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## Examining the impact of eating disorders on the family unit

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The DSM-5 has increased the scope of eating disorders (EDs). Since 2006, the rates of EDs have shot up from 1% to 3% in 2013. Studies show families with an individual with an ED have higher conflict, but have yet to explain why they came to that state. No recent studies have researched the stressors families impacted endure during diagnosis and recovery. This research seeks to address a gap in the literature providing knowledge for families impacted by an ED. This overdue research will be a protective factor for families with children by identifying healthy eating behaviors and recognizing negative behaviors early. It aims to educate and inform researchers and therapists whether EDs impact the whole family unit, or just the individual. The participants will include individuals clinically diagnosed with an ED, between the age of 13-21, and their family members. A semi-structured interview will be used, with both open and closed questions. All participants with an ED, as well as each member of their family unit will be interviewed individually to avoid any biases or tension. The interview data will be coded and analyzed. This study seeks to eliminate taboo topics within the family, and identify the impact of EDs on the family unit, and how they can positively contribute to recovery. Future research should identify what type of therapy works best for each individual ED, but also examine how the family can positively contribute to recovery.

### Biography

Emma Foong has completed her undergraduate degree from the University of Windsor studying Developmental Psychology. She hopes to earn her Masters' degree studying eating disorder risk factors found in youth and young adults. She is still in recovery from her eating disorder, so she fully understands how difficult life is when dealing with the many challenges accompanying the disorder. She wants to help others reach recovery and live a better life. She believes her passion and education will help advocate, promote and set up more eating disorder clinics in the South Western Ontario region, specializing in inpatient care.

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