

HOW TO READ A SCHOLARLY JOURNAL ARTICLE

Reading scholarly journal articles can be challenging. This is because journal articles are often written for other academics (e.g. professors or researchers) in a given field rather than for students.

To make the reading process easier follow these simple steps:

1. **Read the Abstract.** An Abstract provides a short description or summary of the article's main points. Abstracts usually appear at the beginning of an article, and give readers a good overview of what the article is about. As you read the Abstract, ask yourself if this article will help you answer your assignment question. If the article doesn't seem relevant look for something else.

The Effect of the **Media** on **Body** Satisfaction: the Role of Gender and Size.

Authors: [Ogden, Jane](#)
[Mundray, Kate](#)

Source: [European Eating Disorders Review](#). Sep96, Vol. 4 Issue 3, p171-182. 12p.

Document Type: Article

Subject Terms: [*Body size](#)
[*Human body](#)
[*Obesity](#)
[*Eating disorders](#)
[*Nutrition disorders](#)
[*Anorexia nervosa](#)

Abstract: Media images of stereotypically attractive women are often cited as contributory factors in body size distortion and body dissatisfaction. In fact, recent research suggests that acute exposure to such images may exacerbate body distortion in women with eating disorders. The present study examined the effects of acute exposure to images of stereotypical attraction (thin pictures) compared to images of overweight individuals (fat pictures) in both men and women. Twenty men and 20 women completed measures of body satisfaction before and after viewing images of either thin or overweight individuals matched for the subjects' gender. The results suggested that subjects of both gender reported feeling less satisfied with their bodies as measured by rating scales (e.g. feeling fat, feeling attractive), body silhouettes and body size estimation, after viewing the thin pictures and showed improved body satisfaction after viewing the overweight pictures. The results also suggested that this response was greater in the female than in the male subjects for some of the measures (et feeling fat, feeling toned) and was unrelated to levels of restrained eating. The results are discussed in terms of the role of the media in determining body image and the possible use of such images in clinical practice. [ABSTRACT FROM AUTHOR]

2. **Read the article's Introduction and Conclusion/Discussion sections.** These sections will give you an understanding of the article's main points and conclusions.
3. **Read the body of the article.** Most articles will be broken up into sections. Read all the section headings before reading the content in each section. Some sections may not be relevant to you. Read the sections that are.
4. **Take notes as you read, and try to put the article's main points into your own words.**
5. **Record the article's publication details so you'll be able to reference it correctly if you decide to use it in your assignment.** If the article came from the library's webpage you can use the Cite tool to obtain a reference:

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