

Learning Objectives



The Learners Should Be Able To:



Describe and define the term 'eating disorders.'



Identify types of media which may contribute towards the development of an ED.



Explain the pros and cons of media use

Summary



In today's lesson we will talk about:



What are eating disorders.



What mediums of media contribute towards developing an eating disorder.



The pro's and cons of the media in relation to eating disorders.

Background



Historically, eating disorders have been misunderstood and considered a consequence of a desire to be thin, and have generated stereotypes and misperceptions.



Men don't get eating disorders



Only people of high socioeconomic status get eating disorders



Lifestyle choice



Great for weight loss



Are result from dysfunctional family environments



(Eating disorders.org, 2015)

What is an eating disorder?

According to Latzer, Merrick and Stein (2011) define Eating disorders are:

“self-maintaining psychological disorders that are contextual.”

World Health Organization [WHO] (2015) define eating disorders as:

“behavioural syndromes associated with physiological disturbances and physical factors.”

Forms of eating disorders

- ICD-10
- Anorexia Nervosa (AN)
- Bulimia Nervosa (BN)
- Eating Disorders
- Not Otherwise Specified
- (ED-NOS)



Culture



Eating disorders are considered a western culture issue.



Within Western society there is a desirability to be aesthetically pleasing.



Desire to be thin

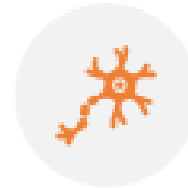


Cultural pressures increase prevalence of eating disorders and were considered normal and extensions of adaptive culture Ruggiero (2003, p.80)

Behaviours



THE BEHAVIOURS ARE
DEPENDABLE ON THE
EATING DISORDER.



THE BEHAVIOURS ARE
DEVELOPED FROM
NUMEROUS FACTORS.



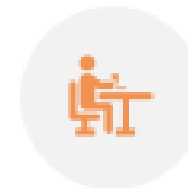
COPING MECHANISM TO
DEAL WITH STRESS.



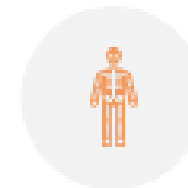
INDIVIDUALS USE
EXTREME MEASURES TO
COMBAT THEIR
PHYSICAL CONCERNS



ANOREXIA- STARVATION



BULIMIA-
PURGING/BINGE EATING



LAIRD-BIRMINGHAM
AND TREASURE (2010)

Prevalence

Ernst et al (2017) and Pearson et al (2017) note that eating disorders have no specific prevalence:

Gender

Age

Ethnicity

Race

Sexuality

HOWEVER, it has is indicated that the prevalence primarily associates itself with adolescence (Ernst, Burger and Florian Hammerle, 2017; Pearson et al., 2017).

Statistics



Within the United States of America it is more documented.

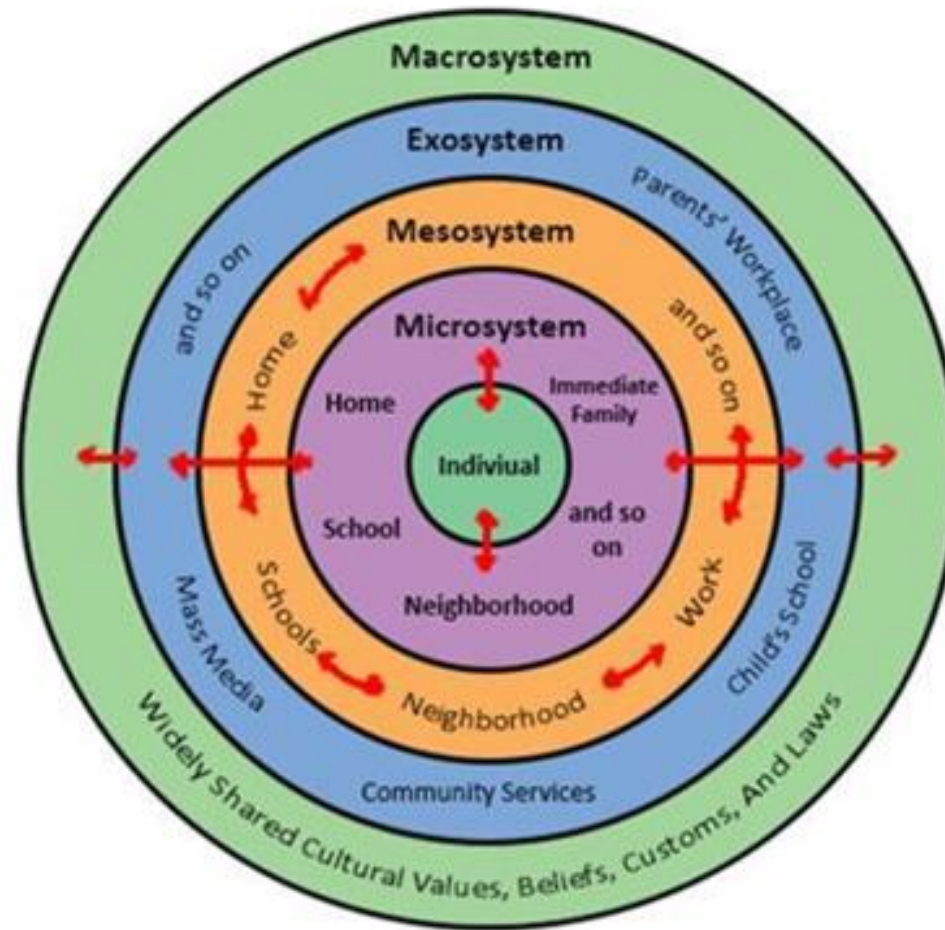


1.25 Million People have eating disorders in the United Kingdom (U.K) (Beat Eating Disorders, 2016)



Anorexia & Bulimia (2015) estimates 4 million people are affected within the UK as many do not seek help

Bronfenbrenner Ecological model





Influences

- Social Media
- Television
- Magazines
- Friends
- Advertisement

(Castonguay and Oltmanns, 2013; Boachie and Jasper, 2011; Moore and Lipman, 2005; Hayward, 2003).



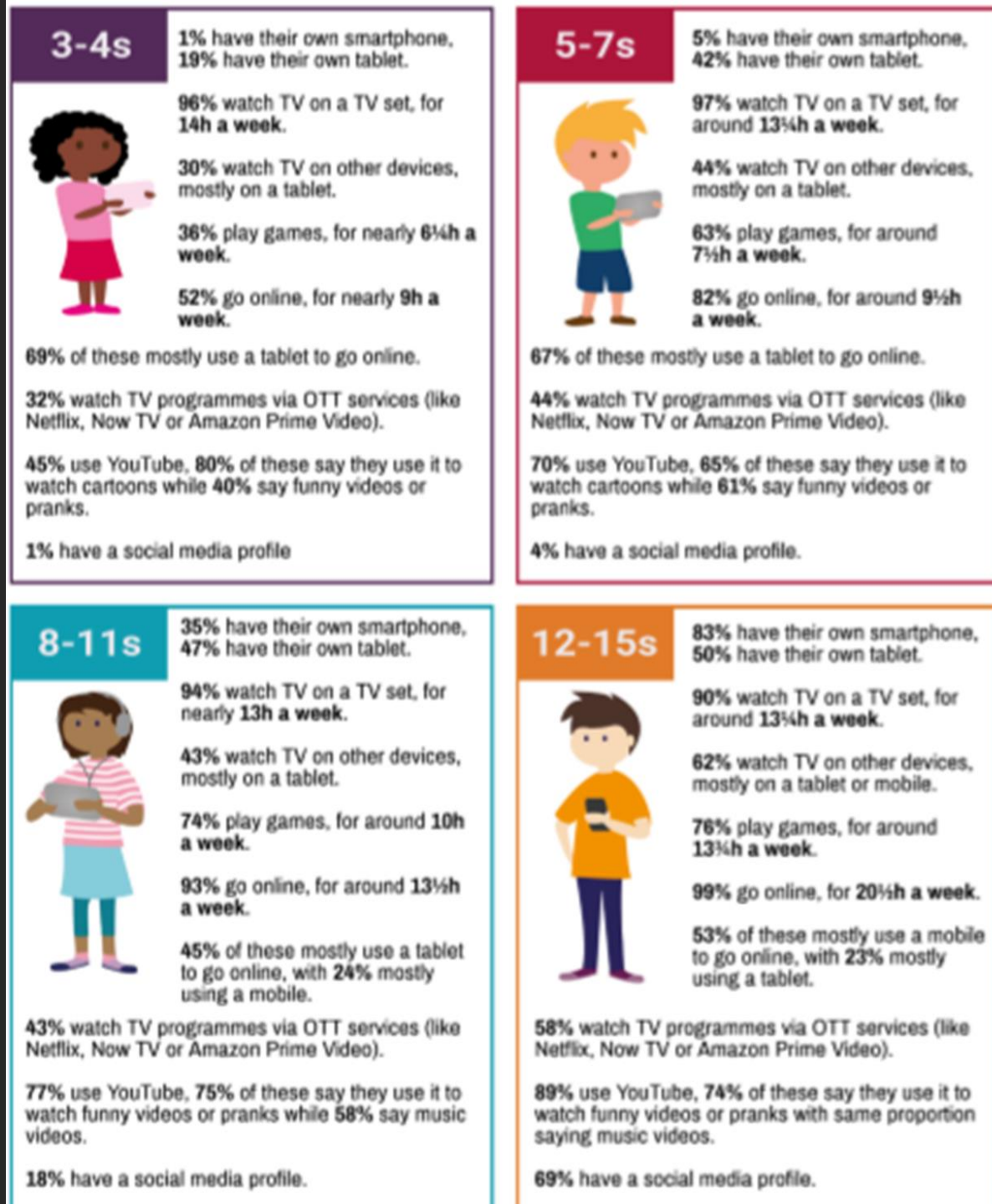
Media

According to Adeyinka (2015) media is an effective tool utilised to promote, share and communicate information.

- Advertising
- Sharing interests
- Making new friendships
- Develop likes and dislikes

Amichai-Hamburger (2009) notes that media can significantly influence a child's health and wellbeing.

- Develop obsessions
- Become materialistic
- Develop discontentment
- Self-esteem



Self-esteem

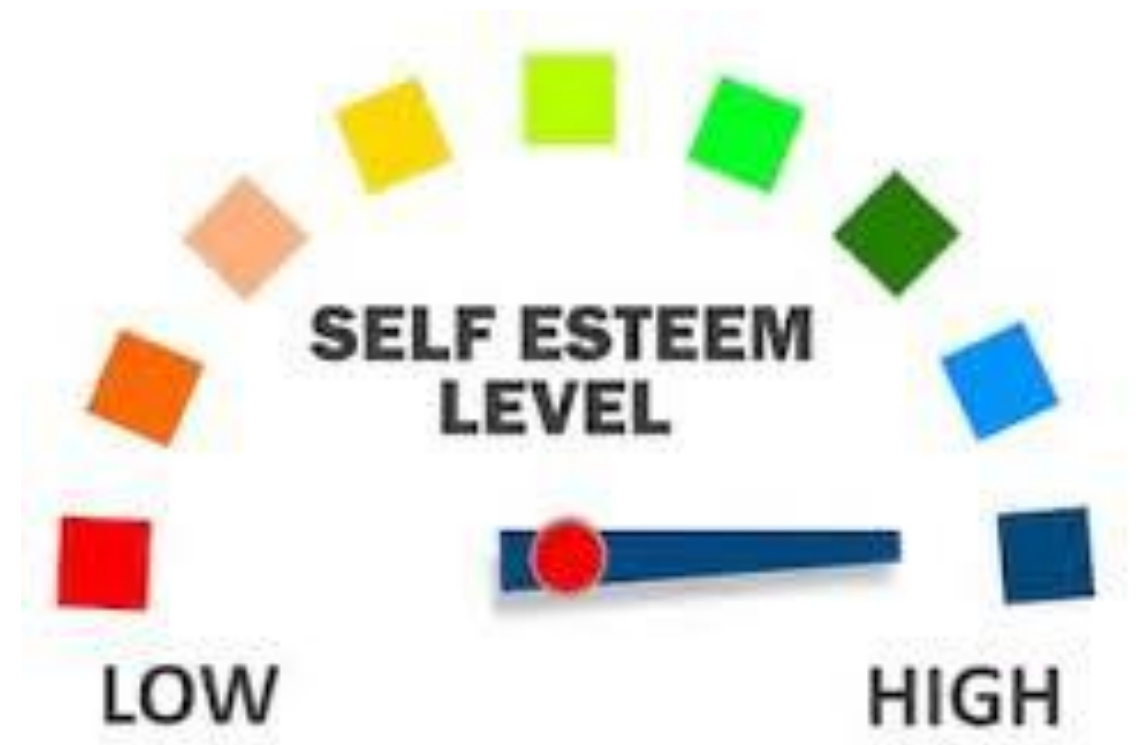
- Self-esteem- Self estimate and evaluation of one's value (Mruk, 2013; Gerber, 1996; Zeigler-Hill, 2013)

High self-esteem can:

- Feel self-secure
- Confident
- Positive relationships
- Open to feedback

Low Self-esteem can:

- Depression / sadness.
- Anxieties.
- Low mood.
- Avoiding of social situations.
- Feelings of inadequacy.
- Comparing self negatively to others



Recap



What are eating disorders?



Self-maintaining Psychological disorders



Anorexia, Bulimia



Anyone can develop an eating disorder



Influences:



Cultural issue (Western Society) and a desire to be thin.



Numerous technologies influences (e.g. Social Media, Adverts, TV)



The Media can hinder Development (e.g. self-esteem, confidence, mental health)

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