

Intersection of Mindfulness and Eating Disorders for Sexual and Gender Minorities

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Introduction

Abstract

Within the current literature on eating disorders in sexual and gender minorities, there is a gap in mindfulness techniques and application. These research gaps create questions on EDs manifestation in people of different sexual/ gender identities and the role of minority stress; could mindfulness techniques alleviate these stresses?

To answer this we implemented a systematic literature review that reviews the current and existing literature on the intersection of mindfulness-based interventions and eating disorder symptomatology in both gender and sexual minorities. For our systematic literature review, we used a process in which articles are: pooled, selected, and reviewed to find an answer.

This subject must be explored as LGBTQ+ individuals are in a unique position, that leaves them more vulnerable to EDs. This research answers this by looking at how mindfulness techniques can help alleviate the stress intersectionality causes and looking into mindfulness's potential within clinical settings.

Research Questions

This study will identify gaps in the research by addressing these specific questions:

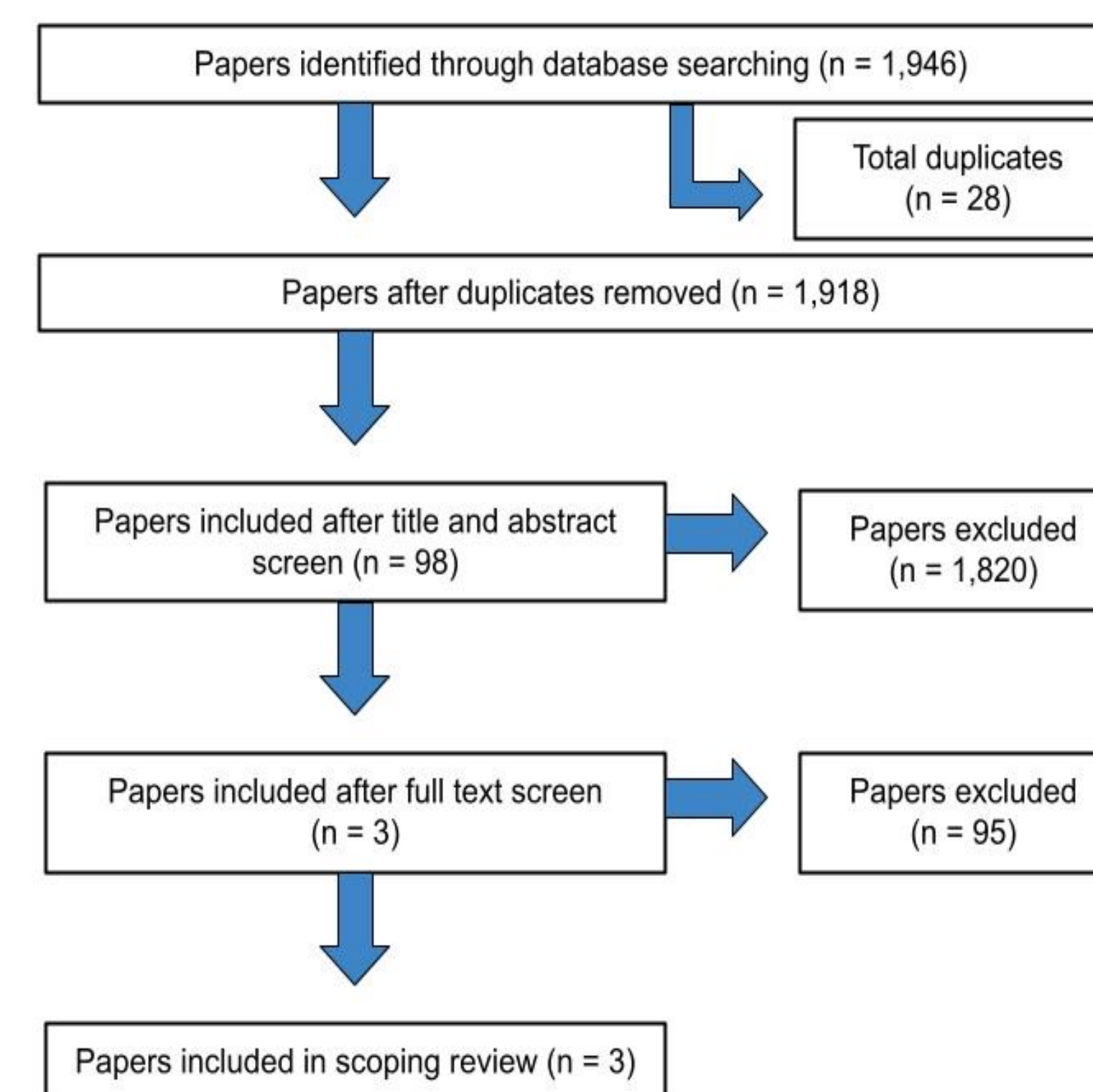
- 1) How do mindfulness-based interventions influence the onset and development of eating disorders and disordered eating among those belonging to sexual minority groups?
- 2) What does the current literature say about the onset of eating disorders and disordered eating behaviors among sexual minority individuals.

Method

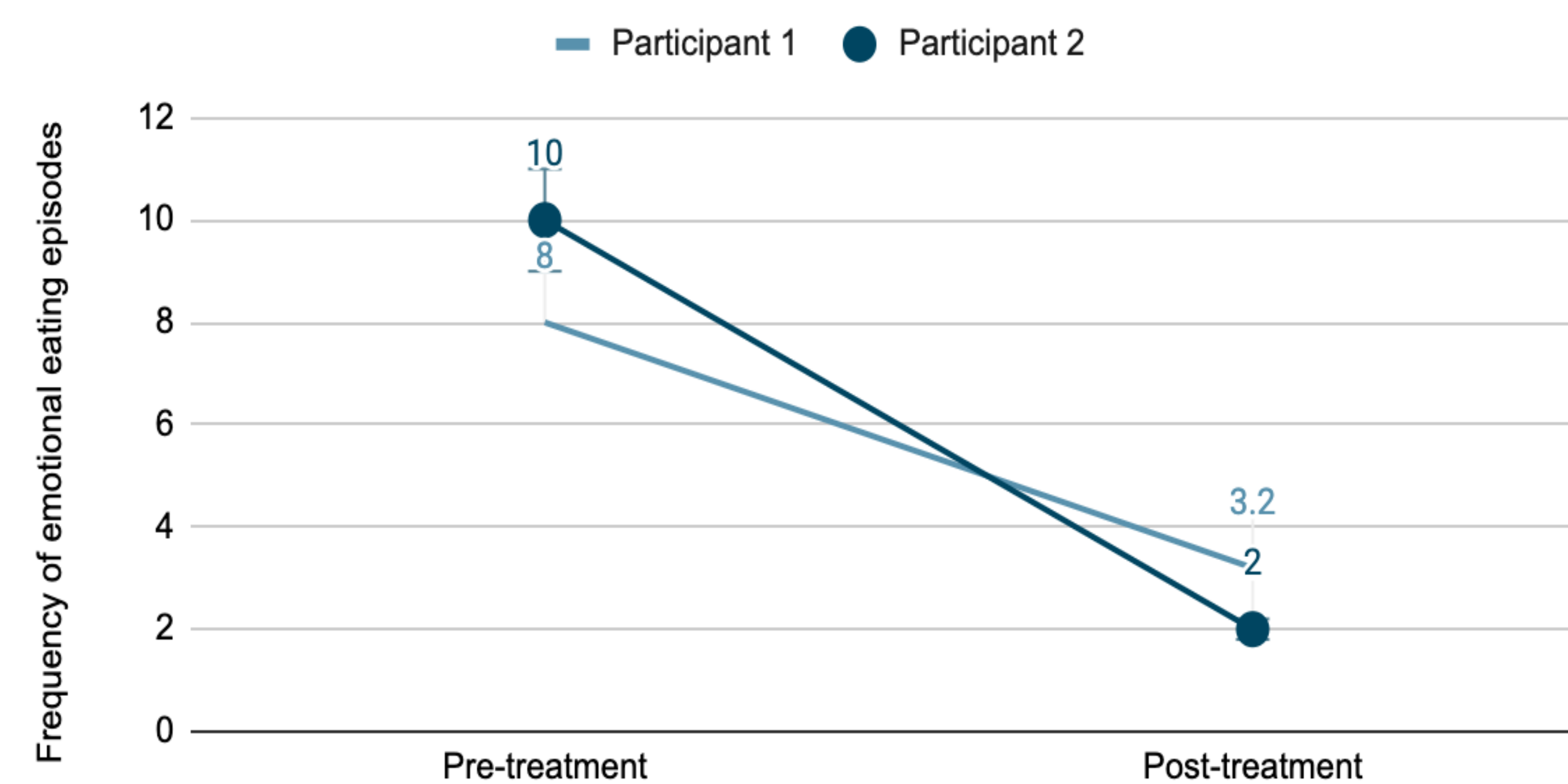
Research Design

Our research was conducted through a literature review. In this review we intend to look at the potential affects that intersecting identities have on the onset and development of eating disorders and the use of mindfulness techniques as a form of treatment and its affects in the prevention of eating disorders and disordered eating habits. This literature review particularly looked into sexual and gender minority groups examples being LGBTQ+ individuals and transgender and gender non-conforming individuals.. This process started with a large pooling and then review phase in which articles were screened and those that passed were then screened again to ensure that there was relevancy to our topic.

Data Collection and Analysis



The Effect of Acceptance and Commitment Therapy (ACT) on frequency of emotional eating episodes



(Hill et al., 2015)

- Cognitive-Behavioral Therapy for Body Image and Self Care showed a decrease in symptoms of body image disturbance (Klimek et al., 2019).

Results

Conclusion

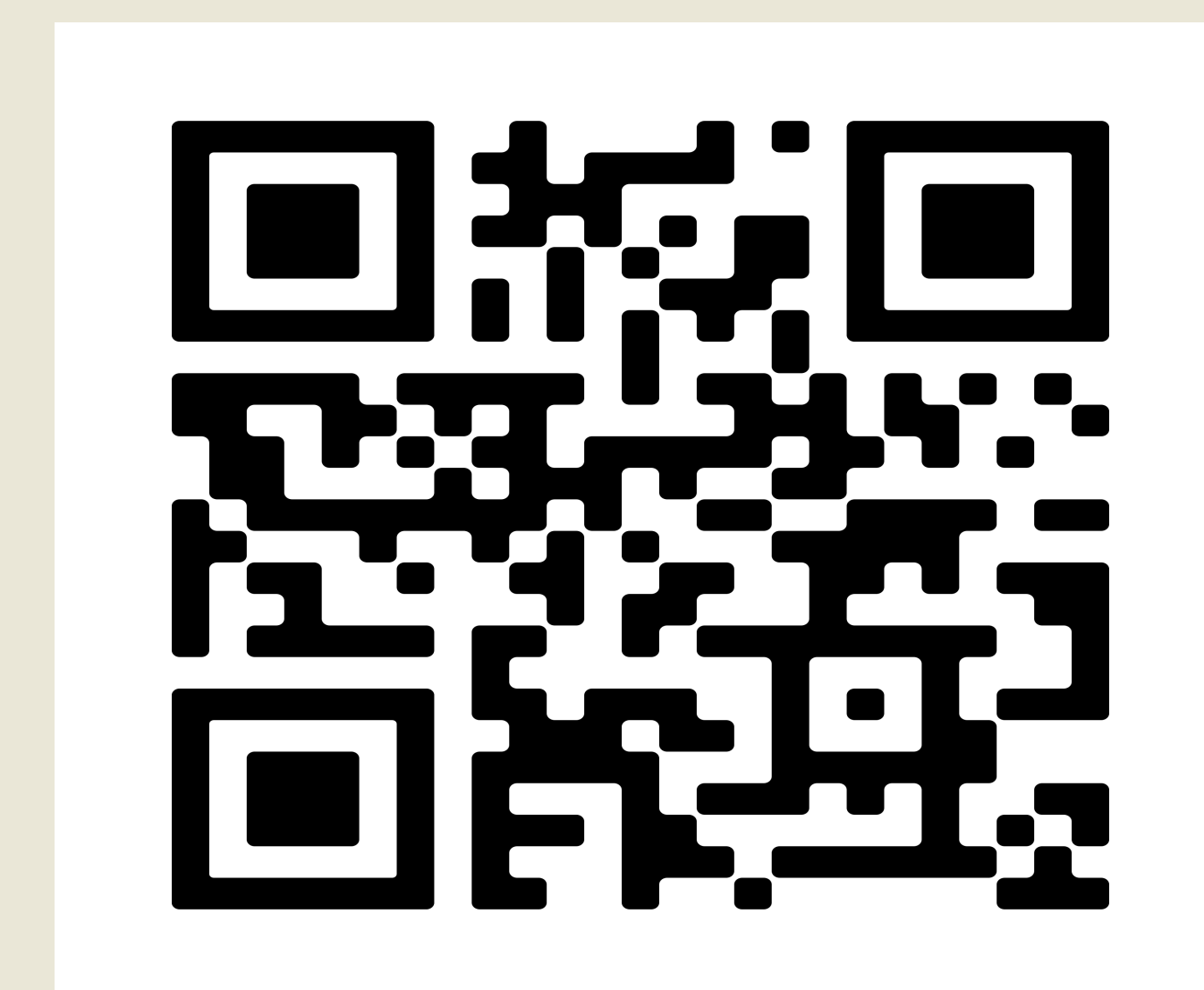
The findings of this literature review reveals to us that Mindfulness based approaches to therapy for eating disorders and disordered eating can prove to be helpful. When looking at this applied to our target demographic we can still see that there is a positive relationship between mindfulness based therapy in sexual minorities and the effectiveness in improving and treating their EDs or DEBs. Results of this treatment include body image disturbance, emotional dysregulation and self acceptance

Discussion

After reviewing 1,946 total articles it is increasingly apparent that there is a larger need for further research within this topic and demographic. Seeing as there are already really promising results in this treatment style this further necessitates a need for further research in this field.

In addition when looking at the articles as a whole there is an immense lack of diversity across age, country, and race. These gaps in research need to be filled so that we can better understand different treatment options and its application to larger groups of peoples.

Key References



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