Depression and Eating Disorders in Adolescent Females

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Carparelli, Maria, "Depression and Eating Disorders in Adolescent Females" (2018). Carroll College Student Undergraduate Research Festival. 53.
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Depression and Eating Disorders in Adolescent Females

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Introduction

- Depression, a mental illness that impairs daily functioning, is the number one cause of disability in U.S. adults.
- DSM-V defines an eating disorder (ED) as extreme emotions, attitudes, and behaviors surrounding weight and food issues that causes impairment.
- Young adult females are at higher risk for both diseases than the general population.
- Researchers believe there is a link between ED’s and depression
- The purpose of this study was to determine if females aged 10-25 who have depression are at risk for also having an ED.

Methods

- Systematic review
- PubMed and CINAHL databases.
- MESH keywords: 10-25 year old females, depressive disorder, depression, and eating disorder.
- Inclusion criteria: subjects within the study population, depression and eating disorders, and ethical, peer-reviewed studies.
- After screening for inclusion and exclusion criteria, 9 articles remained.

Results

- Depression and ED’s within 10-25 year old females are significantly related
- Chronology difficult to determine
- In five studies, depression predicted eating pathology; those with depression at baseline had 2x the risk of developing an ED.
- In seven studies eating pathology predicted the onset of depression; those with ED’s in adolescence had a 4x the risk of developing depression.

Public Health Implications and Recommendations

- Depression and ED’s are very strongly associated in young females
- Clinical practice should change to simultaneously screen for both diseases to prevent the onset of one or both disorders.
- Either disease, if present, should be treated with the assumption that the other disorder may appear subsequently.
- Future research: testing for the sequence of the disorders
- This study, along with further research, can lend aid to the psychiatric, emotional, and economic problems that come with depression and ED’s in young females.

Acknowledgements

- Katie Wagner, for guiding me through the systematic review process.
- Austen Davis, for revising my review.
- Carroll College library staff, for helping with the technology of this project.
- Carroll College and Health Sciences Dept.

Table 1: Diagnostic Criteria of Depression and Eating Disorders.

<table>
<thead>
<tr>
<th>Major Depressive Episode</th>
<th>Anorexia Nervosa</th>
<th>Bulimia Nervosa</th>
<th>Binge Eating Disorder</th>
</tr>
</thead>
<tbody>
<tr>
<td>Five or more of the following: depressed mood most of the day, diminished pleasure, weight loss or gain, insomnia or hypersomnia</td>
<td>Significantly low weight</td>
<td>Recurrent episodes of binge eating</td>
<td>Eating an amount of food definitely larger than what most people would eat in a discrete time period</td>
</tr>
<tr>
<td>Psychomotor agitation, fatigue, feeling worthless, diminished concentration or focus, recurrent thoughts of death</td>
<td>Persistent lack of recognition of low body weight</td>
<td>A sense of lack of control</td>
<td>Associated with: eating more rapidly, until uncomfortably full, when not hungry, alone because of embarrassment</td>
</tr>
<tr>
<td>Symptoms not attributable to another substance or medication</td>
<td>Disturbance in the way he or she sees his or her body weight or shape</td>
<td>Self-evaluation is dependent on body shape and weight</td>
<td>Feeling disgusted, distressed</td>
</tr>
<tr>
<td>During the same 2 week period and represent a change from normal function</td>
<td>These behaviors occur for at least 3 months</td>
<td>These behaviors occur at least 1/week for 3 months</td>
<td>These behaviors occur at least 1/week for 3 months</td>
</tr>
</tbody>
</table>

Figure 1. Article inclusion process.