

DIET BEHAVIORS AND DANGER OF DEVELOPING EATING DISORDERS IN SCHOOL STUDENTS

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Introduction: The problem of eating disorder is increasingly affecting teenagers in Polish schools. This phenomenon needs to be screened and analyzed to allow early detection and diagnosis and providing proper treatment.

Objectives: The purpose of the study was to assess the correlation between school students' results in EAT-26 self-report questionnaire and their daily diet behavior and to analyze the occurrence of eating disorders among students in Silesian schools.

Methods: Our survey was based on the EAT-26 (Eating Attitude Test) and Behavioral Four Questions Test. 150 questionnaires were given to students of Secondary Schools, 116 were filled out properly. The interviewed group consisted of 85 girls and 31 boys. Average age was 17,24 +/- 1,18. All of the data were analyzed statistically.

Results: Average BMI was 21,06; half of the recruited subjects had correct BMI whereas over 40% of them presented underweight. Within 116 responses from the EAT-26 nearly 93% were the a group of the small risk of the future eating disorders. Nevertheless, over 6% of survey participants were in the group of the high risk. In the Behavioral Four Questions Test 10% were in the compulsive overeating group, others in the group of a probable development of anorexia (7%) or bulimia nervosa (3%).

Conclusions: Specific socio-cultural factors are challenging for the public service- both, in terms of health promotion programs and the organization of free after school hours.