
EATING DISORDERS - WHEN DREAMS ARE NOT ENOUGH.

K. Palka¹, A. Szczegielniak¹, K. Krysta¹

¹Psychiatry, SUM, Katowice, Poland

Introduction:

The mass media have a sufficient impact on the adolescent to develop their perfect image of themselves. Unfortunately the majority of the celebrities are under their BMI perfect weight. When we add one impact to the another fact it all could end up with some serious eating disorders (ED). According to recent studies 1 in 20 students in Polish schools suffers from pathologies in the area of ED and nearly half want to lose weight.

Objective:

The aim of our study was to assess how schoolchildren see themselves in the society in Silesia region as well as the factors affecting the results of the tests.

Materials and methods:

In 2011-2013, 1,482 students aged 14-18 were surveyed by EAT-26 questionnaire and all the responses were statistically analysed.

Results:

6,67% of the surveyed were underweight while 13,14% were above BMI=25. We also have asked about the perfect weight. Then 8,36% were underweight while 5,38% overweight what statistically significant differ from origin results. People who have higher actual weight from the ideal by more than 3 kg had higher levels of disordered eating than the other two groups. People who have similar real to the ideal weight have a lower risk level of ED then others. (Kruskal–Wallis Test, $p < 0.001$).

Conclusions:

Conducted studies indicate that the problem with self-esteem and ED exist in the Silesian schools. Specific socio-cultural factors are a challenge for the parents and public services.

Keywords: eating disorders, EAT-26, the diet, self-esteem,