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Associations between Disordered Eating, internal dialogue, and loneliness

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The Covid-19 pandemic has created an environment that is likely to contribute to factors leading to disordered eating. This pilot research studies disordered eating symptom severity, internal dialogical activity, and loneliness levels among a convenience sample of 60 Indian females within the age bracket of 18-28. Disordered eating can be described as a sub-clinical level of manifestation of eating disorder symptoms. As the criteria to be eligible for an eating disorder diagnosis are narrowing, this research aims to study a larger representative sample. Internal dialogue, also known as self-talk, has been recognized as a mechanism underlying disordered eating. Extensive research suggests that the self-talk of those suffering from the same is initially benign but gradually gets harsher and more controlling. While the interpretation of one's self-talk, with regards to disordered eating; is widely studied, the associations between disordered eating symptom severity and different functions of self-talk haven't drawn adequate attention yet. Other than the association between internal dialogue and disordered eating, how loneliness is associated with them both is explored in this research. To the best knowledge of the author; this study is the first of its kind to explore self-talk as a function of disordered eating. The lack of research on disordered eating in India is disturbing since there has been an increase in medical consultations wherein patients displayed abnormal eating symptoms. Hence, to increase the validity of the findings of the study, a questionnaire adapted to Indians was used to measure disordered eating.

Biography

Surabhi Roy has completed her BSc (Hons) Psychology with Management from Heriot-Watt University and is now pursuing her Master's degree in Clinical Psychology from SWPS University of Social Sciences and Humanities, Poland. She has additionally undergone training in Adolescent Mental Health First Aid and has been published in mental health magazines and blogs.

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