ASSOCIATED FACTORS WITH RISK BEHAVIOURS FOR EATING DISORDERS IN FEMALE MEDICAL STUDENTS AT THE UNIVERSITY OF SOUTH SANTA CATARINA

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Eating disorders, bulimia and anorexia nervosa, are disorders of the alimentary behaviour that compromise the health and psychosocial functioning, especially young adults.

Objective: To analyze the associated factors with risk behaviours for eating disorders in female students at University of South Santa Catarina (UNISUL) - Pedra Branca.

Method: A Cross-sectional study with 175 medical students, over 18 years. Data collected from August to October 2017 by validated and self-administered instruments Eating Attitudes test-26 and the Bulimic Investigatory test of Edinburgh using the Google Forms platform. Statistical analysis in SPSS 18.0, Chi-square test and p <0.05. Approved by the Research Ethics Committee of UNISUL.

Results: Mean age of 23.13; 21.27% with BMI above 25 kg/m²; 70.9% performed regular physical activity, which of these, 66.1% performed over 150 minutes/week. Psychiatric disorders (19.3%), Family issues (33.7%), Body insatisfaction (36.5%). Risk behaviour for bulimic symptoms in 60%, of these, 97.1% with moderate/high severity. Behaviour for anorexia in 36%. Association between BMI above 25 kg/m² and bulimic and anorexic symptoms (p <0.05) and statistical association between family problems and physical activity over 150 minutes/week with bulimic symptoms.

Conclusion: More than half of the students presented risk behaviour for bulimia, which the most part presented moderate severity of the symptoms. High BMI is associated with risk behaviour for anorexia and bulimia. Bulimic symptoms are associated with physical activity over 150 minutes per week and the presence of family problems.

Biography
Marina Maia will complete her graduation in Medicine at the age of 25 years at the University of South Santa Catarina.

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