Anorexia Nervosa: understanding the psychosocial causes and therapies/medications given. A qualitative study on Adolescent girls aged 12-20 years in Delhi-NCR hospitals.

Mansi Latwal, Masters of Public Health: Health policy, economics and finance (2020-22)
Tata Institute of Social Sciences Deonar, Mumbai 400 088

Abstract

Statement of the Problem: Eating disorders are considered as the most complex psychiatric disorders in which the eating behavior of a person is disturbed and his/her: health, relationships, productivity and performance is seriously hampered. (Parekh, 2017). According to NEDA (National Eating Disorder Association), 'Anorexia Nervosa' is defined as an ED with weight loss or lack of appropriate weight gain for height, age and stature and is highly diagnosed among the "females" in adolescents. The prevalence rate per 1,00,000 of Anorexia Nervosa in India, 2016 was: 10.0 (Males) and 41.7 (Females) as per a published article in JMHHB. Rare studies on Anorexia Nervosa are there because of atypical presentation of eating disorder in India. Even the psychotherapies that are used in the treatment of the disorder are taken from other areas of study: depression [CBT] and personality disorders [DBT]. Along with lack of published evidence, Indian-specific questionnaires, literature on Anorexia Nervosa is devoid of medication studies for adolescents, drug trials have primarily focused upon adults only.

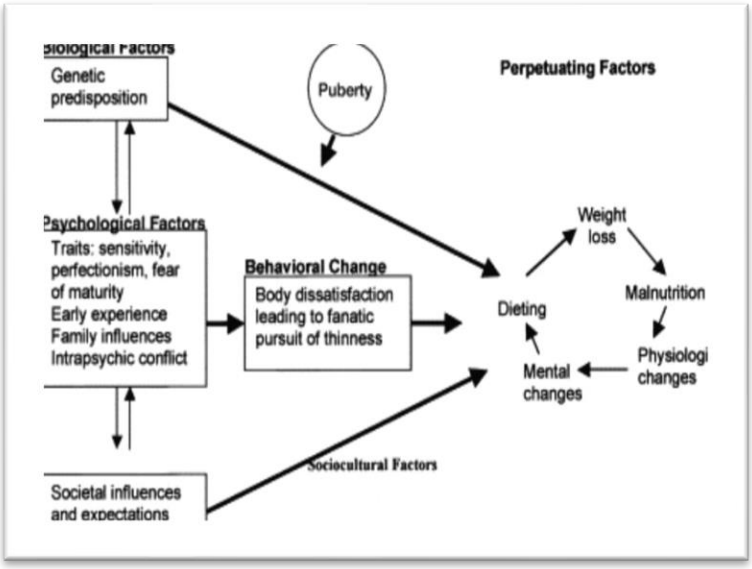
The ***purpose of this study*** is to therefore fill this gap by providing all necessary information on the topic altogether; case studies, deep-analysis of psychosocial causes, types of medications used and providing expert advises on the treatments for proper policy documentation and evidence on the topic.

Objectives of study:

1. To explore the psychological causes, social pressures, eating patterns, the role of media and societal standards of ideal-body on the adolescent girls.
2. To check the level of health and nutrition awareness in adolescent girls.
3. To examine what kind of psychotherapies are given to Indian anorexic patients (esp. in Delhi).
4. To study the effectiveness of given therapies/medications in the female adolescent patients and check their recovery period.

Methodology & Theoretical Orientation: A qualitative case study will be done involving 'key-informants interview'. The sampling method will be Purposive and data will be collected through semi-structured questions, unstructured interviews, key informant interview (with doctors, nurses, psychologists) from Adolescent Girls (12-20 years) with anorexia nervosa in urban hospital of Delhi-NCR region.

Image



Reference

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Biography



Mansi Latwal is a passionate young academician pursuing her post-graduation in 'Masters of Public Health: Health Policy, economics and finance from one of the best Institute in India for social sciences; Tata Institute of Social Sciences, Mumbai. She has worked in an urban slum community of Munerka region of national capital Delhi,India to find out the prevalence and economic burden of 'pelvic inflammatory disorder & excessive vaginal discharge' in women of reproductive age. This abstract is from the research topic that she has undertaken for academic qualifications criteria and she will be conducting her data collection in the month of September, 2021. She is highly inclined towards making a change in the domain of adolescent & reproductive health, mental health, maternal health and policy changes and media outreach for public health issues.

Email: latwalmansi12@gmail.com

Notes/Comments: