*Communications Essay: Proposal and Annotated Bibliography*

**Proposal:**

The topic that I am researching are the inevitable causes of “Slender Trap”. Anorexia Nervosa is a very fatal eating disorder that has killed many young lives, particularly young women. I will argue that Anorexia Nervosa is not only caused by negative social conditions but also because of genetic and socio-economic influence. To elaborate, this medical condition is induced by social acceptance, genetic condition, and economic poverty. This topic interest me by the reason that Anorexia Nervosa is a common illness among women. I want to spread awareness and apprise the fact that Anorexia Nervosa is not a choice and can be caused by many factors.

**Annotated Bibliography:**

McGuire, J. (2017, October 9). *Genetic Factors Behind Eating Disorders*. Retrieved from

https://www.eatingdisorderhope.com/blog/genetic-factors-eating-disorders.

McGuire’s article provides a research that demonstrateshow genetic factors can aggravate an eating disorder such as Anorexia Nervosa. The research explainshow a young woman whose family has a background with eating disorders are 7-12 times more likely to be diagnosed with Anorexia Nervosa. Also, a study in Iowan University and University of Texas Southwestern Medical Center found that an individual with two mutated genes, the ESRRA and HDAC4 had a 90% and 85% chance of developing an eating disorder.In addition,*Genetic Factors Behind Eating Disorder*article will help me expand my essay because of its research about genetic mutations and conditions thataffects the symptoms of the chronic illness, Anorexia Nervosa. Thisarticle will fit into my essay because it justifies the fact thateating disorder can be hereditary and can be caused by genetic conditions. To conclude, I can use this piece and the research that’s been made in universities to support my thesis and help me shape my argument.

Olsen, H. B. (2017, February 16). *Yes, Poor People Have Eating Disorders, Too*. Retrieved from

https://everydayfeminism.com/2017/02/poor-people-eating-disorders/.

The article *Yes, Poor People Have Eating Disorders, Too*, proves that Anorexia Nervosa can also be a cause of poverty which is a socio-economic influence. It emphasizes that eating disorders aren’t just for rich young women but also for the poor. Olsen explains how depression and other mental illness along with eating disorder collides with poverty. She supported this with her own personal experience-howat a young age she was bothered with her weight, money, and calorie intake. Olsen often felt guilty as she vomits all the food that she ate which embodies all the dollar bills that has been lost. With all this being said, *Yes, Poor People Have Eating Disorders, Too* article will help me expand my essay through her personal experience. Her personal experience with poverty and Anorexia Nervosa will help me emphasize that socio-economic factor can also have a great impact to eating disorder. Thus, this article fit into my research as she proves that Anorexia Nervosa is not only for rich people but can also happen to young women who’s going through poverty.

Piscatelli, T. “Slender Trap”. *The Reader: Essay Essential with Readings Seventh Edition,* edited

by Rhonda Dynes, Sarah Norton, and Brian Green, 2019, pp.129-130.

Piscatelli’s article provides an overview of the negative impact that the society has brought to all young women who developed an eating disorder. She claimed that young women who are diagnosed with Anorexia Nervosa are victimized by the social standard of our society. With the standard being set, young women are forced to starve themselves just to receive the social acceptance that they deserve. In addition, she blamed media’s unrealistic portrayal of body image and argued that attractiveness is not based on how slender the women can be. To conclude, the article “Slender Trap”will help me develop my essay as it supports the fact that Anorexia Nervosa is also caused by social conditions. This source will fit into my research as it demonstrates the undesirable effect that the society has brought upon the ideal body image of our young women.