



August 2015

MONTH TOPIC

Religiosity, spirituality in relation to disordered eating and body image concerns: A systematic review

Purpose

This article based on online researchers aims to revue if there is a strong link between aspects of religiosity, spirituality and disordered eating, psychopathology and body image concerns.

Methods

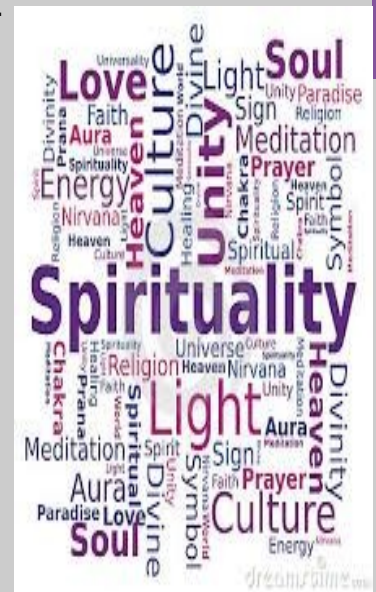
A systematic search of online databases (PsycINFO, Medline, Embase and Web of Science) was designed to identify relevant articles that quantitatively explored the relationship between various aspects of religiosity and/or spirituality and disordered eating, psychopathology and/or body image concerns in non-clinical samples of women and men.

Results

Twenty-two studies acknowledged that strong and internalized religious beliefs coupled with having a secure and satisfying relationship with God were associated with lower levels of disordered eating, psychopathology and body image concern. Conversely, a superficial faith coupled with a doubtful and anxious relationship with God was associated with greater levels of disordered eating, psychopathology and body image concern.

.ANAD's 2015 Eating Disorder Conference—Wellness, Not Weight, will be Sept. 25 in Naperville, Il.

.The XXIst Annual Meeting of the Eating Disorders Research Society. September 17-19, 2015.



Conferences

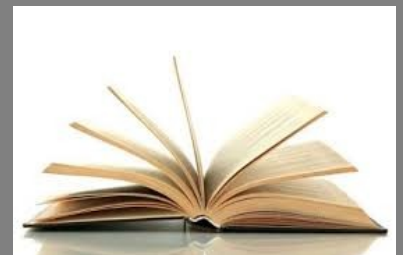
Readings

Obesity eating disorders and the media-Karin Eli , Stanley Ulijaszek –2014.

Media and youth :A Developmental Perspective-Steven J Kirsh –2010.

Feeding The Soul ,Caroline Adams Miller, 1991.

Spiritual Approaches in the Treatment of Women With Eating Disorders, P. Scott Richards, PhD, Randy K. Hardman, PhD, and Michael E. Berrett, PhD,2007.





Month Topic continued

Conclusion

Religiosity and spirituality may affect the person in different ways and it can have a positive, negative or non-significant influence on disordered eating, psychopathology and body image concerns. Religion teaches some strategies that can be used in stressful moments, as well as providing a sense of meaning and purpose through these times. Religious and spiritual principles may also form a basis of self-worth which opposes societal standards of body image. On the other hand, there are historical links between anorexia and asceticism, with self-starvation used as a means of achieving sanctity. However, a fourth scenario may exist with different aspects of religiosity and spirituality being linked in differing ways to disordered eating, psychopathology and body image concerns. In addition to correlation analyses, it is hoped that information about moderation and mediation will offer greater insight into the pathways between risk factors and disordered eating, psychopathology and body image concerns.

Randa Haddad
Psychologist and psychotherapist

<http://www.jeatdisord.com/content/3/1/29>

“Religiosity, spirituality in relation to disordered eating and body image concerns: A systematic review”, Daniel Akrawi, Roger Bartrop, Ursula Potter and Stephen Touyz, 15 August 2015.

Research

Stephanie A. Valutis, Anthony J. Goreczny, Leena Abdullah, Emily Magee, Joseph A. Wister. (2009). Weight Preoccupation, Body Image Dissatisfaction, and Self-Efficacy in Female Undergraduates. Retrieved September 28, 2014, from <http://www.scientificjournals.org/journals2009/articles/1421.pdf>

Natalie Colabianchi, Carolyn E. Levers-Landis, Elaine A. Borawski. (2006). Weight Preoccupation as a Function of Observed Physical Attractiveness: Ethnic Differences Among Normal-Weight Adolescent Females. Retrieved September 28, 2014, from <http://jpepsy.oxfordjournals.org/content/31/8/803.full.pdf>.



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NO BODY IS PERFECT!



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