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## Prevalence and risk factors of disordered eating attitudes and behaviors among high-school girls in Al-Madinah City, Saudi Arabia

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This study aimed to estimate the prevalence, types and associated demographics of disordered eating attitudes among high-school girls in Al-Madinah City, Saudi Arabia. Cross sectional descriptive study included female students of governmental secondary school including Saudi and non-Saudis. Multistage sampling technique was used for student's inclusion. The eating attitudes test (EAT-26) and socio economical questionnaires were used. EAT-26 is a most widely used self-reported instrument for screening a large population for abnormal eating attitude and behavior. The study included 393 high school female students. Their age ranged between 15 and 20 years with a mean $\pm$ SD of 17.24 $\pm$ 1.03 years. Overweight and obesity were reported among 11.2% and 5.6% of them, respectively whereas 31.3% of the participants were underweight. The overall prevalence of disordered eating attitudes among female students was 42.5%. This rate was significantly higher among younger ( $\leq 16$  years old) and those of first scholastic level than others. The rate of disordered eating attitude was reported at a higher rate among obese students (59.1%) than underweight (41.5%) and normal students (42.4%). However, no statistically significance was proved,  $p > 0.05$ . The commonest reported disordered eating behavior was self-reported binge eating behavior (25.2%), followed by self-induced vomiting (8.7%) and use of laxatives/diuretics to control weight (6.1%). The findings show high prevalence of disordered eating attitude among high school female students in Al-Madinah city. Younger girls and those of the first scholastic level showed higher disordered eating attitude. Primary health care physicians need to be aware of the high prevalence of subclinical disordered eating behaviors among young adolescent females and should take responsibility for the initial assessment and the initial co-ordination of care.

### Biography

Awad Mohammed Al Qahtani is currently a Faculty at Najran University, Saudi Arabia. He has authored and co-authored multiple peer-reviewed scientific papers and presented works at many national and international conferences. His contributions have acclaimed recognition from honorable subject experts around the world. He is actively associated with different societies and academies. His academic career is decorated with several reputed awards and funding.

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