

# Communication theory and research

[Literature](#), [Russian Literature](#)



Communication Theory & Research The article concerning fat talk is revolving around the dissatisfactions that people may exhibit through talking about their weight. While this does not help the situation, it may have far-reaching psychological effects such as depression. The connection between fat talk and mental health issues can be weakened through reducing the fat talk, engaging in health campaigns, and changing the topic or using a more positive side of the talk such as showing those involved that they are also attractive (Arroyo and Harwood 179-184). The researcher contributed towards this issue through provision of information that has not been presented by other researchers, provision of solutions towards the same, and by tackling a key social issue. The researcher was interested in studying this topic because she wanted to raise the awareness of the effects that can result from a simple fat talk. In addition, in view of the negative mental concerns highlighted, she also intended to provide certain solutions to deal with this issue because dissatisfaction with one's own body could be disastrous in a person's interaction with other people in the society. This is because these individuals can view themselves as unwanted or as ugly making them vulnerable and prime targets for bullying. From a personal perspective, this research is both unique and important. This is because it tackles a topic that most people do not view as important but has far-reaching effects. Furthermore, besides providing information on effects of the same, the article has also provided adequate information on how to revert the effects of the fat talk. This is the most important part as it provides a solution.

#### Works Cited

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Arroyo, Analisa, and Harwood, J. “ Exploring the causes and consequences of fat talk.” *Journal of Applied Communication Research*, 40, (2012): 167-187.  
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