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World Congress on

# **Eating Disorders, Nutrition & Mental Health**

September 12-13, 2016 Philadelphia, USA

## **Scientific Tracks & Abstracts** **(Day 1)**



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# Eating Disorders, Nutrition & Mental Health

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## Eating disorders in male and female athletes

Lynn Cialdella Kam

Case Western Reserve University, USA

Athletes strive for optimal performance, which includes incorporating dietary strategies that focus on optimizing body composition and training adaptations. Low body fat is considered an advantage in certain sports such as weight-class sports (e.g., wrestling), aesthetic sports (e.g., gymnastics), and endurance sports (e.g., long-distance running). Thus, athletes often restrict energy intake to achieve optimal body composition. As a result, positive adaptations to training are compromised and individuals are at greater risk for injuries. The purposes of this review are to: 1) explore prevalence and current trends of sub-clinical and clinical eating disorders in male and female athletes; 2) describe recent research knowledge on hormonal dysregulation and musculoskeletal health and 3) discuss possible integrated approaches for addressing eating disorders in athletes.

### Biography

Lynn Cialdella Kam joined CWRU as an Assistant Professor in Nutrition in 2013. She received her PhD in Nutrition from Oregon State University, her Masters in Exercise Physiology from The University of Texas at Austin and her Master in Business Administration from The University of Chicago Booth School of Business. She completed her Post-doctoral research in Sports Nutrition at Appalachian State University and is a licensed and registered dietitian nutritionist. At CWRU, she is engaged in undergraduate and graduate teaching, advising and research. Her research has focused on health complications associated with energy imbalances (i.e. obesity, disordered eating, and intense exercise training). Specifically, she is interested in understanding how alterations in dietary intake (i.e., amount, timing, and frequency of intake) and exercise training (i.e., intensity and duration) can attenuate the health consequences of energy imbalance such as inflammation, oxidative stress, insulin resistance, alterations in macronutrient metabolism and menstrual dysfunction.

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World Congress on

# Eating Disorders, Nutrition & Mental Health

September 12-13, 2016 Philadelphia, USA

## Using the Rorschach within a personality assessment for the case conceptualization and treatment planning of eating disorders

**Bridget Rivera**

Kaplan University, Maryland, USA

Given the serious medical complications, high rates of hospitalization, suicide attempts and mortality, the careful psychometric assessment is essential for case conceptualization and treatment planning of eating disorders. There are many useful tools available to aid in the diagnosis of eating disorders. While some may argue that conducting a full personality assessment is too time consuming and perhaps not cost effective, in the long run, the data obtained is well worth the investment of both time and money. A multi-method personality assessment provides incremental validity by adding information from different methods. By obtaining a complete picture of the client early in the treatment setting, the clinician is able to more fully make an accurate diagnosis, gauge motivation for treatment, and more accurately provide appropriate recommendations. Hopefully, the added cost at the outset reduces the risk for potential relapse. Performance based personality tests (such as the Rorschach) challenge the respondent to perform a task, solve a problem, or demonstrate a process to make personality processes and behavioural patterns amenable to observation and quantification. The use of the Rorschach provides the clinician with information on self-perception, interpersonal functioning, affect modulation (or lack thereof), capacity for control and stress tolerance, reality testing and information processing, all of which proves to be invaluable when working with clients diagnosed with eating disorders.

### Biography

Bridget Rivera is a full time Faculty Member for the Undergraduate Psychology Department at Kaplan University. She is a licensed Psychologist with over 15 years of clinical experience, which includes private practice, University counselling centre and consulting work. She has facilitated body image groups and worked with clients diagnosed with eating disorders. Her research interests involve personality assessment of children and adults. She was awarded the Martin Mayman Award from the Society of Personality Assessment, for distinguished contribution to the literature in 2010.

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### Notes:

World Congress on

# Eating Disorders, Nutrition & Mental Health

September 12-13, 2016 Philadelphia, USA

## Caffeine intake and mental health in college students

Yasmine Humeda and George G A Pujalte  
Mayo Clinic, Jacksonville, USA

Caffeine intake is a common source of energy, primarily because it is so readily available. It comes in many forms, such as coffee, energy drinks, soda and pills. Many benefits have been attributed to moderate caffeine intake, such as an increase in alertness, attention, cognitive function, mood elevation, less depressive symptoms, fewer cognitive failures and lower risk of suicide. This perhaps explains why caffeine use has become so widespread in college campuses. However, in most cases, the college lifestyle does not centre on moderate caffeine intake; in fact, extremely high doses of caffeine are sometimes consumed by students, an average of over 800 mg/day (almost twice the amount of caffeine intake that has been determined to be safe). The effects that caffeine has on the human body, both short and long term, have been studied in great depth. This study (results pending), aims to investigate whether there is a correlation between caffeine intake, and possible anxiety and depression, in college students undiagnosed with either mental illness. It takes into account different sources of caffeine, the amount consumed per day/week, and the severity of anxiety and depressive symptoms based on generalized anxiety disorder-7 (GAD-7) and patient health questionnaire-9 (PHQ-9) scores. An online survey using Qualtrics.com is being conducted and distributed to students at the Florida State University via Facebook™, email, and Twitter™. Statistical analysis on the data will be done to see if there is a significant correlation between caffeine intake and symptoms of anxiety and depression in undiagnosed college students.

### Biography

Yasmine Humeda has completed her third year at Florida State University as an Honours Pre-medical student. She was one of nine students to be accepted into the honours Medical Scholars Program in 2013. She began research with Dr. Yang at the Institute of Molecular Biophysics; her goal was to test how molecules bind with the drug delivery molecule cyclodextrin. Later, Yasmine began research with Dr. Sutin at the College of Medicine. The goal was to observe the relationship between aging and memory. She was accepted to present her research at the Florida Undergraduate Research Conference. She is currently a part of the Clinical Research Internship Scholarship Program in the Mayo Clinic.

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### Notes:

World Congress on

# Eating Disorders, Nutrition & Mental Health

September 12-13, 2016 Philadelphia, USA

## Stress-eaters and stress-undereaters: Factors affecting their bi-directional feeding response in humans and in an animal model

**Michael Emond**

Laurentian University, Canada

An emerging finding in the research literature, when it comes to determining how stress affects food intake and food choice, is that there is a continuum of stress-eaters; with some people in the population trending towards eating more than normal (~40%) when exposed to life stressors and some people eating less than normal (~40%). Studies from my laboratory have helped to identify these two major subgroups in the overall population: stress-eaters and stress-undereaters. This research has used both human research to determine how stress affects food choice and food intake in these two populations and animal models in an attempt to determine the possible etiology of stress-eating and stress-undereating. In human studies we have used a field study to get true to life data and a clearly picture of how daily stress affects the eating habits and food choice of stress-eaters and stress-undereaters. We have also conducted a controlled experimental study which induced two different kinds of emotional stress to determine how different types of stress affected emotional/stress eating. In animal studies we have done breeding studies in an effort to determine if there is a genetic component in producing the two stress-eating populations. And most recently we have used operant conditioning techniques to determine if there is a possible learned component of the etiology of stress-eating. This talk will give an overview of this research and, through this, help illuminate this emotional eating response that affects roughly 80% of the population.

### Biography

Michael Hamilton Emond completed his PhD from McMaster University and Post-doctoral studies from John Hopkins University School of Medicine. He is currently an Associate Professor at Laurentian University.

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### Notes:

World Congress on

# Eating Disorders, Nutrition & Mental Health

September 12-13, 2016 Philadelphia, USA

## Examining the impact of eating disorders on the family unit

**Emma Foong**

University of Windsor, Canada

The DSM-5 has increased the scope of eating disorders (EDs). Since 2006, the rates of EDs have shot up from 1% to 3% in 2013. Studies show families with an individual with an ED have higher conflict, but have yet to explain why they came to that state. No recent studies have researched the stressors families impacted endure during diagnosis and recovery. This research seeks to address a gap in the literature providing knowledge for families impacted by an ED. This overdue research will be a protective factor for families with children by identifying healthy eating behaviors and recognizing negative behaviors early. It aims to educate and inform researchers and therapists whether EDs impact the whole family unit, or just the individual. The participants will include individuals clinically diagnosed with an ED, between the age of 13-21, and their family members. A semi-structured interview will be used, with both open and closed questions. All participants with an ED, as well as each member of their family unit will be interviewed individually to avoid any biases or tension. The interview data will be coded and analyzed. This study seeks to eliminate taboo topics within the family, and identify the impact of EDs on the family unit, and how they can positively contribute to recovery. Future research should identify what type of therapy works best for each individual ED, but also examine how the family can positively contribute to recovery.

### Biography

Emma Foong has completed her undergraduate degree from the University of Windsor studying Developmental Psychology. She hopes to earn her Masters' degree studying eating disorder risk factors found in youth and young adults. She is still in recovery from her eating disorder, so she fully understands how difficult life is when dealing with the many challenges accompanying the disorder. She wants to help others reach recovery and live a better life. She believes her passion and education will help advocate, promote and set up more eating disorder clinics in the South Western Ontario region, specializing in inpatient care.

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World Congress on

# Eating Disorders, Nutrition & Mental Health

September 12-13, 2016 Philadelphia, USA

## Prevalence of eating disorders among overweight and obese patients attending obesity outpatient clinic in Kasr Al-Ainy Hospital

**Maha Abdelrahman Mowafy**  
Cairo University, Egypt

**Background & Aim:** Overweight and obesity are now so common that are replacing the more traditional public health concerns. Aim of the study is to examine the magnitude of eating disorders among obese and overweight.

**Methodology:** A cross sectional study was conducted in the Obesity outpatient clinic located in the Diabetes and Endocrinology Clinic at Kasr Al-Ainy Hospital, Cairo University, using a questionnaire, Eating Attitudes Test (EAT-26) and included males and females in the age group 20-49 suffering from overweight or obesity.

**Results:** A total of 11% displayed an eating disorder with higher significant in obese group ( $p=0.00$ ). Binge eating disorder represented 8% among the studied group and the only statistically significant ( $p=0.01$ ) one. Regarding age those aged  $>30$  were found to suffer from eating disorders than those who are  $\leq 30$ . It was also found that married individuals had more eating disorders (54.5%) than those who were not married and divorced. Additionally, 72.7% of unemployed patients suffered from an eating disorder. Most common co-morbidity among overweight and obese patients being dyslipidemia (58%) followed by sleep apnea and arthritis (33%) and depression (31%). Furthermore, sleep apnea ( $p=0.03$ ), Depression ( $p=0.00$ ) arthritis ( $p=0.00$ ) were statistically significant co-morbidities in relation to eating disorders. Otherwise no other co-morbidities showed statistical significance in relation to eating disorders.

**Conclusion:** Eating disorders are significantly higher in obese group ( $p=0.00$ ). Binge eating disorder among obese and overweight patients is considered to be statistically significant ( $p=0.01$ ), no significant difference was found among the other eating disorders.

### Biography

Maha Abdelrahman Mowafy is an Assistant Professor of Family Medicine responsible for the research committee in department at the Cairo University. She has more than seven years of experience in working with international organizations in the area of health development, adolescent and reproductive health. She is presently holding an MD degree in Family Medicine and is an International Board Certified Lactation Consultant. She obtained Diploma in Clinical Nutrition and in Total Quality Management -Health Care. She received certificate in Management of Maternal and Child Health - Economic of Health Care and Economic Development by American University in Cairo. She attended program in Research Ethics in University of Maryland-USA to be certified as an international research ethics trainer.

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World Congress on

# Eating Disorders, Nutrition & Mental Health

September 12-13, 2016 Philadelphia, USA

## Workshop (Day 2)





World Congress on

# Eating Disorders, Nutrition & Mental Health

September 12-13, 2016 Philadelphia, USA

**Seda Ebrahimi**

Cambridge Eating Disorder Centre, USA

## The decision tree of eating disorder treatment

Eating disorders are complex psychiatric illnesses with varying degrees of severity and a different combination of symptoms. When working with this population, it is key to understand how to address the unique presentation of each patient. In this presentation, the author will provide an overview of the various aspects of the diagnosis and treatment process. This will include a discussion of the criteria for decision making regarding medical and psychiatric hospitalizations, residential, partial hospital, intensive outpatient and outpatient services as well as clinical cases. In addition, it is critical that patients have a team of clinicians to address each component of their illness. Author will also address the importance of a multidisciplinary team and pitfalls that can occur when there is a lack of communication among treaters.

## Biography

Seda Ebrahimi has received her PhD in Clinical Psychology from Pennsylvania State University. She is a Member of Academy for Eating Disorders, International Association of Eating Disorder Professionals and American Psychological Association. She continues to lecture and provide presentations at conferences and academic institutions. She has also been involved in patient advocacy at the local and national level.

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World Congress on

# **Eating Disorders, Nutrition & Mental Health**

September 12-13, 2016 Philadelphia, USA

## **Scientific Tracks & Abstracts (Day 2)**



World Congress on

# Eating Disorders, Nutrition & Mental Health

September 12-13, 2016 Philadelphia, USA

## Encouraging people with an eating disorder to fulfill themselves rather than fill themselves

**Lorraine M Dorfman**

Clinical Psychologist, University of Wisconsin, USA

In an anecdotal study of efficacy of treatment, female patients between the ages of 10 and 55 years with a diagnosis of anorexia nervosa, bulimia nervosa or binge eating disorder were seen in individual, family or group therapy in an outpatient setting. Patients were exposed either to an addictions model or to a competency model for treatment. Outcome measures were self-report of consecutive days of abstinence from eating disorder behavior; weekly ratings of sense of self, relationships with family and significant others, work or school and friendships and overall sense of well-being and the difference between the GAF at the initial appointment and GAF at termination of treatment. The modal number of treatment appointments was six with a range between 1 and 20. All the original data was lost with a computer systems change. The conclusion was that patient motivation for change was greater with a competency model.

### Biography

Lorraine M Dorfman was trained in the addictions model in the treatment of eating disorders at DePaul Rehabilitation Hospital in Milwaukee, Wisconsin. She has established an Eating Disorder Program at Lehigh University in Bethlehem, Pennsylvania and at the Achievement and Guidance Centers of America, Inc. where she was the Director in Ewing and Flemington, New Jersey. She currently maintains a private practice in Bucks County and Lehigh County in Pennsylvania. Her forthcoming books from Hillcrest Media Group, Inc., *Five Essentials to Be Your Best You and Head vs. Heart: 3 Steps to Your Best Choice*, delineate the competency model she utilizes in the treatment of eating disorders.

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### Notes:

World Congress on

# Eating Disorders, Nutrition & Mental Health

September 12-13, 2016 Philadelphia, USA

## The Power of Pictures: Exploring the association between the level and type of Instagram use and wellbeing among female emerging adults

**Carmen Papaluca**

University of Notre Dame Australia, Fremantle, Australia

Female emerging adults (18-25) use social media more than males and predominantly engage in image-focused content, creating and manipulating attractive presentations of themselves through the transformation of images. Female emerging adults are particularly impressionable to media influences because identity development occurs during this stage. Although Instagram use has been associated with increased depressive symptoms, social comparison and body dissatisfaction, the impact of the types of images being viewed has not been measured to date. This is the first phase of a larger study, investigating if various types of images on Instagram impact differently on mental health. This phase aimed to provide information on the types of images that are popular on Instagram through a content analysis of Instagram posts. Instagram displays an 'explore' page, which showcases popular public images and videos. This page is usually modified based on a user's interests and following habits, however a blank Instagram account simply shows a variety of popular and commonly accessed images at any point in time. One hundred images were sampled per day for three consecutive weeks, until saturation of image types was achieved. Preliminary analyses indicate the most popular images on Instagram are posted by celebrity accounts. Selfies, fitness-related imagery and posed photos highlighting aspects of the body are also commonly posted. This study may provide further information on the link between social media and the prevalence of mental health issues, including body image disturbance and disordered eating among female emerging adults. Given the unregulated nature of Instagram content, it is vital to first identify images that are being popularly/routinely followed.

### Biography

Carmen Papaluca is a PhD candidate at the University of Notre Dame, Australia. She graduated as the highest performing Health and Physical Education student in 2015, also achieving First Class Honours. Her PhD thesis is titled "The Power of Pictures: Exploring the association between the level and type of Instagram use and wellbeing among female emerging adults."

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### Notes:

World Congress on

# Eating Disorders, Nutrition & Mental Health

September 12-13, 2016 Philadelphia, USA

## Body image disturbance: How happy are young adults with their bodies

Fu Jing Hui and Dr Karen Morgan  
Perdana University, Malaysia

Body image is a multidimensional psychological experience involving the mental representations which we create for ourselves, yet unnecessarily resemble how others view us. It is subjective, may trigger positive or negative emotions, potentially leading to an avoidant behaviour. Many factors, mainly social media, cultural expectation and gender differences influence one's body image. In this research, body image is assessed using validated rating scales to identify one's body esteem in terms of body size and its correlations with his feelings and resultant behaviours among young adults in Malaysia. The rating scales used in this research are body esteem scale for adolescents and adults (BESAA) and body image acceptance and action questionnaire (BIAAQ). Participants were presented with the images of 2 models to assess their wish to conform to the social standard of beauty. Data analysis was done using SPSS. Results showed predictably that, BMI is inversely, and age is positively related with BESAA and BIAAQ scores. However, contrary to traditional beliefs, males score a lower mean score than females for both BESAA and BIAAQ. Men also express more desire to achieve an ideal body shape. Coincidentally, the images used showed that women expressed more resistance for heavily advertised skinny. Although shocking, this study is not the first to show such correlation. By analysing these scores, there is an evident cultural and gender shift in the attitude towards male bodies. Body esteem has either increased among females, or decreased among males.

### Biography

Fu Jing Hui is currently studying Bachelor of Medicine, Bachelor of Surgery and Bachelor of The Arts of Obstetrics in Perdana University-Royal College of Surgeons in Ireland.

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World Congress on

# Eating Disorders, Nutrition & Mental Health

September 12-13, 2016 Philadelphia, USA

## Video Presentation



World Congress on

# Eating Disorders, Nutrition & Mental Health

September 12-13, 2016 Philadelphia, USA

## Positive bodies: Loving the skin you're in- An evaluation of a cognitive behavioral therapeutic group program for women presenting with body dissatisfaction

**Vivienne Lewis**

University of Canberra, Australia

Body image satisfaction is important, particularly for females, in terms of positive mental health. We know that a poor body image is a key diagnostic criterion for eating disorders and is related to engagement in eating disordered behavior and poorer mental health. The results of a study investigating the effectiveness of a six week cognitive-behavioral group intervention promoting positive body image in adolescent girls and women will be discussed. Fifty-two women aged between 17-54 years completed self-report measures that assessed body image at the commencement of Session One (pre-treatment) and again after the conclusion of Session Six (post-treatment). The results indicated that the program effectively enhanced the body image satisfaction of participants from pre- to post-treatment (namely, on measures assessing the participants' self-esteem, body area satisfaction, body self-surveillance, and body image quality of life). Interestingly, the pre-treatment, high body shame group reported more significant improvements in self-esteem, body image satisfaction, and body image quality of life from pre- to post-treatment in comparison to individuals in the low-moderate body shame group. These results suggest that brief, group based, cognitive-behavioral interventions have the potential to improve body image satisfaction and that such an approach is more effective for individuals who report higher levels of body shame. The program itself will be explained including each week's components as well as participants' open-ended comments on what did and didn't work for them.

### Biography

Vivienne Lewis is a Clinical Psychologist specializing in the area of body image and eating disorders both in her clinical practice and research at University of Canberra, Australia. She is the author of 'Positive Bodies: Loving the Skin you're in' a self-help book for people, including both men and women, with body image issues. She is the current Chair of The Australian Psychological Society College of Clinical Psychologists ACT Section and is a strong advocate for celebrating body diversity.

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### Notes: