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There are a number of medical conditions known to have major effects on human beings. Research studies are constantly being carried out in the field of medicine in a bid to determine and adopt the best evidenced based practices in the management of some of the conditions affecting human beings. Eating disorders can be defined as a collection of all the abnormal behaviors associated with poor eating habits and constant concerns about the body shape and size by the patients (Holland & Tiggemann, 2016). There are various research based studies which are being carried out so as to arrive at the most appropriate evidence-based treatment and management options for eating disorders.

**PICOT Statement on Eating Disorders**

Eating disorders pose a great health risk among teens all over the world. Salafia et al (2015) observe that eating disorders may result from environmental, physical, psychological or a combination of the three factors. Numerous studies are being carried out in a bid to find the best protocol in the management and control of this condition among teens. Both qualitative and quantitative research studies have been conducted in order to determine the effectiveness of the use of social networks and media in the management of eating disorder among teens. Thus this paper seeks to provide a brief overview of the issues on eating disorders using the PICOT question ‘Can social networks and the social media in general be excellently exploited to impact positive body image in dealing with the eating disorder condition?

**Qualitative Research Study, (Patel, Tchanturia & Harrison, 2016)**

Patel, Tchanturia & Harrison (2016) conducted a qualitative study that tries to determine the social behaviors among teens with eating disorders. The research was conducted among teens aged between twelve years and seventeen years. While conducting the research, a total of six core factors were being monitored. The six factors were; impact of hospitalization, social belonging of the affected individuals, self-monitoring among the teens, sensitivity of the teens to issues of social concern, restricted coping approaches as well as schemes for service delivery (Patel, Tchanturia & Harrison, 2016).

The study sought to determine how teens with eating disorders were managing their anxiety. Additionally, the research monitored how the affected teens were building and developing their interpersonal skills as well as their social networks (Patel, Tchanturia & Harrison, 2016). The major finding of the study was that teens with eating disorders were having difficulties building proper social networks. The results also showed that most of the teens admitted to having lost friends upon diagnosis or admission; others patients reported to suffering interpersonal adversities. Female patients suffered severe interpersonal diversity as compared to male patients (Patel, Tchanturia & Harrison, 2016).

**Ethical Conditions Associated with the Study**

Ethics and ethical guidelines are of great importance when carrying out research studies, especially in the field of medicine. For the research by Patel, Tchanturia & Harrison (2016) to be conducted, the researchers were to obtain ethical consents from the responsible organizations. The study acquired ethical authorizations from City Road and Hampstead National Health Research Authority. Furthermore, the researchers were to conduct the research in accordance with the principles of Helsinki Declaration (Patel, Tchanturia & Harrison, 2016). Consent was also obtained from all the individuals who had agreed to take part in the study and detailed explanation given to all the participants before allowing them to make informed decisions on whether or not they would take part in the study (Patel, Tchanturia & Harrison, 2016)

**Use of the Findings in Nursing Practice**

The results from the study outlined the pressures and challenges affecting teens with eating disorders. The social pressures from other peers were sounded out as the major challenge which affected these patients (Fogelkvist et al., 2016). These findings are of great essence to the nursing practice since they provide ideas and suggest channels through which nursing practitioners can provide supportive information on various platforms in order to help eating disorder patients get the most out of their social lives. Social support is or great essence to all patients (Fogelkvist et al., 2016). Building better social networks reduces the social pressure on patients with eating disorders. Additionally, friends and other family members play a crucial role in supporting and encouraging teens with eating disorders to develop better and healthy social behaviors which are vital for their road to recovery (Boon, Zainal & Touyz, 2017).

**Quantitative Research Study, (Leonidas & dos Santos, 2014)**

Leonidas & dos Santos (2014) conducted a quantitative research through reviewing of various literature on the eating disorders condition. The aim of the study was to examine scientific works on social setups and social support among patients with eating disorders. The main process of conducting article search was through use of specific terms in various journal and academic sites; the literature obtained was for papers published between 2006 and 2013 (Leonidas & dos Santos, 2014)

The literature searches by Leonidas & dos Santos (2014) returned six hundred and twenty articles. However, most of the articles were eliminated for failing to meet most of the requirements which had been set for the study. The final review only included twenty-four articles which had met and passed all the set standards.

The study recognized that all the selected literatures review papers had established a number of issues which were related to the incorporation and advantages of social support mechanisms to teens found to be suffering from eating disorders. The four major points highlighted were; the family as the primary source of social support to the teens, good peer relations in support of the teens, websites and other online forums as well as spiritual guidance as other sources of social support to the teens (Leonidas & dos Santos, 2014).

**Ethical Conditions Associated with the Study**

The study considered articles which had ethically conducted the research prior to analysis and publication. All the articles obtained within the given time frame were supposed to have met all the ethical requirements before going on to conduct the research (Leonidas & dos Santos, 2014) The literature review articles were also required to have passed all the requirements before being considered for review. For instance, the articles were supposed to have conducted their research on the specified disease, in this case, eating disorders (Leonidas & dos Santos, 2014)

**Use of the Findings in Nursing Practice**

Nursing practitioners can incorporate the findings of these studies into helping teens and other patients suffering from eating disorders. Social media has been established as one of the best possible ways through which positive body image campaign among teens can be spread (Voelker, Reel & Greenleaf, 2015). Since teens form the bulk of the online population, it is important to avail various guidelines and support materials to teens through websites and other online media platforms in a bid to reach out to the them about some of the best ways to support their friends with such conditions as eating disorders (Voelker, Reel & Greenleaf, 2015). Additionally, nurses can be of great help in advising parents and guardians on the importance of providing social support to their teens in order to reduce and prevent the social burdens faced by these suffering from eating disorders.

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