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# Anorexia Nervosa in Male Adolescents: What are the Personal and Socio-environmental Triggering Factors and their interaction?

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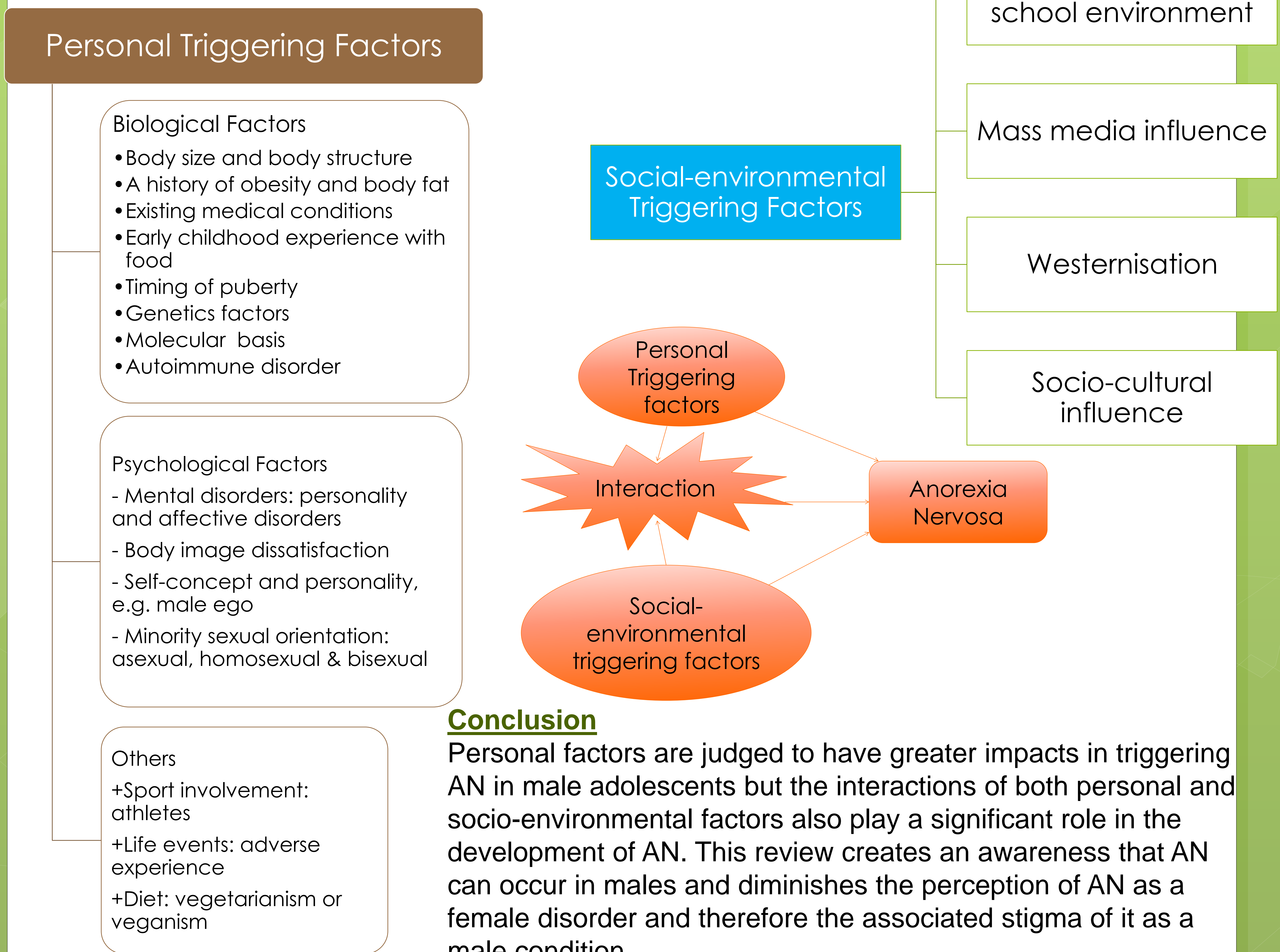
## INTRODUCTION

Anorexia nervosa (AN) is an eating disorder in which the sufferers will be afraid of gaining weight and body fat. Their weight is usually maintained less than 85% expected weight for height or body mass index (BMI). They generally want to have a "PERFECT" body shape: hour glass shape in females; and inverted triangle or V shaped in males. The sufferers would adopt extremely eating behavior to achieve their goal, for example, food restriction, abuse of substances such as laxatives, diuretics, steroids, and dieting pills; other unhealthy behaviors include excessive exercise and self-induced vomiting.

## AIMS

- To investigate the underlying causes of AN in male adolescents, which are categorized into personal and socio-environmental triggering factors;
- To examine if one type of the triggering factors is more important and has greater impact;

## TRIGGERING FACTORS OF an IN MALE ADOLESCENTS



## Conclusion

Personal factors are judged to have greater impacts in triggering AN in male adolescents but the interactions of both personal and socio-environmental factors also play a significant role in the development of AN. This review creates an awareness that AN can occur in males and diminishes the perception of AN as a female disorder and therefore the associated stigma of it as a male condition.

### References:

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