

Presence of eating disorders in Mexican men and women: some associated factors

(pp. 415-427)

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The objective of the present study was to compare the presence of Eating Disorder (ED) and some associated factors –body dissatisfaction and cognitive factors– between men and women in an incidental sample of young Mexican. 1483 young (N= 731 women and N= 752 men) with an average age of 16 years (SD= 4.29) participated in the study and completed four questionnaires regarding to eating attitudes (EAT-40), body dissatisfaction (BSQ), behavioral and cognitive aspects (EDI) and bulimic behaviors (BULIT). Those that exceeded the cut points of EAT and/or BULIT were interviewed for ED diagnosis. The results showed that 12 participants reported ED; 3 women Anorexia Nervosa and 8 Bulimia Nervosa, and only 1 man Bulimia Nervosa. Moreover 48 presented Eating Disorders Not Otherwise Specified (EDNOS, 41 women and 7 men). Regarding the cognitive factors, the women displayed greater Drive for thinness, Body Dissatisfaction and lower Interoceptive Awareness than men, whereas men had greater Interpersonal Distress than women.