Eating Disorder

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Eating Disorder

The literature review article has analyzed different perspectives regarding eating disorder. For instance, it discusses different variables related to the disorder from different articles. The first variable is disturbed eating disorder, especially among females during their adolescence stage. The second variable is dieting, where forty percent of the Arab population, consisting of both men and women, is on diet. The third variable is body dissatisfaction. In this case, most Arab females tend to be dissatisfied with their curvy bodies, thus, they develop eating disorder (Melisse et al., 2020). The article has also reviewed various signs and symptoms of eating disorder from different articles. One of the symptoms is binge eating among adolescents. The second symptom is restrained eating behavior, particularly among Arab females. Different articles report that Arab adolescents with emotional eating and those with obesity are more vulnerable to restrained eating habit (Melisse et al., 2020). Some of the methods used to study this topic were interviews, questionnaires, and case studies. Interview method involves collecting data from the participants using face-to-face methods, telephones, or through computer technology like Skype.

Characteristics of interviews are that they can be formal or informal, have a semi-structured approach, are time consuming, and allow the researcher to read the interviewee nonverbal cues. The shortcoming of using interview as a research method is that the researcher may not remember everything that the interviewee said and note taking can interfere with the interview. The solution to this problem can involve having a video or audio tool that records the interview. Questionnaires contain several questions, which can be open-ended or closed questions. The characteristics of questionnaires are that they are effective for a large group of research participants, respondents have enough time to think and answer the questions before submitting them, and they are not worried about the researcher’s reaction when giving their answers. However, the disadvantage of using questionnaires include low response rate. Also, participants may fail to answer all questions and this can affect the ability of the researcher to gather all relevant data. Another method is the use of case studies. This method deals with carrying out a detailed study about a specific person or group. Its features include the use of both interviews and questionnaires, may involve consultation of other people or groups, and the researchers’ interest may be of particular phenomenon, for instance, in this case, the interest of the researchers was eating disorder (Melisse et al., 2020). The advantage of this method is that it has narrow focus, thus, researchers can get detailed data for their studies.

**Summary**

Eating disorder is a health condition that has significant effect on an individual’s wellbeing. It can lead to substance abuse, anxiety, suicide, obesity, and depressive symptoms. Eating disorder has become prevalent in the Arab world due to increased influence from western culture, social changes, and media. Arabs, especially females, have begun to admire thinner bodies. Some of the signs and symptoms of eating disorder are body dissatisfaction, dieting behaviors, and disturbed eating behaviors (Melisse et al., 2020). Cultural factors are the major causes of eating disorder among Arabs. Previously, Arabs associated curvy bodies with fertility and wealth. They also thought that Arabs would never suffer from this disorder. However, recent research studies indicate that this condition affects all populations across the world, especially cultures that are adopting the western values. The effect of cultural transition has been significant in the Arab world due to rapid socioeconomic and sociocultural changes, such as the adoption of western values, lifestyles, beliefs, and language. Exposure to western media has played a significant role in promoting the idea that being thin is ideal, especially among women, hence, leading to eating disorder.

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). <https://doi.org/10.1186/s40337-020-00336-x>