



Psych Talk

Exploring Sociocultural Influences on Disordered Eating Across Research Designs

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Disordered eating behaviors (i.e., unhealthy eating patterns that reflect symptoms of eating disorder development) are a pervasive public health concern. Nearly half of college women report engaging in some form of disordered eating to control their weight. This talk will explore how social (e.g., family, peer) and cultural (e.g., societally-sanctioned appearance ideals) factors contribute to the development of disordered eating. It will also highlight how diverse research methodologies, including ecological momentary assessment, scale development, and peer-led interventions, can be used to better understand, prevent, and treat disordered eating.