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## Introduction

According to Journal of the American Academy of Child and Adolescent Psychiatry (2010), the **median age of eating disorder** onset was **21 years old** for binge eating disorder and 18 years old for anorexia and bulimia nervosa.

**Low self-esteem and negative behavioral** of young people can lead to mental health problems as well as health-compromising behaviors such as social abuse and eating problems [1]

**50.1% of Malaysian adult is in overweight and obese category (NHMS, 2019)**

In some cases, disordered eating is characterized by mainly binge eating and night-eating syndrome (NES) is associated with increase of body weight that leads to overweight and obesity [2]

## Methodology

Cross-sectional study (Convenience sampling)

Malaysians undergraduate (Year 1 to Year 4) health sciences students in Universiti Sains Malaysia, Health Campus, Kubang Kerian, Kelantan who met the inclusion criteria and passed the exclusion criteria, have the interest and willing to participate in the study were selected as the participant of the research. The **first 166 students** who completed questionnaire voluntarily are selected as this research participants.

### Inclusion & Exclusion Criteria

#### Inclusion

- being an undergraduate student at School of Health Sciences, USM. (Year 1 to Year 4).
- Malaysian.
- Aged 18 and above.
- Individual who are able to report their current weight and weight 6 months past accurately.

#### Exclusion

individual who are currently having chronic health diseases.  
**\*\*individual who are currently having chronic health diseases are characterized by disease such as diabetes, cardiovascular disease, cancer, chronic kidney disease.**

### Study Parameter

Self-esteem	Rosenberg's Self-esteem Scale [3]
Body Mass Index	Body Mass Index WHO [4]
Risk of Eating Disorder	Eating Attitude Test-26 [5]

Statistical analysis      Statistical significance at  $p < 0.05$   
 Pearson's Chi-Square, Fisher's Exact

## Results & Discussions

There is a significant association between **self-esteem level and risk of eating disorder** ( $p$  value = 0.002,  $p < 0.05$ ). This finding is similar with previous studies which shows that having low self-esteem score, significantly increases the likelihood of having a high score on the scale of ED [6,7].

There is a statistically significant association between **self-esteem and BMI status** among undergraduate health sciences students in USM, Health Campus ( $p$  value = 0.012,  $p < 0.05$ ). Previous study also propose the same finding with this study [8]. A study conducted among adolescents depicts that the differences in self-esteem between overweight and normal-weight adolescents, and concluded that and overweight status was associated with poor body perception which linked to poor self-worth [9] and poor quality of life [10].

There is no association between **risk of eating disorders and BMI status** among undergraduate health sciences students of USM. This finding is in contrast with several studies shows that there are a significant association between obesity and risk of eating disorder [11, 12, 13]. Previous studies shows that high BMI was significantly associated with, body dissatisfaction and low self-esteem which may drive to developing risk of eating disorder [14].

## Conclusion

In conclusion, university students are considered as a vulnerable subject that may propose risk of eating disorder. A relatively high prevalence of disordered eating attitudes (19.9%) was found among undergraduate university students of school of health sciences from USM Health Campus despite the high prevalence of normal selfesteem level (65.1%) and normal BMI status (57.8%).

## References

- [1] Keane & Loades, 2017., [2] McCuen-Wurst et. Al, 2018, [3] Rosenberg, 1989, [4] World Health Organization, 2000., [5] Garner, 2004., [6] Mora et al., 2017, [7] Yusoff & Shukri, 2020 [8] ALAhmari et al., 2019 [9] Chen et al., 2007., [10] Aldaqal & Sehlo, 2013, [11] Ngan, Chern, Rajarathnam, Balan, Hong, Tiang, et al., 2017 [12] Pengpid & Peltzer, 2018, [13] Rasman et al., 2018., [14] Fan et al., 2010