

4th International Congress on Neurology and Neuropsychiatry

July 10-11, 2023 | Webinar

Prevalence and Associated Factors of Eating Disorders among Young Adults

Abstract

Eating disorders (ED) are predominantly complex illnesses that began to rise most frequently among adolescent girls and boys and among specific ethnic groups. In addition, EDs are particularly observed in patients with past obesity records. Despite the high prevalence, associated morbidity and mortality, and available treatment options, EDs continue to be unrecognized by many health professionals.

Objective: The cross-sectional study was to assess the prevalence of EDs and their associated factors among young adults.

Methods: A quantitative approach was applied to 382 students of private institutions in Dhaka city from June to December 2021. Young adults aged between 18 to 30 were chosen purposively and were assessed by an online-based pretested 5-item SCOFF questionnaire after receiving informed consent. Both SPSS, version-26, and MS Excel were used for data analysis and interpretation.

Results: As EDs prevalence, 190 (50%) females and 95 (24.95) males reported having eating disorders. As associated factors, EDs were influenced by social media (59%), bullying (10%), TV and commercials (24%), loneliness (23%), cyberbullying (12%), and concept of maintaining a slim body (30%). Other parts of the SCOFF questionnaire were assessed regarding feelings of self-image by peers, friends, and families. 47% felt ashamed or insecure about their body image in front of peers and families. In response to maintaining body shape or weight, 42% reported surviving
On empty stomach for 6 or 7 days and felt pressure to continue doing so.

Conclusion: However, this research recommends finding more adequate results and sharing them with health professionals and public health experts to gain substantial concern in this domain.

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Biography

Dr. Sharmin has obtained her bachelor's from Marks Dental College & Hospital, Dhaka, Bangladesh. Which is under the University of Dhaka and has completed her master's in public health from North South University, Dhaka Bangladesh. Dr. Sharmin has obtained also a year-long professional certificate course program on Public Health and [Health Sciences](#) at University of the People which is an American-accredited online university. Currently she is working as a Lecturer & Department coordinator, School of Public Health & [Life Sciences](#), University of South Asia (UniSA), Dhaka, Bangladesh. She has four publications in international journals. Besides this, she is a professional content writer and she has also three portfolios in three websites in different niches. Her fields of interest are research in public health.

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