



# A Comprehensive Literature Review of Eating Disorders in LGBTQ+ College-Aged Individuals

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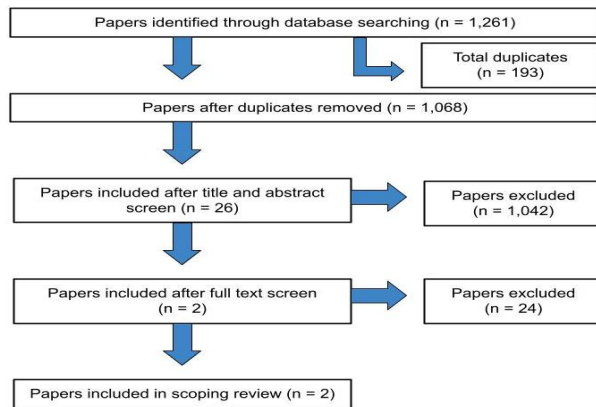
## Background Information:

Eating disorders, as defined by the Diagnostic and Statistical Manual of Mental Disorders, are classified as “being a persistent disturbance of eating or eating-related behavior that results in the altered consumption or absorption of food and that significantly impairs physical health or psychosocial functioning.” (American Psychological Association, 2013). A study conducted in 2019 found that LGBTQ+ college-aged individuals were at a higher risk of reporting the development of an eating disorder or disordered eating behaviors (Rankin et al.). Furthermore, a study conducted by VanKim et al. in 2016 found that the sexual identification of LGBT college students was a stressor that negatively impacted their eating habits. However, existing literature contains discrepancies in symptomatology and treatment for those within this population suffering from disordered eating behaviors. A systematic literature review is required to fill these gaps in current research and promote best practices for future treatment and intervention.

## Methods:

In this study, we conducted a literature review composed of a primary and secondary screening. The primary screening was conducted using a primary and secondary keyword search. The primary keyword search contained more broad terms regarding our research question such as “disordered eating behavior”, “LGBTQ” and “college students”. Following this primary keyword search we conducted a secondary keyword search that contained more specific terms such as “disordered eating habit”, “Binge Eating Disorder” and “lesbian”. These terms were put into library databases such as Social Science Premium Collection, GenderWatch, Sociological Abstracts, and other relevant databases containing information relevant to eating disorders in LGBTQ+ populations.

All results were screened, but only a few contained information specific to the research questions. A secondary screening was then conducted using only the results which were found to be relevant to the research question. These sources were analyzed in greater detail to determine their implications for this population of individuals.



## Discussion:

- One source suggested that college students enjoy when diverse body images and characteristics are represented because these depictions help them to feel less alone in their own body images (Ciao et al., 2018).
- In one study, the PRIDE Body Project©, an eating disorder prevention program for gay men, decreased body dissatisfaction and other ED symptomatology even after follow up periods were evaluated (Brown, 2014).

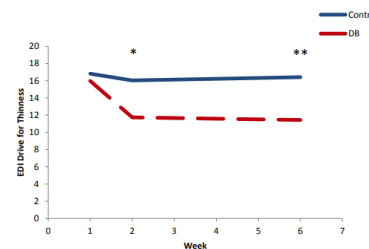


Figure 5. Comparing Conditions over Time on EDI Drive for Thinness Scores  
\*p < .05, \*\*p < .01, \*\*\*p < .001.

## Results:

A total of 1,261 articles were evaluated during the primary and secondary screenings. Of this number, 193 were duplicates across online library databases. This gave a total of 1,068 articles with search parameters relevant to the search terms. After the initial screenings, only 26 articles were considered more thoroughly upon recognition of their titles and abstracts. However, only 2 articles were found to be applicable to the research questions in all necessary aspects and were evaluated for results and future implications.

## References:

