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RESEARCH ARTICLE

EATING DISORDER IN CHILDREN

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Abstract

Background: Evidence-based treatment and service design should reflect the perspectives of parents with eating disorders among their children on useful parts of care, but there is a lack of data to do so. This research aimed in assessing the effects of eating disorders that are prevailing among children in a detailed perspective.

Methods: This research work involved following a cross-sectional approach of study and therefore included collecting first-hand data. This was accomplished through the conduction of the survey and data that are considered through the conduction of the survey are quantitative in nature. This would help in enhanced perception of the eating disorders that are prevailing in children. The method that would be employed for considering the size of the sample is stratified random sampling. The survey involved conducting a survey of children who falls within the age range of 10-17 years of age.

Results: The study included 572 children. Most of parents are concerned about the change in the eating disorder among their children (n= 420, 73.4%). Most of parents believe that eating habits can affect the rising in eating disorders (n= 486, 85%). Furthermore, parents think that reducing oily and junk food may help in minimizing eating disorders among their children (n= 456, 79.7%). Their most frequent answer was loss of appetite (n= 241, 42.1%). Figure 1 shows the distribution of parents answers. In addition, parents responded that it is minimal painful to lead a life with an excessively heavyweight (n= 228, 39.9%). They answered low-carbohydrate content food with no sugar (n= 253, 44.2%) while green vegetables came in the second place (n= 209, 36.5%) followed by fruits (n= 110, 19.2%).

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Conclusion:The study's findings revealed that the most common symptom reported by youngsters with eating disorders was a decrease in appetite. Parents said it hurt just somewhat to have to care for an overweight child all the time. The ideal option, according to parents, is meals with minimal carbohydrate content and no added sugar. According to parent reports, a healthy diet is the most effective weapon against childhood eating problems.

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Introduction:-

Problematic eating habits are a leading cause of eating disorders in children and adolescents. When left untreated, eating disorders may escalate into potentially fatal complications across a wide spectrum of medical concerns. Improper eating habits may lead to a number of health issues [1]. Children's immune systems are especially vulnerable if their diets aren't well-maintained, since this makes them vulnerable to a wide range of illnesses. Therefore, it is necessary that eating habits be completely maintained so that the disorders like Anorexia, may be prevented. Eating disorders in children are a developing problem that stem from more than just changes in diet and lifestyle [2].

Anorexia, Bulimia, and Binge Eating Disorder are three of the most common types of eating disorders among young people. If a youngster has anorexia, he or she may refuse to consume enough calories because they are afraid of putting on excess fat [3]. However, Bulimia is defined as a condition in which the youngster deliberately throws up after eating due to an obsession with weight control.

Regaining weight is an important element of treating eating disorders in children so that the child's physical and nutritional health may be preserved. Doctors should be consulted, and parents should use extreme caution while planning their children's diets. The prevalence of eating disorders may be reduced by tailoring nutritional advice to children of various ages and sizes [4].

Children shouldn't be treated in a way that lowers their self-esteem or causes them anguish over their appearance, especially their weight. Children need to be fed a diet that provides them with the proper nutrients and helps them develop a strong immune system without causing them to acquire unnecessary weight [5].

This research aimed in assessing the effects of eating disorders that are prevailing among children in a detailed perspective.

Methods:-

Research Philosophy

A cross-sectional study was carried out so that a better perception is gained about the disorders of eating in children. The philosophy that was adhered to for executing this research work is the philosophy of **positivism** [6]. This is because the research work involved a detailed quantitative assessment of the gathered data.

Research Approach

In the context of the undertaken research work, the approach that would be used for executing the research work is the **inductive approach**. This is because this work included developing a new theory for a better understanding of the research work [6].

Research Design

The design that would be ideal for carrying out the research work was a **descriptive design**. This is because working in the research work involving the cross-sectional method involves detailed assessing of the considered data and therefore a design that was descriptive that is best match for this research work.

Research Method:-

This research work involved following a cross-sectional approach of study and therefore included collecting first-hand data. This was accomplished through the conduction of the survey and data that are considered through the

conduction of the survey are quantitative in nature [6]. This would help in enhanced perception of the eating disorders that are prevailing in children.

Sample

The method that would be employed for considering the size of the sample is **stratified random sampling**. The survey involved conducting a survey of children who falls within the age range of 10-17years of age.

Data Collection

The questionnaire was filled by the parents not the minors and data was gathered through the conduction of a **survey** where the survey would include fourteen multiple-choice questionnaires. This would involve a detailed and appropriate gathering of data that would assist in getting the needed outcome.

Data Analysis

The process through which the data was analyzed is a **quantitative analysis** and this is because the survey yielded data that is quantitative in nature. In addition to this, a cross-sectional study was followed which involves quantitative assessing of the considered data for getting the required result [6].

Validity and Reliability

The data that was considered from the various sources were taken from genuine sources and the data was not be altered to serve any personal choice [6]. This would help in maintaining the aspect of both validity and also reliability of the research work.

Ethical consideration

In order to maintain the ethical aspects of the research work, the aspect of privacy of both gathered data and also the people involved with executing the research work were safeguarded. This would help in maintaining the ethical aspects of the research work thoroughly.

Results:-

The study included 572 children. Parents were answering survey questions about their children. Parents' responses to survey questions are presented in table 1. It is noticed from the table that most of parents are concerned about the change in the eating disorder among their children (n= 420, 73.4%). Most of parents believe that eating habits can affect the rising in eating disorders (n= 486, 85%). Furthermore, parents think that reducing oily and junk food may help in minimizing eating disorders among their children (n= 456, 79.7%). The rest of responses are presented in table 1.

Table 1:- Parents responses to survey items.

Survey Item	Yes	Neutral	No
1) Do you feel that the eating disorder for your child has increased in recent times?	420 73.4%	66 11.5%	86 15.1%
2) Do you consider that eating habits have an active role in contributing towards rising in eating disorders?	486 85%	33 5.8%	53 9.3%
4) Did your children experience any issues with their diet chart?	337 58.9%	101 17.7%	134 23.4%
8) Do you consider that avoiding oily and junk foods will help your child in minimizing food disorders?	456 79.7%	52 9.1%	64 11.2%
9) Do you consider that having a balanced diet will help your child in diminishing food disorders?	477 83.4%	59 10.3%	36 6.3%
10) Do you feel that it is easy for your child to reduce maintain a proper diet chart daily?	167 29.2%	124 21.7%	281 49.1%
11) Do you think that motivating children will help them combat the issue of obesity?	471 82.3%	56 9.8%	45 7.9%
12) Would you recommend other people have a balanced diet?	462 80.8%	70 12.2%	40 7%
13) Do you feel that eating low-fat food and maintaining a proper sleep cycle will help in reducing food disorders?	447 78.1%	70 12.2%	55 9.6%

14) Do you know about any other solution other than altering food habits to fight food disorders in children?	204 35.7%	187 32.7%	181 31.6%
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Parents were asked about issues experienced by children with eating disorders. Their most frequent answer was loss of appetite (n= 241, 42.1%). Figure 1 shows the distribution of parents answers.

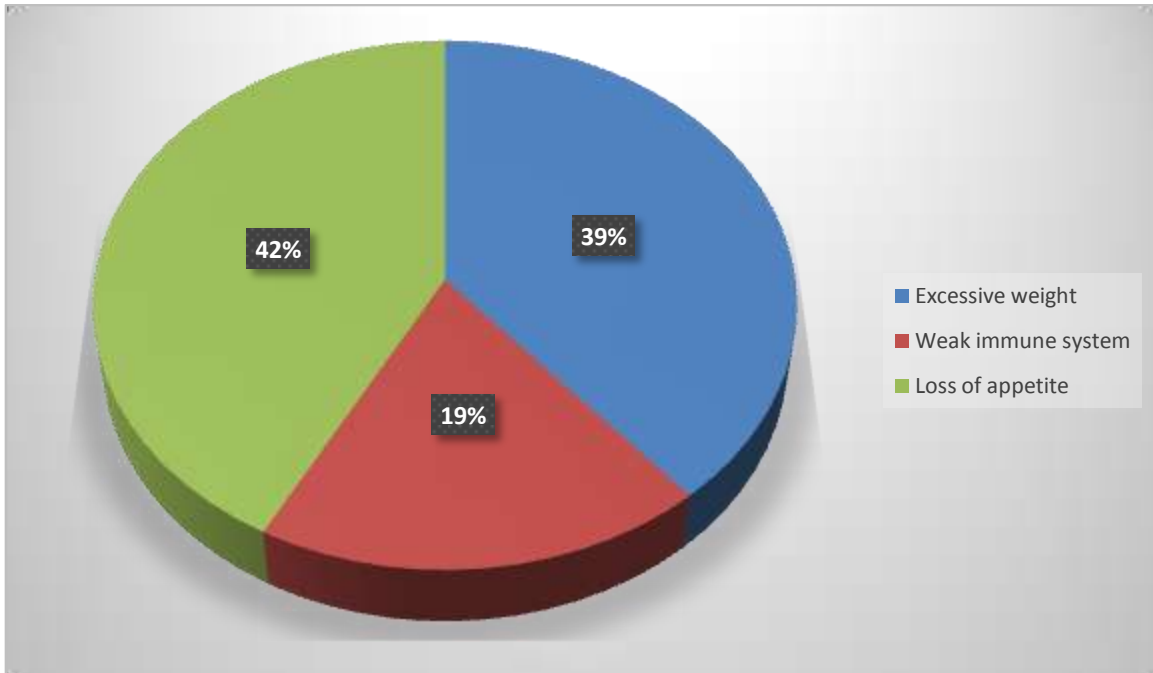


Figure 1:- Experienced issues by children with eating disorder.

In addition, parents responded that it is minimal painful to lead a life with an excessively heavyweight (n= 228, 39.9%) (Figure 2).

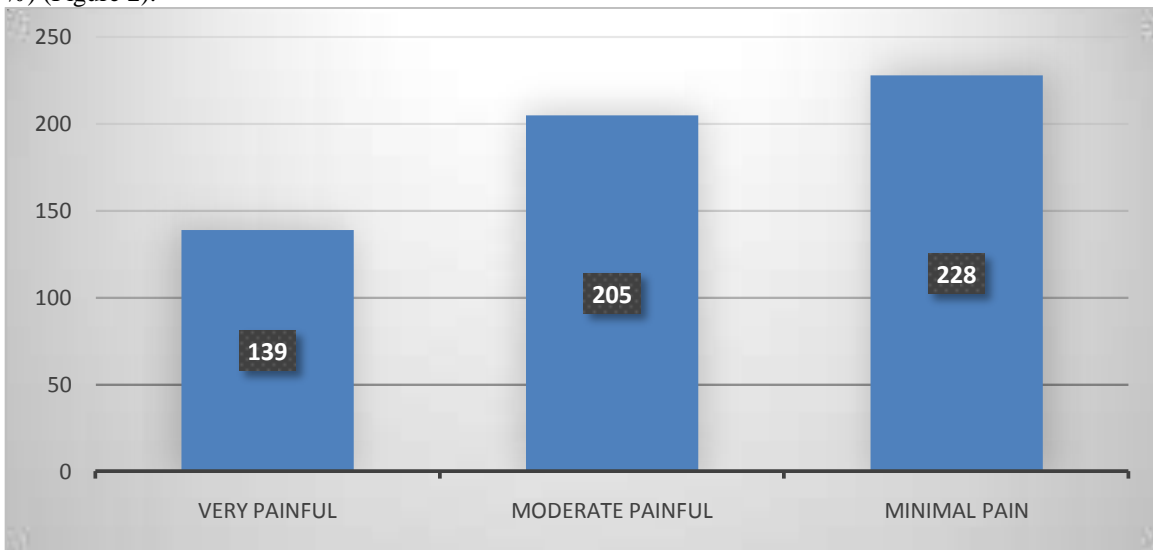


Figure 2:- How painful it is to lead a life with excessively weight.

Upon asking parents about what food do they think will help in not gaining much weight, they answered low-carbohydrate content food with no sugar (n= 253, 44.2%) while green vegetables came in the second place (n= 209, 36.5%) followed by fruits (n= 110, 19.2%).

Finally, parents reported that having a balanced diet is the best choice to fight eating disorders for their children (n= 109, 19.1%) while 358 parents think that a mixed strategy would be more benefit (62.6%) (Figure 3).

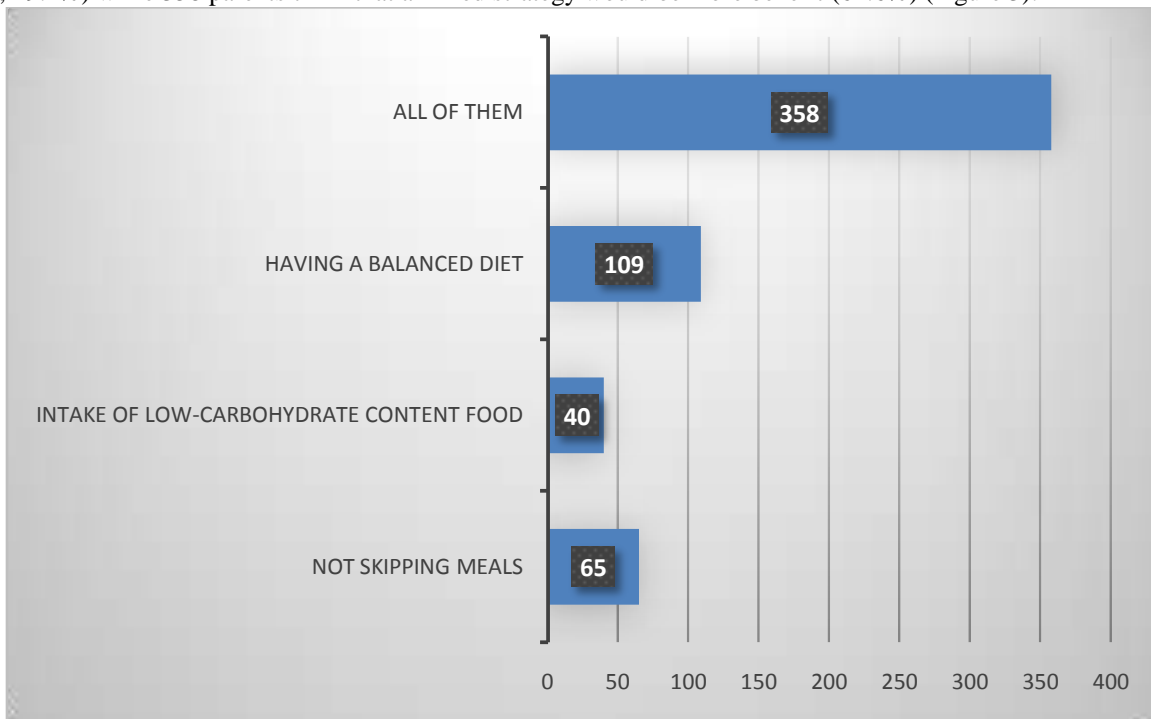


Figure 3:- Strategy followed by parents to fight eating disorders among their children.

Discussion:-

This study assessed parents' perspective about their children with eating disorder. Results showed that loss of appetite was the main issue experienced by children with eating disorder. Parents' reported minimal painful to lead a life with an excessively heavyweight. Parents also reported that low-carbohydrate content food with no sugar is the best choice for their children. Parents reported that having a balanced diet is the best choice to fight eating disorders for their children

Inconsistencies were reported among participants about care kind, availability, and quality. Care that focused on physical health was a common theme among those who had positive experiences; other common themes included a consistent approach from their keyworkers, a solid therapeutic connection, access to professionals in the field, and the presence of peer support. However, many complaints point to serious problems in service delivery that must be addressed [7]. Some of the subjects clearly did not have access to or were provided a reputable psychological intervention. It indicated that a young person's weight was the most important factor in both the identification and clinical management processes, which was in turn connected in certain instances to professionals' awareness of eating disorders and service thresholds for referring and treating patients. As a result, the advise some clinicians provided the young people participating in the study to cease worrying about their food and weight [7] appeared to go counter to what was happening in clinical practice.

Findings from a cross-national (USA, UK) survey in adults with eating disorders highlight the limited availability and inequity in geographical distribution of services, lack of knowledge of eating disorders among GPs, limited access to care unless severely underweight, and long waiting lists in the UK sample [7, 8], which are consistent with the negative experiences of the participating youth and their parents. Recovery from eating disorders is portrayed in qualitative research with adult patients as a more complex phenomena than just regaining lost weight [9]. Consideration of broader psychological difficulties and a compassionate approach, coupled to specialized skills, are two suggested ways for dealing with treatment ambivalence and lack of patient control in adult patients [10]. Similarly, several qualitative studies of adolescent experiences with in-patient (and one with out-patient) treatment for anorexia nervosa [11-16] noted problems with the priority given to physical over psychological recovery, a lack of individualized care, and the need for sensitivity from healthcare staff. Adolescents' classmates have been noted as

having both a good and negative effect on their recovery from anorexia nervosa while hospitalized [11-12, 16-17]. It is important to note that the majority of these research were published over a decade ago. Studies that looked at parents' perspectives on their child's care for an eating problem (most of which dated back 10 years or more) likewise emphasized the need of individualized treatment [18] and expertise in the field [19]. There is evidence in the literature to suggest that parent-to-parent assistance is effective, and some studies even suggest that it may be the single most helpful part of care [19, 20].

Some literature study's main contributions come from its inclusion of both the perspectives of young people and their parents, as well as the growing interest in the psychological aspects of eating disorders at an early age, and the availability of appropriately trained professionals in a variety of settings rather than just one specialized one [7]. Psychodynamic and cognitive theories of anorexia nervosa's connection with the development of individuals' own identity and control systems, which in turn affects their help-seeking behavior and treatment outcome, are supported by qualitative research into the meaning of the disorder to adolescent and adult patients [7, 21].

In addition to symptom remission, a recent qualitative synthesis of recovered adult patients' perspectives revealed four characteristics of psychological well-being: healthy interactions with others, self-acceptance, autonomy, and personal development; and self-adaptability/resilience [22]. Adults with eating disorders, in a research using a comprehensive recovery model, put more importance than therapists on the criteria of integrated psychological, emotional, and social functioning and appraisal of one's own appearance [23]. Consistent with these findings from the adult literature, other study [7] emphasizes two key elements in addressing the psychological well-being criteria for recovery and the development of a "healthy" identity in young people with eating disorders, as reported by both patients and their parents: an earlier consideration of psychological aspects of these conditions, beginning with identification in primary care and referral to specialist treatment, and improved professionalism on the part of all those involved in the care of these patients [7].

Conclusion:-

The study's findings revealed that the most common symptom reported by youngsters with eating disorders was a decrease in appetite. Parents said it hurt just somewhat to have to care for an overweight child all the time. The ideal option, according to parents, is meals with minimal carbohydrate content and no added sugar. According to parent reports, a healthy diet is the most effective weapon against childhood eating problems.

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