

بسم الله الرحمن الرحيم





شبكة المعلومات الجامعية التوثيق الالكتروني والميكرو فيلم



جامعة عين شمس

التوثيق الإلكتروني والميكروفيلم

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لم ترد بالأصل





Prevalence of Eating Disorders and Alexithymia among a sample of Egyptian Medical Students not Attending Psychiatric Clinics

A Thesis

Submitted for Partial fulfilment of M.D. degree
in Psychiatry

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قَالَ

سُبْحَانَكَ لَا عِلْمَ لَنَا
إِلَّا مَا عَلَّمْتَنَا إِنَّكَ أَنْتَ
الْعَلِيمُ الْعَظِيمُ

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 *Sara Abd-Elkader El Awady*

Prevalence of Eating Disorders and Alexithymia among a sample of Egyptian Medical Students Not Attending Psychiatric Clinics

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Abstract

Background: Eating disorders are prevalent psychiatric disorders and a major Public health burden worldwide, having huge impact on physical and mental health, The student population seems to be vulnerable to eating disorders, but is this in relation to their ability to express their emotions or alexithymia?

Aim of the work: To evaluate the relationship between alexithymia and eating disorders.

Subjects and methods: this is a cross sectional study done on a stratified random sample of 575 medical students in Ain- Shams University, started from 2018 till July 2019, those with history of chronic physical or mental illness were excluded, all students were subjected to Designed clinical sheet for demographic data, Arabic version of Eating Attitude Test -26 (EAT-26) as screening tool for eating disturbances in non-clinical populations and Arabic version of Toronto scale 20 to measure alexithymia.

Results: our study revealed disordered eating 12.3% among the study sample, alexithymia 24.4% and significant variation in scores of eating disorder according to alexithymia scores.

Conclusion: our study revealed positive correlation between eating disorders and alexithymia consistently with hypothesis of emotional regulation deficits in eating disorders.

Keywords: eating disorders, alexithymia, emotional expression

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List of Abbreviations

<i>Abbr.</i>	<i>Title</i>
AN	: Anorexia nervosa
ARFID	: Avoidant-restrictive food intake disorder
BD	: Body dissatisfaction
BED	: Binge eating disorder
BES	: Binge Eating Scale
BIT	: Body Image Test
BMI	: Body mass index
BN	: Bulimia nervosa
BN	: Bulimia nervosa
CR	: Cognitive restraint
DALYs	: disability adjusted life years
DDF	: Difficulty describing feelings
DIF	: Difficulty identifying feelings
DSM	: Diagnostic and Statistical Manual for Mental disorders
DT	: drive to thinness
Eeat	: Eat emotional eating
EAT-26	: Eating Attitude Test -26
EDI-II	: Eating Disorders Inventory
EDNOS	: Eating disorder not otherwise specified
EDs	: Eating disorders
EOT	: Externally-oriented thinking

FWA	: Federal Wide Assurance
GHQ-28	: General health questionnaire-28
ICD	: International Classification of Diseases
IE	: Ineffectiveness
Perf	: Perfectionism
REC	: Research Ethical Committee
SD	: Standard deviation
SPSS	: Statistical package for social science
SSLRs	: Stratum-specific likelihood ratios
TAS-20	: Toronto Alexithymia Scale
UE	: Uncontrolled eating

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