



University Students' Risk for Disordered Eating

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ABSTRACT 144 usable EAT-26 surveys were returned at one point in time in order to determine disordered eating characteristics amongst college age students at one university in California. This study examined the presence of disordered eating, as evidenced by the EAT-26, in a university population. In addition, demographic data, as well as behaviors known to be related to disordered eating were collected. Risk for disordered eating was much higher than expected with 23.6% of the females in this population scoring above 20 on the EAT-26. When other risk factors for disordered eating are factored in, 42.5% of the female population in this particular class showed a risk for an eating disorder. This study demonstrates the importance of an eating disorder intervention at the college campus. In addition, it is speculated that some campuses, for a variety of reasons, may have a higher population of eating disordered females. A presentation on the risks of disordered eating followed the survey. Resources, and referrals were distributed; appointments with the faculty and health center were encouraged.

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