

Eating Disorders Among Young Women: An Annotated Bibliography

Belangee, Susan E. and others, "Exploring the Relationships Between Lifestyle Personality Attributes and Eating Disorder Symptoms and Behaviors in a Non-clinical Population," Journal of Individual Psychology 59, no. 4 (2003): 461-475.

This article details a study of non-clinical disordered eating patterns, a subject that has been given little attention up to this time. The results show that like those clinically diagnosed as anorexic or bulimic, the most significant drive behind dissatisfaction with body image amongst the non-clinical population is the intense societal pressures for "thinness". These lifestyle pressures, only becoming amplified among young women, are linked to eating disorders, Belangee and associates state.

Calogero, Rachel M., "A Test of Objectification Theory: The Effect of the Male Gaze On Appearance Concerns in College Women," Psychology of Women Quarterly 28, no. 1 (2004): 16-21.

This article describes an analysis of the objectification theory, which states that women's bodies have been the subjects of constant evaluation and scrutiny throughout history (they are "objectified"). In this study, the impact of an anticipated male gaze among 105 undergraduate females proved to cause feelings of inadequacy and shame about one's body, which led to a subsequent self-objectification.

Cumella, Edward J., "'Recognizing the unique treatment needs of eating disorders,'" Behavioral Health Management 22, no. 6 (2002): 10-15.

This article primarily explores ways in which to treat those with eating disorders, including Anorexia Nervosa, Bulimia Nervosa and Binge Eating Disorder. Cumella asserts that

treatment is essential because the effects of these diseases are numerous and can be extremely damaging to one's health. Inpatient treatment is best for more severe cases, says Cumella.

Fitzgibbon, Marian and Stolley, Melinda, "Minority Women: The Untold Story,"

PBS: Nova Online. <http://www.pbs.org/wgbh/nova/thin/minorities.html> (Dec. 2000).

This article addresses the growing number of eating disorders within the minority community, specifically that of African-American and Latina females. The authors challenge the general belief that minority women display a more positive body image by showing that the incidence of disordered eating patterns among them is rising and can often times be more intense because of pressures to assimilate. The authors add that not enough research has been done among other minorities (particularly Asian American and Native American women) to make a clear assessment of the problem in those communities.

Muehlenkamp, Jennifer J. and Saris-Baglama, Renee N., "Self-Objectification and its

Psychological Outcomes for College Women," *Psychology of Women Quarterly*
26, no.4 (2002): 371-379.

This study tests the relationship between self-objectification and disordered eating. Findings suggest that self-objectification leads to lower self-awareness and increased dissatisfaction with the self, often leading to disordered eating and the desire to "improve".

National Eating Disorders Association. "Statistics: Eating Disorders and Their Precursors." *The Official Site of the National Eating Disorders Association*.

http://www.nationaleatingdisorders.org/p.asp?Webpage_ID=286&Profile_ID=41138
(2002).

This provides current statistical information about eating disorders. Although it states that many eating disorder cases are not reported, it notes estimates that a 5-10 million girls and

women suffer from eating disorders (as compared to 1 million men) and also that a majority of girls and women are engaged in dieting practices.

Robinson, Paul, "Eating Disorders: Essential Information," Student BMJ 8 (2000): 189.

This article discusses diagnostic criteria of eating disorders Anorexia Nervosa and Bulimia Nervosa. Robinson states most common cause is dissatisfaction with body type resulting from cultural/societal pressures for "thinness" and perfectionism; familial situations and/or histories of abuse or depression often time play a role as well. The article suggests treatment options, includes a case study, and provides useful Web sites for more exploration.

Royal College of Psychiatrists, The. "Anorexia and Bulimia." Rev. July 2001.

The Official Site of The Royal College of Psychiatrists.

<http://www.rcpsych.ac.uk/info/help/anor/index.htm> (1998).

This online leaflet explains symptoms of anorexia and bulimia and their serious health consequences. It notes that these disordered eating patterns usually occur among young women, and can be associated with a variety of causes, including social pressures, perfectionism, familial situations and depression. Some advice for seeking help and treatment is also provided.

Schwitzer, Allen M. and others, "The Eating Disorders NOS Diagnostic Profile Among College Women," Journal of American College Health 49, no. 4 (2001): 156

This article details a study conducted to explore the Not Otherwise Specified (NOS) eating disorder profile. This framework includes college women with weight preoccupations that are less severe than those of women with anorexia nervosa or bulimia, but are, nonetheless, apparent. Results indicate that women with more moderate eating anxieties experience the same kind of internal conflicts about body image and self-esteem that those with more acute eating

disorders do. Authors suggest intervention and healthy behavior education should take place early to prevent the onset of more serious problems.

Thompson, Becky Wangsgaard, “‘A Way Outa No Way’: Eating Problems Among African-American, Latina, and White Women.” In Feminist Frontiers, edited by Laurel Richardson, Verta Taylor and Nancy Whittier, 5: 413-420. New York: McGraw-Hill, 2001.

This selection addresses eating disorders among several different communities, focusing specifically on the causes. It gives notable attention to the little discussed Binge Eating Disorder (BED), including that it is also significantly dangerous problem as well.

Walker, Suzanne. “Conference Looks at Eating Disorders.” *The Digital Collegian*.
<http://www.collegian.psu.edu/archive/1997/06/06-16-97tdc/06-16-97d01-008.htm>.
(16 June 1997).

This article touches on issues surrounding eating disorders among young women, particularly those dealing with the media and valuation of thinness over fitness. It also notes the increased susceptibility of female athletes to disordered eating and dieting practices.

Walsh, B. Timothy and Devlin, Michael J., “Eating Disorders: Progress and Problems,”
Science 280, no. 5368 (1998).

This article discusses and analyzes the causes and consequences of two common eating disorders, Anorexia Nervosa (AN) and Bulimia Nervosa (BN) as well as the increasingly common phenomenon of Binge Eating Disorder (BED). It asserts that the highest incidences of these diseases occur among young women and the causes can be attributed to several factors, including cultural/societal pressures and familial situations.

WRAL.com. "Eating Disorders A Weighty Issue on College Campuses." Rev. 19 Feb. 2003

WRAL.com. <http://www.wral.com/health/1986404/detail.html>. (18 Feb. 2003).

This article discussed the issue of eating disorders on college campuses, specifically pointing out the rising prevalence of such diseases among young women. Many of the women interviewed expressed fears of getting fat or "gaining the freshman 15" and others spoke about it being their first time away from home and their impulse to try and control some aspect of their lives when everything else seemed to be changing.