

## Eating Disorders and Eating Behaviors in Morbid Obese Women with and without Type 2 Diabetes

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**Abstract :** Background: Eating disorders (ED) are group of psychological disorders that significantly impair physical health and psychosocial function. ED consists wide range of morbidity such as loss of eating control, binge eating disorder (BED), night eating syndrome (NES), and bulimia nervosa. Eating behavior is a wide range term that includes food choices, eating patterns, eating problems. In this study, current knowledge will be discussed about comparison of eating disorders and eating behaviors in morbid obese women with and without type 2 diabetes. Methods: 231 women with morbid obesity were included in the study. Loss of eating control, Binge eating disorder and Bulimia nervosa, Night eating syndrome, and eating behaviors and psychosocial factors were assessed. SPSS version 20 was used for statistical analysis. A p-value of  $<0.05$  was considered significant. Results: There was a significant difference between women with and without diabetes in case of binge eating disorder (76.3% vs. 47.3%,  $p=0.001$ ). Women with the least Interpersonal support evaluation list (ISEL) scores had a higher risk of eating disorders, and it is more common among diabetics (29.31% vs. 30.45%,  $p=0.050$ ). There was no significant difference between depression level and BDI score among women with or without diabetes. Although 38.5% ( $n=56$ ) of women with diabetes and 50% ( $n=71$ ) of women without diabetes had minimal depression. The logistic regression model has shown that women without diabetes had lower odds of exhibiting BED (OR=0.28, 95% CI 0.142-0.552). Women with and without diabetes with high school degree (OR=5.54, 95% CI 2.46-9.45,  $P=0.0001$  & OR=6.52, 95% CI 3.15-10.56, respectively) and moderate depression level (OR=2.03, 95% CI 0.98-3.95 & OR=3.12, 95% CI 2.12-4.56,  $P=0.0001$ ) had higher odds of BED. Conclusion: The result of the present study shows that the odds of BED was lower in non-diabetic women with morbid obesity. Women with morbid obesity who had high school degree and moderate depression level had more odds for BED.

**Keywords :** eating disorders binge eating disorder, night eating syndrome, bulimia nervosa, morbid obesity

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