

ABSTRACT SUBMISSION FORM

LET'S TALK ABOUT

SEX + GENDER

Exploring the role of sex and gender on health research



CHR D 2020: Abstract Submission Form

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Title

Food Allergy, Eating Disorders and Body Image: A Narrative Review

Background

Background/Introduction: Food allergy management involves avoiding the food to which a person is allergic, to prevent an accidental allergic reaction. Children are disproportionately affected by food allergy, with as many as 6-8% of Canadian children with the condition. As such, affected children and their parents spend substantial amounts of time thinking about food and the potential impact it has on their bodies. As such, we posit sustained awareness of food choices may indirectly contribute to distorted body image and disordered eating.

Objective

We performed a narrative review to glean insight into associations between food allergy, body image and eating disorders.

Methods

Methods: A literature search of Scopus, PsycINFO, PubMed and Google Scholar was conducted connecting terms for "food allergy" or "food hypersensitivity" with terms for "body image" and/or "eating disorders". Titles and abstract screening was independently performed by two student reviewers, with possible relevant abstracts carried forward to full text screening.

Results

Results: Upon conclusion of our broad search of the literature, a total of 159 articles were eligible for full text screening, and 15 studies were ultimately included in this paper. 7 made mention of food allergy as it relates to body image and revealed that individuals with food allergy consistently reported disturbed body image. Adolescents and adults both reported feeling as though their bodies were "defective" and were found to have integrated their food allergy as a stable facet of their identities. 8 studies investigated food allergy as it relates to prevalence of eating disorders and determined that food allergy was overwhelmingly associated with prevalence of eating disorders and eating disorder like symptoms. Disturbed body image

and low confidence were found to be the mediating variables for the development of disordered patterns of eating in food allergic individuals.

Conclusion

Discussion/Conclusion: Based on a small body of literature, there appears to be a modest association between food allergy, and distorted body image and disordered eating. Clinically, routine surveillance of food allergic individuals for development of maladaptive behaviors should occur, and referral to the appropriate mental health services if necessary.

Theme:

Community Health / Policy

Do you have a table/figure to upload?

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Untitled

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Are you willing to participate in Goodbear's Den?

Yes

Presenter Status:

Undergraduate Students

What was your role in the project?

Write Abstract

Authors

Name	Email	Role	Profession

FLOWCHAR

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