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Eating Disorders: Creating a New Standard

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Anorexia and Bulimia: Creating a New Standard

Brianna Carlton (Advisor: Rob Wilson, Ph.D.)

Introduction

- Eating disorders are perhaps one of the most misunderstood diseases.
- Many stereotypes surround eating disorders like anorexia and bulimia.
- Factors that contribute to disordered eating can be sociocultural or biological.
- Beauty standards change as society changes, and sacrifices must be made to obtain the ideal body image.
- In society, families and standards of beauty are influenced by eating disorders.
- Women in Ecuador are beginning to reshape beauty standards.

Methodology

- Boskind-Lodahl, Marlene. "Cinderella's Stepsisters: A Feminist Perspective on Anorexia Nervosa and Bulimia."
- Erynn Masi de Casanova. "'No Ugly Women': Concepts of Race and Beauty among Adolescent Women in Ecuador."
- Collins, Jill Meredith. "NURTURING Destruction: Eating Disorders Online."
- Franko, Debra L., and Jessica B. Edwards George. "Eating Disorders, Culture, and Ethnicity: Connections and Challenges in Group Therapy."
- Harris, Shanette M. "Body Image Attitudes, Physical Attributes and Disturbed Eating among African American College Women."
- Haworth-Hoepfner, Susan. "The Critical Shapes of Body Image: The Role of Culture and Family in the Production of Eating Disorders."
- Ray, Shannon L. "Eating Disorders in Adolescent Males."



A young man has lost significant weight due to a severe eating disorder like anorexia nervosa or bulimia nervosa.

Research Findings

- Eating disorders like anorexia and bulimia can be defined by many different standards.
- There are many eating disorders outside of anorexia and bulimia.
- They have traditionally been seen as a woman's disease.
- 10% to 15% of all cases are men.
- The first clinically recorded eating disorder was a male patient.
- Shame and emasculation are associated with eating disorders.
- Many aspects of age perpetuate eating disorders.
- Ages 12 to 26 with a peak from 14 to 18 is the age bracket that struggles most often with eating disorders.
- Movies, social media, television shows, and websites reveal details to sensitive viewers like children and teenagers.
- Eating disorders often present differently in different cultures.

Conclusion

- There are two reasons that eating disorders, specifically anorexia and bulimia, are perceived as a white woman's disease.
- Anorexia and bulimia affect beauty standards and families and are in turn influenced by these societal factors.
- Stress disrupts the normalcy a family is accustomed to, perpetuating eating disorders.
- Both parents and children contribute in the progression of eating disorders.
- Eating disorders can affect the relationship between two spouses.
- Women in Ecuador hold to the traditional standard of beauty that Caucasian and skinny equates beautiful.
- In practice, Ecuadorian women are less critical and more accepting of nontraditional standards of beauty.
- This inclusion and acceptance can become a new model for beauty standards.



A chaotic and stressful familial environment can perpetuate eating disorders in both young girls and boys.



Social media, television shows, movies, and online sites clearly illustrate the details of eating disorders to children and teenagers.