Research and Critique a Qualitative Study

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The qualitative research study by Melisse et al. (2020) investigates the increased risk of eating disorders (ED) and related illness in the Arab world. The authors established that the people from these regions had little concerns about the prevalence of ED because many did not desire for thinness. Nonetheless, the recent data record an increased rate of the people suffering from eating disorders, as they adopt the thin ideal. As a result, the investigators sought to establish the reasons behind the socio-cultural change that motivate individuals towards developing thin ideal (Melisse et al., 2020). The research question was that; what is the estimated point-prevalence of Arabs that are at risk or display symptoms of ED? Therefore, the researchers focused on identifying the susceptibility of the Arabian women, men, and adolescents to the disorder. Besides, they aimed at establishing the factor that influences the socio-cultural changes.

The research adopts the phenomenological design in qualitative research, to explore the prevalence of eating disorder in Arab nations. The study involved the systematic review and analysis of 81 cross-sectional peer-reviewed articles on eating disorders within that region. Therefore, the researchers employed the purposive sampling technique to acquire the most relevant literatures on the prevalence of ED in Arab nations. The articles specifically entailed research studies that ranged from 1986 to 2019. Besides, the selected peer-reviewed articles had to constitute key terms that relate to ED (Melisse et al., 2020). Additionally, the investigators adopted thematic analysis techniques to establish the relevant ideas and information regarding the topic under investigation. In this case, the deductive approach was integral because the researchers had a predetermined theme for the study. The lastly step was to establish the research findings and conclusions that provide clear illustration of the phenomena under investigation.

The research findings established the unique behaviors and symptoms that resemble the signs of ED among the Arabian population. Besides, it identified the motivational factors that trigger the ED. The investigations recognize that many people from these regions demonstrate disturbed eating traits at adolescence, which reduce as they approach adulthood. Besides, they establish that many people have introduced dieting measures, as evident by the 40% of the Saudi Arabian population (Melisse et al., 2020). Also, the studies indicated an increased sense of body dissatisfaction among the women from the Arab nations, which motivate the desire to be thin. The prevalence of the eating disorder is high in women than in men. Many people displayed various ED symptoms such as binge-eating that is predominant in the adolescents. Besides, some demonstrate the compensatory traits that include the use of laxatives. Lastly, the restrained eating behaviors, to regulate their body weight and size were considered as an ED symptom.

In addition, the thematic analysis of the selected literature reviews established various critical factors that motivated the thin ideals in the Arab regions. First, the studies indentifies that the increased wealth, especially in Saudi Arabia, inspired individuals’ desires to maintain their body size and shape. Secondly, it is revealed that increased exposure to the western world introduced the idea of thin bodies to the Arab region (Melisse et al., 2020). Many people have traveled to Europe and America, and have observed how individuals with thin bodies are appreciated. Thirdly, the study revealed that the media use, internet access, and exposure to television programs led to the adoption of westernized attitudes towards body size and weight. Lastly, there was an increased concern about the high rate of obesity in Arab nations such as Egypt, Oman, Saudi Arabia, and Syria. The qualitative research shows that the socio-cultural changes have immensely inspired the thin ideas, which motivate the undesirable behaviors of ED.

The published qualitative research study focuses on the social constructivism paradigm to establish the research question and the conclusions. For instance, the investigators identify that the thin ideal is a westernize perceptions of a perfect body size. The culture has spread to the Arab nations through the elements of globalization such as travelling and access to media sources. Therefore, the societies in these regions have developed similar perceptions that an ideal person has to be thin, and with certain body size and weight (Melisse et al., 2020). The selected research article established that the desire to attain the perfect bodies, as attributed by the societal beliefs, has motivated many people to develop eating disorders. The study had no evidence of reflexivity because it evaluated diverse scenarios across the Arab nations. Besides, the studies did not display biases, since the researchers assessed issues affecting people from all gender and across all ages.

On the other hand, it is difficult for the qualitative research to achieve generalizability because it only focuses on the Arab population. Nonetheless, it accurately adheres to its initial theme, and focuses on providing answers to the research question. Besides, the researchers are expected to apply the relevant ethical principles during data collection and analysis. For instance, the APA standard 2.04 demands the investigators to establish the bases for scientific and professional judgments. The professionals must thrive towards maintaining competence in their work, to ensure that the research findings and conclusion are accurate and valid. Besides, standard 8.01 demands for institutional approval, which gives the investigator the permit to conduct the research studies. Besides, it allows the professional to comply with specific protocols and standards for data collection and analysis.

Reference

Melisse, B., de Beurs, E., & van Furth, E. (2020). Eating disorders in the Arab world: a literature

review. *Journal Of Eating Disorders*, *8*(1), 59. <https://doi.org/10.1186/s40337-020-00336-x>