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TITLE: Associations between Disordered Eating, and Internal Dialogue

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ABSTRACT

The Covid-19 pandemic has created an environment that is likely to contribute to factors leading to disordered eating. This pilot research studies disordered eating symptom severity, internal dialogical activity, and loneliness levels among a convenience sample of 60 Indian females within the age bracket of 18-28. As the criteria to be eligible for an eating disorder diagnosis is narrowing, this research aims to study a larger representative sample by analyzing disordered eating, a sub-clinical level of manifestation of eating disorder symptoms.

Internal dialogue, also known as self-talk, has been recognized as a mechanism underlying disordered eating. Extensive research suggests that the self-talk of those suffering from the same is initially benign but gradually gets harsher and more controlling. While the interpretation of one's self-talk, with regards to disordered eating; is widely studied, the associations between disordered eating symptom severity and different functions of self-talk haven't drawn adequate attention yet.

To the best knowledge of the author; this study is the first of its kind to explore self-talk as a function of disordered eating. The lack of research on disordered eating in India is disturbing since there has been an increase in medical consultations wherein patients displayed abnormal eating symptoms. Hence, to increase the validity of the findings of the study, a questionnaire adapted to Indians was used to measure disordered eating severity.

BIOGRAPHY

Surabhi Roy is currently pursuing her Masters degree in Clinical Psychology from SWPS University of Social Sciences and Humanities, Poland. She has interned, and volunteered extensively in the area of mental health, and is a published author in the same field.

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