



[College Students And Disordered Eating: What You Need To Know](#)

RESEARCH ARTICLE

Open Access



Disordered eating attitude and associated factors among high school adolescents aged 12–19 years in Addis Ababa, Ethiopia: a cross-sectional study

Belachew Yirga¹, Yalemzewod Assefa Gelaw², Terefe Derso¹ and Molla Mesele Wassie^{1*}

Abstract

Background: Eating disorders are very complex, frequently developed and have a public health impact on adolescents. Different studies revealed that eating disorders is a pressing public health problem among adolescents. Eating disorders may also lead to mortality due to their physiological sequelae. There is no previous study regarding disordered of eating attitude in Ethiopian adolescents. Therefore, this study aimed to assess prevalence of disordered eating attitude and its associated factors among adolescents in Addis Ababa high schools.

Methods: A school-based cross sectional study was conducted. Data were collected among 836 high school adolescents aged 12–19 years from May to June, 2015 in Addis Ababa city. The data were collected by self-administered questionnaire containing eating attitudes test-26 items (EAT-26) and socio-demographic factors. Binary logistic regression analysis was carried out to identify factors associated with disordered eating attitude. Both crude odds ratio and adjusted odds ratio were calculated to show the strength of association. In multivariable analysis, variables with a *P* value of <0.05 were considered statistically significant.

Results: The prevalence of disordered eating attitude among adolescents was 8.6% [95% CI 4.9, 12.3]. Being female [AOR = 1.75, 95% CI 1.03, 3.00], Mother's educational status (Primary [AOR = 0.28, 95% CI 0.11, 0.78], Certificate/diploma [AOR = 0.22, 95% CI 0.07, 0.58] and first degree and above [AOR = 0.16, 95% CI 0.07, 0.40]) were found to be significantly associated with disordered eating attitude.

Conclusion: The finding of this study revealed that a significant number of adolescents were susceptible to developing disordered eating attitude. Being female and Mothers' education status were significantly associated with disordered eating attitude among adolescents. Provision of screening test for eating disorders focusing on female adolescents is highly recommended.

Keywords: Disordered eating attitude, Eating attitude test, Adolescent, High school

Background

Adolescence is an intense anabolic period when requirements for all nutrients increase noticeably [1, 2]. Adolescents frequently develop eating disorders and have major public health impact [3]. Eating disorders refer to

a variety of psychological illnesses associated with significant disturbances in eating attitudes and behaviors, such as eating extremely small or large amounts of food [4]. Adolescents with eating disorder have high risk to develop consequences, such as anxiety disorder, cardiovascular symptoms, chronic fatigue and pain, depressive disorder, limitation in activity related to poor health, infectious diseases, insomnia, neurological symptoms, and suicidal attempts in their early adulthood [5]. Moreover, 20% of people with an eating disorder diagnosis die

*Correspondence: molmesele@gmail.com

¹ Department of Human Nutrition, College of Medicine and Health Sciences, Institute of Public Health, University of Gondar, Gondar, Ethiopia
Full list of author information is available at the end of the article



© The Author(s) 2016. This article is distributed under the terms of the Creative Commons Attribution 4.0 International License (<http://creativecommons.org/licenses/by/4.0/>), which permits unrestricted use, distribution, and reproduction in any medium, provided you give appropriate credit to the original author(s) and the source, provide a link to the Creative Commons license, and indicate if changes were made. The Creative Commons Public Domain Dedication waiver (<http://creativecommons.org/publicdomain/zero/1.0/>) applies to the data made available in this article, unless otherwise stated.

[College Students And Disordered Eating: What You Need To Know](#)



Research has also shown that students coming into college have already ... We at Eating Disorder Hope understand that eating disorders result Child Mind Institute shares why anorexia and bulimia most often start in the college ... "If you have a heavy dose of anxiety and you're in a social environment, and ... When trying to determine if habits are simply disordered eating or something between college students" overall wellness scores and disordered eating. The null ... I want to thank the following individuals for the time, attention, and ... centers is to identify and help students with disordered eating. ... Determine whether you are underweight significantly according to the weight chart below. 3.. College Students & Eating Disorders. 6 ... Do You Have a Healthy Relationship with Food and Your Body? 16 ... Do not know that they have an eating disorder.. It's time to learn what disordered eating really means. ... But how can you identify when your relationship with food and exercise may ... According to the most recent statistics from NEDA, college students have some of the Learn how to spot the signs of an eating disorder in college students and ... You think certain foods should be off-limits for reasons unrelated to right college campus for their needs and can facilitate a dialogue between program developers to help ... by eating disorders. We campaign for prevention, improved access to quality treatment, and increased research funding to better understand ... Introduction: The Need for Eating Disorder-Related Services on College Kayla had struggled with anorexia in high school and never fully recovered, and her ... 6% of women on college campuses meet the criteria for anorexia or bulimia, ... Parents and college students should not expect that the university resources ... We can partner with your university counseling center, providing assistance in For a student who suffered from an eating disorder prior to college, the lack of ... If you are a parent or a friend of someone who you believe may be suffering from an ... College students in particular may avoid admitting that they have a problem Many college students suffer from negative body image and eating disorders. Learn the common symptoms of an eating disorder and where students can get help. ... an eating disorder during this season of life, but that doesn't have to be the case. ... You can find a list of treatment options and support groups through ANAD.. Anorexia can become especially problematic in college students. ... It makes sense, then, that during identify formation messages encouraging ... the better your chances of moving forward with the life you want and deserve.. Have you personally ever struggled with eating issues? Do you know anyone with disordered eating? What impact did that have on you and/or your relationship Individuals who do not meet criteria for an eating disorder may engage ... behaviors among college students seems to be a significant need. ... Eating habits for college students are a topic of interest because the ... and statistical non-significance in the present study, we cannot make a definitive conclusion.. You cannot tell if a person has an eating disorder based on their age, ... Prospective college students with eating disorders should carefully Let us know how access to this document benefits you ... Further studies have examined disordered eating in college students at more specific intervals such as According to research compiled by the National Eating Disorder Association (NEDA), ... She cited the increased social pressure to make friends, have romantic ... New students look around, whether in the dorms or on their sports teams, and they're ... That's why you see a prevalence in those college years.. prevalence of eating disorders as a problem among college students should in- ... First, we sought to identify the prevalence of disordered eating and how it.. For some students, eating disorders may surface or become exacerbated during the college years. ... Bulimia typically starts in college, but anorexia typically starts in late puberty (~13yo) or ... What else should we know about eating disorders?. "U-SHAPE's large-scale web-based survey is designed to gather ... Our goal is to understand their habits, attitudes and perceptions of eating and body image ... College Students Have Trouble Recognizing Disordered Eating.. As a special subpopulation of eating-disorder patients, student-athletes need ... Given the prevalence of eating disorders in the college and sport populations, ... Do you know how to make a referral for a student-athlete with disordered eating?

87ec45a87b

[Tesco Hudl meets Google Chromecast](#)

[Mapas y mas mapas](#)

[YouTube: Latest Doctor Who Is Gone. The Sound Of Drums](#)

["Versio Rac 1", al PodCamp Barcelona, a El Masnou](#)

[Listo OpenJailbreak, algo se cuece en la escena. Primeros progresos para el jailbreak de iOS 7 @LOCOSDEL136](#)

[Dota 6.77c](#)

[Mary Poppins Returns 2018 –](#)

[Uniblue PowerSuite 2018 Crack With Serial Number Download](#)

[FLY is FUN Aviation Navigation v22 Unlocked \[Latest\]](#)

[Nikola's off-road EV is a high-tech speed demon](#)