

*Systematic Review of The Available Egyptian
Studies Done on " Eating Disorders
and Obesity "*

Essay

Submitted for partial fulfillment of Master Degree of
Neuropsychiatry

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مراجعة منهجية للدراسات المصرية المتاحة التي أجريت على "إضطرابات الأكل والسمنة"

رسالة

توطئة للحصول على درجة الماجستير في الأمراض النفسية و العصبية

الطبيبة/ منى سيد كامل متولي

بكالوريوس الطب والجراحة

والرسالة تحت إشراف

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RECOMMENDATIONS

- 1- Establishing a national register system for all Egyptian researches and studies is an essential need. Presence of such system will allow recording of all Egyptian studies and so obtaining of these studies will be easier.
- 2- A more comprehensive national Egyptian survey involving all Egyptian governorates is needed to assess the Eating disorders and obesity.
- 3- It is important to have a research strategy aiming from time to time to revise the researches done, looking at the end for a complimentary work system.
- 4- Establishing strategic psychiatric research plan covering different aspects of each subject, as we found that some aspects of eating disorders and many aspects of obesity were missed or neglected and its observed that most of the studies have raised question for further research work and recommended many items to complete these researches, so, there is a need for a well planned system of designing the research work.
- 5- Regarding thesis; study design and sample size calculation are crucial to be mentioned as study design is important in assessment of how much it is appropriate to the aim, while

sample size calculation is important for the reliability of the study results.

- 6- We need more studies about Eating disorders and obesity in particular.
- 7- We recommend that library of Faculties of Medicine, Al-Azhar University would allow researchers to borrow or photocopy their available studies, also we recommend that library of Faculty of Medicine, Al-Azhar University (boys) list M.Sc and M.D. before 1994 and after year 2012.
- 8- We recommended that library of Faculty of Medicine, Cairo University would make an index for the available studies, list M.Sc and M.D. before year 1990.
- 9- We recommended that the Egyptian psychiatric association publish journals after 2007 on its web site or make them available at libraries of Egyptian faculties of medicine.

LIMITATIONS OF THE STUDY

- 1- Some studies are not listed, as all Cairo University M.D. and M.Sc theses before 1990 are not presented in this study because they are neither available nor indexed in the library of faculty of medicine –Cairo University.
- 2- Not all M.D. and M.Sc theses of the faculty of medicine, Al- Azhar University were available especially in the library of Faculty of Medicine, Al-Azhar University (boys).
- 3- Egyptian Journals of Psychiatry from year 2007 till now are not available neither at libraries of faculties of medicine nor at their website. Few recent volumes were available at the Egyptian psychiatric association.

APPENDIX (1)

- **SUBJECT:** Screening for abnormal eating attitudes in a population of Egyptian secondary school girls.
 1. **Author:** Nasser M.
 2. **Document:** Social psychiatry, Psychiatric Epidemiology. Springer-Verlag, Vol 29: 25-30, 1994.
 3. **Site of the study:** El-Nile secondary school, Roda island, Cairo.
 4. **Time of the study:** Before year 1994.
 5. **Aim of the work:** Screening for abnormal eating attitudes in a sample of Egyptian secondary school girls by using Eating Attitude Test EAT.
 6. **Study design:** Cross sectional study.
 7. **Method:** 351 secondary school girls with their age ranged between 15-16 yrs. All were subjected to: 1) Demographic features questionnaire, 2) EAT questionnaire which (Arabic version done by the authors), and 3) Eating interview for the EAT positive cases.
 8. **Result:**1) 11.4% (40/351) girls proved to have abnormal Eating attitudes through their positive answers on EAT questionnaire (scored >30), 2) Eating interview for the 40 EAT positive girls revealed that all the subjects have a fair knowledge and trials to different types of diets to be

slimmer to look more attractive, they also know about the slimming pills, 3) 30% (12/40) of the girls with eating attitudes (EAT +ve) showed sufficient concern about eating to qualify for diagnosis of a partial syndrome of bulimia nervosa according to *Mann et al. 1983*, Only 7.5% (3/40) girls fulfilled the full criteria of bulimia syndrome according to *Russell, 1979*.

- 9. Conclusion:** As the study used the Egyptian sample as non-western population and with the fact that there is no accepted definition of the term culture and no means of specifying its interactions with important variables such as race, language, literacy, religion and economy. It shouldn't be surprising if future researches in other non-western communities; yields similar results. However, trans-cultural researches will continue to be value not perhaps with the objective of eliciting differences, but more to substantiate the impact of the impact of the social milieu and the power of the media on the development of abnormalities of behavior.

APPENDIX (2)

- **SUBJECT:** Psychological and psychiatric aspects of bulimia nervosa.
 1. **Author:** Gharieb M.
 2. **Document:** MSc Thesis, Faculty of medicine, Cairo University, 1996.
 3. **Supervisors:** Prof. Moussa F. and Assit.Prof. Al-Ray L.
 4. **Site of the study:** Out patient's clinic of psychiatry department in Al Qasr Al-Aini Hospital and Tanta psychiatric hospital.
 5. **Time of the study:** During year 1995-1996.
 6. **Aim of the work:** To study the psychological and psychiatric aspects of bulimia nervosa including psychopathology and the relation between bulimia nervosa and psychiatric disorders as affective disorders, anxiety disorders, personality disorders and substance use disorders.
 7. **Study design:** Cross sectional study.
 8. **Method:** 200 patients with age group ranged between 15-40 years suffering from bulimic episodes characterized by: 1) Consumption of large amount of food during the episode, 2) Loss of control during the episode (impulsive overeating). Only one patient fulfilled the DSM-IV criteria for bulimia nervosa. All patients

were subjected to: 1) Psychiatric examination by the application of sheet of psychiatric department in al Qasr Al-Aini Hospital. 2) The bulimic Investigatory Test, Edinburgh (BITE), *Handerson and Freeman, (1987)* which is a brief self rating questionnaire used for assessment of bulimic patients. The case of bulimia nervosa (according to DSM-IV criteria) was studied in a form of case report through a full detailed history, psychopathology, family dynamics and psychometric testing: A) The Minnesota Multiphasic Personality inventory (MMPI). B) Symptom Check List-90 (SCL-90). C) The Hamilton Rating Scale for Depression (H.R.S.D). D) The Hamilton Rating Scale for Anxiety (H.R.S.A). E) The Present State Examination (P.S.E. F) Esyencck Personality Questionnaire (E.P.Q).

- 9. Result:** There are many underlying psychiatric disorders in patients with bulimia nervosa, mostly affective disorders (31.5%) then substance use disorders (16%), personality disorders (16%), anxiety disorders (15%), schizophrenia (12.5%), Mental retardation (8.5%) and one male patient met the criteria for bulimia nervosa (0.5%) and was reported inform of case report from which it appeared that: 1) Bulimia nervosa is more prevalent among single, highly educated, upper-class young populations. 2) It has a multifactorial etiology, socio- cultural, biological, psycho-pathological and

heredo-familial which is considered the most important etiology in our culture.

- 10. Conclusion:** Bulimia nevosa appears to be more prevalent among single, highly educated, upper class, young females. It has a multifactorial etiology, heredo-familial, biological, psych-pathological and socio-cultural. Patients with bulimia nervosa could have co-morbidity with other psychiatric disorders; mostly affective disorders.

APPENDIX (3)

- **SUBJECT:** Prevalence and psycho-demographic data of Eating Disorders in a sample of Egyptian adolescent girls.
 1. **Author:** El Sayed S.
 2. **Document:** MD Thesis, Department of Psychiatry, Faculty of medicine, Ain Shams University,1998.
 3. **Supervisors:** Prof. Okasha, A.,Prof. Bishry, Z., Prof. Khalil, H. A., Prof. Ghanem, M. and Dr. Effat, S.
 4. **Site of the study:** The target population was chosen randomly from seven schools in Nasr city area with age range 13-18 years old.
 5. **Aim of the work:** The present work was conducted primarily to fulfill five aims: 1) study the prevalence of eating disorders in a sample of Egyptian adolescent girls, 2) Identify the psycho-socio-demographic correlates of eating disorders, 3) Identify the co-morbidity of eating disorders with other psychiatric disorders, 4) Review the trans-cultural aspects of eating disorders. 5) Evaluation of the validity, sensitivity and specificity of the Eating Disorders Inventory-2 (EDI-2), for the concept of eating disorders in our country.
 6. **Study design:** Cross sectional study.
 7. **Method:** The following tools were used in this study: 1) Weight and height scales, 2) The eating Disorder

Inventory-2 (EDI-2), a self report questionnaire which was translated into Arabic. (*Garner, 1991*), 3) The socio-demographic data sheet, 4) Structural Clinical interview for eating disorders. (*Szmukler and Patton, 1995, Dancyger & Garfinkel, 1995*), and 5) The Symptoms Check List (SCL).

- 8. Results:** 1) A clear concept of overweight and obesity characterizing the study subjects is seen according to Body Mass Index values (BMI) of the girls, 2) The percentages of eating disorders in a sample of Egyptian adolescent girls with age ranged between 13-18 was as follows: - Two girls (0.54%) with atypical anorexia nervosa, Twenty six (8.6%) with atypical bulimia nervosa and thirty two (9.7%) with unspecified eating disorders, 3) The studied sample showed high scores on the subscales of EDI-2 measuring drive for thinness, body dissatisfaction, bulimia, interoceptive awareness, and inefficiency. They also showed significant weight and shape concern, together with more involvement in weight control and dieting. Overweight, obesity, increase eating with stress, and parental preoccupations with weight issues were also evident risk factors in the group of patients compared to other groups, 4) A noticeable fact in the present work is the absence of any purging behavior whether in the group of patients or non patients. In other words, although weight and shape concern and body dissatisfaction were only dieting, exercise, escaping

meals or fasting reduction of carbohydrates and 5) The size of stress from the disturbed eating patterns and the severity of non purging behaviors were not as grave as described in the western culture.

- 9. Conclusion:** There were no significant psycho-socio-demographic correlates to the group of patients. Co-morbidity and co- incidence with stress-related and affective disorders were also evident. Finally, it is to be mentioned that the EDI-2 as a self report questionnaire can be considered a valid tool for assessment of abnormal eating patterns and concerns in our culture and can give quite an informative hint on the pathology existing in eating disorders.

APPENDIX (4)

- **SUBJECT:** Clinical presentation of eating problems in a sample of Egyptian psychiatric patient.
 1. **Author:** Abou-Seif A.
 2. **Document:** MSc Thesis, Faculty of medicine, Cairo University, 1999.
 3. **Supervisors:** Prof. Ahmed M. and Assit.Prof. Shaheen O.
 4. **Site of the study:** Out patients clinic of psychiatry department in Al Qasr Al-Aini Hospital.
 5. **Time of the study:** The study was conducted from 14-4-1996 to 21-7-1996 in Sunday and Tuesday every week for three months.
 6. **Aim of the work:** Studying the relationship between eating disorders and the different psychiatric disorders with special emphasis on the Egyption culture.
 7. **Study design:** Two phase study: Cross sectional study.
 8. **Method:** A sample of (190) patients was chosen randomly from patients attending the out-patient clinic of Al Qasr Al-Aini Hospital. All patients were subjected to the following: 1) Regular Psychiatric sheet including socioeconomic class. 2) Specific questionnaire based on DSM-IV criteria of eating disorders. 3) IQ assessment using Wechsler Adult Intelligence Scale (**WAIS**). 4)

Personality assessment using Minnesota Multiphasic Personality Inventory (MMPI).

9. Result: By testing 190 psychiatric patients diagnosed according to DSM-IV criteria as follows: (55 depression, 48 bipolar disorder, 43 schizophrenia, 28 conversion disorder, and 16 OCD) this study showed that loss of eating pleasure is the most prevailing symptom of eating problems among all these groups along with loss of weight except the schizophrenic group in which polyphagia was the most common symptom yet eating problems were more prevalent in mood disorders than other disorders.

10. Conclusion: There is an obvious relationship between different psychiatric disorders and eating problems especially mood disorders yet there are no consistent findings that suggest a relation between specific parameter and or scale with any of eating problems.