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Influence of parental rearing styles on attitude towards change in eating disorders

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Introduction: It is known that patients with an Eating Disorder (ED) present difficulties to collaborate with the treatment, both at the beginning and in the end. This is an important aspect because it influence at the outcome. Different studies also demonstrated the relationship between parental bonding and eating disorders. This study presents the relationship “perceived rearing styles” and “attitude towards change” among eating disorder patients considering the diagnosis criteria of DSM-IV-TR (American Psychiatric Association -APA-, 1994).

Methods: One hundred and sixty-six eating disorder patients were divided into three groups according the DSM-IV-TR criteria: 66 (39.8%) patients met criteria for bulimia nervosa, 49 (29.5%) patients met criteria for anorexia nervosa and 51 (30.7%) patients met criteria for an eating disorder not otherwise specified. All of them were evaluated for family relationship (APGAR familiar), their attitudes towards change (ACTA) and their memories of parental upbringing EMBU after one year of treatment.

Results: A multiple regression analysis was performed. The find of the research showed that patients with ED and high Scores in “*overprotection*” perceived during childhood showed higher levels in “*pre-contemplation*” and lower scores in “*action*” and “*maintenance*”. Regarding , “*rejection*” during upbringing was directly correlated with higher scores in “*pre-contemplation*” at one year follow-up regardless of family dysfunction. At least, “*warm*” perceived was related to higher scores in “*action*”.

Conclusions: Highlight the novel part of this study who shown the relationship between parental rearing styles and motivation to change. The results suggest how parental bonding is associated with motivation to change in eating disorders and also influences at the outcome of these patients.

Biography

Victoria Muñoz Martinez (MD) has completed his MD from University of Castilla La Mancha (Albacete, Spain) and nowadays is working at her PhD with Dr. Luis Beato. She is working as a Infant and Adolescent Psychiatry at the General Hopsital of Ciudad Real. She also collaborates with the School of Medicine at the University of Castilla La Mancha.

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