; celebrity and fashion: frequency of celebrity and fashion content; likes and comments: important of likes and comments received; fitness content: frequency of fitness-related content. Sexual orientation: heterosexual = 0, non-heterosexual (gay, bisexual, pansexual, unsure) = 1. SD: standard deviation; BMI: body mass index; SNS: social networking site; MDDI: muscle dysmorphic disorder inventory.
*, $< .05$; **, $< .01$; ***, $< .001$.

14.7% ... $=.147$, $(5, 89)=3.062$, $=.13$.

16.1% ... $^2=.161$, $(3, 86)=6.658$, $\leq.001$ ...

MDDI ... $(E=.23, =.023)$.

$(E=.18, =0.111)$ ... $(E=.18, =.165)$ ...

MDDI ... $(E=.26, =.01)$.

... (N R 2008; ., 2013; ., 2021). ...

2018) ... (B ., 2019). ...

., 1999) ...

3. Hierarchical regression model for SNS activities and total MDDI scores.

Variables	Step 1					Step 2				
				95% CI					95% CI	
	B	SE E	Standardised E	LL	UL	B	SE E	Standardised E	LL	UL
Age	0.20	0.20	0.10	-0.20	0.59	0.08	0.19	0.04	-0.30	0.46
Sexual orientation[a]	4.56	1.81	0.26*	0.97	8.15	4.60	1.69	0.26**	1.25	7.96
Weekly fitness	1.21	0.42	0.30**	0.39	2.04	0.70	0.44	0.17	-0.18	1.57
BMI	-0.001	0.23	-0.001	-0.45	0.45	-0.19	0.21	-0.09	-0.61	0.23
Daily SNS	-0.003	0.11	-0.03	-0.03	0.02	-0.01	0.01	-0.08	-0.03	0.01
C&F						0.44	0.27	0.18	-0.10	0.98
ILC						0.40	0.17	0.23*	0.06	0.74
FC						0.27	0.19	0.18	-0.11	0.66
R^2	.147					.308				
R^2 change						.161				
F of change in R^2	3.062					6.658				
Sig. F change	.13					<.001				

Dependent vB

MD. (2). A f f (F.. B, 2022; ., 2008). f f N MD. f f

(G... ., 2023 ; M... ., 2022).

(... ., 2021);

C c

L. D ... https://orcid.org/0009-0007-4990-6523

J M ... https://orcid.org/0000-0001-6222-7612

A   R   P.   . A. .   (APA) (2013)
      .   :   -5. 5.   , DC: APA.

A   C   M A.   (ACMA) (2021)   f
      A   . A   : ://   .   /   / f   /f /2021-05/ %20   -
      . %20   .%20 f%20   %20A   .   .f

B   AL,   RB, K   G,   . (2017) C   f   -
         .   .   . G   135(21): 1991 2002.

B   AL   G   FG (2006) E   .
      .   f   A   8(1): 115 121.

B   . M, A   , P, D   E,   . (2020) A.   ..f .
      . f-   .   :   .   -
      ...   , 15(2):   0229268.

B   B , C..   JA   D   L (2018)   f .   f .   : f-   f   .
      f   (.')   .   f   f   . f   f-
                    . B   26: 83 89.

B   RG (2015)   ,   C,
      29(1): 9 12.

B   CP, D   L   K (2019) B   I   :
                f. f f   .
      81(5 6): 385 397.

C f G, O   R   JK (2008)
                                  . C   49(4): 374 379.

C   ER, P   I   L M C (2017) F   :   f
                                       19(3):   95.

C   I, D L   I, G   (2021) F   :
                                      :   ,
      4   1: 100010.

C   E, F   R   D   A (2020) I   :   -
      f   .   C
      A   54(4): 1270 1297.

G   ML, G ff   , M   D,   . (2017) M   :   f
                f   f   C   31(4): 255 271.

D   . D, P   , D G   f H,   . (2016) A   .
      -   . f   f   :
       4   45(1): 211 224.

D   B (2023)   :
      2023? A   : ://   .   (27 M   2023).

D   J (2023) M   f   I   . A   : ://   /   -
      .../421169/   -f   -   / (3 J   2023).

E   , M   K,   (2018)   f   f   -
                           :   20(6):   219.

F   J, F   J   R   RM (2019) M f   :   f   ,
                                                      . f   ,   -
                            &   21(6): 1311 1325.

F F, E   f   E, L   AG,   . (2007) G*P   3: f   -
          f   ,   B   39(2):
      175 191.

F   . G, B   B, C   G, . . (2022) H   . .   .   .   f   :   f .
       4   . . ., 7(3): 419 458.

F   O, H   K   K   A (2020) A   .   f.   . (N)   f
       ,   . 29(1): 26 49.

F . . J   B,   J (2022) M   . ,   ,   f   :   R
      . .   .   .   ,   + . . E   f   . 26   DOI: 10.1177/
      2056305122112604 0.

G .   K , H   L, G   ML, . (2023) M .
                                  f C   B   ,   44: 178 186.

G .   K , H   L, R   RF, . (2023) C .   .
       f   .   f C
      .   .   .   ,   28(1): 10.

G   G   G . L (1976) L   .   : .   f .   . C -
       .   26(2): 172 199.

G   E ,   IM, K f   AA, . (2020) G   ff
                f .   .   f .
      E   . C   A   ,   44(1): 13 20.

G   .   R   BJ, C   PL, . (2023) M   .   f   .
                f   f
       .   14: 1116686.

G   , C   JP, B   A, . (2021) A
       f .   ,   .   B   ,   38: 289 294.

GO   , G   JPD,   F, . (2020) M   .   I   . .
       C   , B   ,   23(5): 81 289.

H   R, . .   A, Iff , . (2022) A   -
                                   . - ,   f
      10(1): 109.

H   , JH   K   (2014)   J   f P   . :   f   f.
       C   C   1(3): 269 288.

H   JA, B   . JA,   JK, . (2022)   f.   :   f .
                                             .   f   ,
        f   .   . B   ,   41: 292 297.

H   . . ., L   . DG (2004) M   :   -
           . f   .   . B   ,   1(2): 169 181.

H   , L E J   L   (2016)   .   . . ., f . ,   . : .   . f
                      .   ,   . f   .
       .   .   . + . . E   f .   . 16 A   DOI: 10.1177/2056305116664216.

I   .   C, P   A, C   GA, . (2022)   -
                                           .   - .   . : .   . -
                              f   .   ,   27(3): 1131 1140.

J   HK, M   . MD, M L   A, . (2021) M   f   :   -
                                                    . f
                     4   50(12): 2279 2293.

J   . H, C   H   H   . (2012) M   .   .   . . :   .
              . C   62: 454 472.

J   F   C   E   (2022) Eff   f f   :
                                             27(8): 3017 3035.

K K, R B K (2022) F : f B C 10(1): 320.

L M L HH (2019) Eff f f C 43(4): 549 561.

L M L HH (2020) A f K 82(11 12): 743 753.

L RA, P HG J G JJ (1999) G f f 29(1): 90 93.

L J (2023) M A ://. / #: = %20I %20F %20 f%20B B %20 30%2C000%20 %20 f %20

L C, P LE, F MA, (2017) M : f f I f 256: 231 236.

M C A, B P M A (2022) L

R... RF, P... J. C... H (2009) Eff... f... ... ... f... ... ... *B...*, ... 6(3): 171 177.

R... AM (2009) ... ... f... ... I : N... RL... O... MB (...) ... *A...* ... ... O..., CA: AGE, ... 147 159.

R... FC... K... DJ (2019) ... f... ... ..., ... f... , ... f... ... ..., 9(4): 412 435.

... AN ... (2019) A... ... ... f... ... ... C... , ... *B...* ... 101: 259 275.

... M, ... L, H... IA, ... (2023) I... ... ... - ... ... M. D... ... ... f. ... *B C* ... 23(1): 342.

... K... M... A (2020) R... f I... ... ... f... ... ... f ... ... : ... ... f... ... ... 65: 93 100.

... E, N... C... ff-D... (2013) ff... f... ... -... ... ... f... ... ... & ... 14(1): 76 87.

... L, B... M... ... (2016) ... L, ? A... ... ... L... F... I : ... *19 AC* ... ... F... ..., CA, 27 F... 2 M..., ... 1501 1510. N... : ACM.

... E, C... C... PO (2020) I... ... ff... f... ... ... 18-34 ... ... 2016 ... P... H... ... *B C* ... 20(1): 1753.

... B... GL... D... ff AL (2021) ... ... f... : ... ... f... ... ... & ... 22(1): 189 200.

... LE, P... AA, H... LM, ... (2016) ... f... ... : ff... f... fi... ... ... 27(7): 1027 1035.

... (2024) ... ... f... 2011 ... 2025. A... : ... :// ... ... /... /565628/ ... ... / (... 10 J... 2024).

... I, P... H, I... EJ, ... (2020) I... ... ... ? ... f 984 ... ... *B* ... & ... 6(1): 000708.

... JP, K... E... O... P (2021) B... (I...) ... ? A... ... ff... f I... ... ... 10(1): 87 97.

... J... P... A (2016) ... : ... f... f... ... *C* ... 33: 1 7.

... P, ... ME... I... N (2022) ... ... f... ff... ... 7(2): 137 152.

... M, ... DN... G... PA (2020) P... f... ... ff... D... C..., B... I... *A* ... 8(1): 4 10.

JK, H   LJ, A.   M, . . (1999)   *B*   , A   , DC: A   P.   A.   . (APA).

M   A   I (2020) M   I   ff   f I fi   'f   f   . *B*   , 35: 237 244.

M   M (2018)   I   '   23(8): 1003 1011.

M, H   , B   , . (2018)   ff   f I   , '   . *B*   , 26: 90 97.

M, M   C   L (2008) B   f   13(8): 1163 1172.

D, E   C   C   I (2016) M   : .   B   , 9: 179 188.

L, F   J   M (2022)   :   f   C   45: 101289.

CB   J A (2023) *B*, *C*   C   I   , FL: P   R   .