

LITERATURE REVIEW ON PERFECTIONISM AND ANOREXIA IN ADOLESCENT WOMEN

La propensión al perfeccionismo se ha relacionado con la anorexia, definida esta como un comportamiento distorsionado de la alimentación y una extrema preocupación por la autoimagen y el peso corporal. Dada la prevalencia en la población adolescente y los cambios sociales de las últimas décadas, resulta necesario analizar el estado actual de la cuestión. El presente estudio tiene como objetivo analizar la relación entre estas variables, anorexia y perfeccionismo, en mujeres adolescentes. Para poder llevar a cabo la investigación se consultaron las bases de datos PubMed y Google académico. Tras seguir los criterios de inclusión (fechas del estudio al 2016-2020, idioma español e inglés, tener acceso al trabajo completo y tratarse de estudios empíricamente validados), se encontraron un total de 26 artículos. 10 de los cuales tuvieron que ser descartados por no estar relacionados con las variables. Finalmente se decidió arrancar el estudio con 16 artículos, incluyendo solamente 5 en el metaanálisis. Los resultados mostraron una correlación positiva entre las dos variables analizadas, además de una tendencia al perfeccionismo desadaptativo en las adolescentes que padecían anorexia. No obstante, también se ha encontrado una correlación con el perfeccionismo auto orientado, es decir, altas expectativas de una misma imposibles de lograr. Por último, como limitación, se encontró que los estudios seleccionados no eran homogéneos entre sí, pues no se utilizaban los mismos instrumentos para medir dichas variables, dejando así unos resultados difíciles de comparar y generalizar. A pesar de esto, el trabajo muestra buenas correlaciones y dado los resultados obtenidos, resulta esencial incluir el abordaje del perfeccionismo en el tratamiento psicológico y las estrategias de prevención de los trastornos de la conducta alimentaria, en concreto, de la anorexia.

Palabras clave: anorexia, perfeccionismo, mujeres, adolescentes.

The propensity for perfectionism has been linked to anorexia, defined as distorted eating behaviour and extreme concern about self-image and body weight. Given the prevalence in the adolescent population and the social changes of the last decades, it seems necessary to analyse the current state of affairs. The present study aims to analyse the relationship between these variables, anorexia and perfectionism, in adolescent women. In order to carry out the research, the PubMed and academic Google databases were consulted. After following the inclusion criteria (study dates to 2016-2020, Spanish and English language, having access to the full paper and being empirically validated studies), a total of 26 articles were found. 10 of which had to be discarded as they were not related to the variables. Finally, it was decided to start the study with 16 articles, including only 5 in the meta-analysis. The results showed a positive correlation between the two variables analysed, in addition to a tendency towards maladaptive perfectionism in adolescents suffering from anorexia. However, a correlation has also been found with self-directed perfectionism, that is, high expectations of oneself impossible to achieve. Finally, as a limitation, it was found that the selected studies were not homogeneous with each other, since the same instruments were not used to measure these variables, thus leaving results difficult to compare and generalize. Despite this, the work shows good correlations and given the results obtained, it is essential to include the perfectionism approach in psychological treatment and prevention strategies for eating disorders, specifically anorexia.

Keywords: anorexia, perfectionism, women, adolescents.

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INTRODUCTION

The adolescence stage is characterized by several physical changes in which self-esteem is determined to a large extent by the body image of oneself (Villalobos, 2018). Self-esteem is directly related to the perfectionist personality trait (Scappatura et al., 2016), being these two risk factors in eating disorders (González, 2016). According to Burns (1980) perfectionism is defined as the application of high standards beyond reach or reason, the compulsive and incessant effort towards impossible goals and the evaluation of one's own value exclusively in terms of productivity and achievement. The propensity to perfectionism is usual in anorexia (Crispo, Figueroa, & Guelar, 2011), defined as distorted eating behavior and extreme concern about self-image and body weight (Vargas Baldares, 2013).

OBJECTIVE

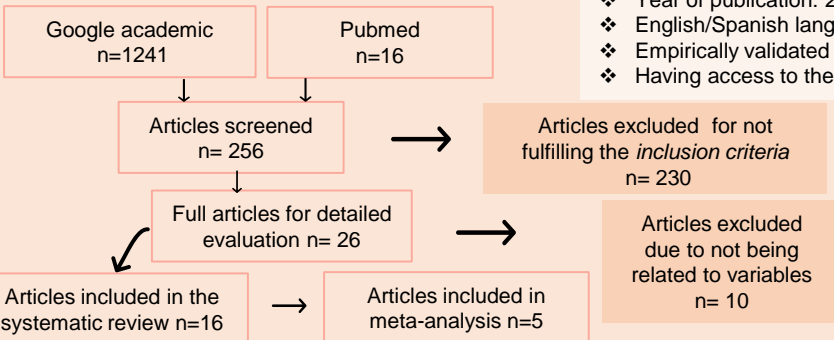
analyse the relationship between these two variables, anorexia and perfectionism, in adolescent women

METHOD

Inclusion criteria

- ❖ Women, 15-18 years
- ❖ Year of publication: 2016-2019
- ❖ English/Spanish language
- ❖ Empirically validated instruments
- ❖ Having access to the full job

Keywords: "anorexia & perfectionism & adolescence"



DISCUSSION AND CONCLUSION

Results of study showed that:

- There is a **positive correlation** between perfectionism and anorexia in young adolescents.
- **Self-oriented perfectionism** predicted eating symptomatology.

Limitations of study

- Measures are not homogeneous → Results are difficult to compare and generalize.
- Is cross-sectional type → causal relationship between these variables can not be established.
- The inclusion criteria reduced the sample of articles considerably.
- Study of Levinson → Sample size (smaller than rest) and wide age range.

FUTURE PROPOSALS

→ CBT intervention of perfectionism as a predisposing and maintaining variable of anorexia

RESULTS

Authorship / year	Participants	Measures	Main results
Scappatura, Bidacovich, Banasco Falivelli and Rutszt (2016)	246 women from the city of Buenos Aires (Argentina) (13-19 years old): • 59 ED (16,27 years) • 17 R-ED (16,35) • 170 N-ED (15,75)	- <i>Social demographic questionnaire and specific symptoms of eating disorders</i> (Rutzstein et al., 2010). - <i>EDI-3</i> (Garner, 2004) - <i>EDE</i> (Fairburn & Cooper, 1993) - <i>APS-R</i> (Slaney et al., 2001)	High scores on items: - "Maladaptive perfectionism" → ED, R-ED - "High standards" → ED, R-ED, N-ED - "Order" → N-ED
Franco-Paredes, Santoyo-Telles, Díaz-Reséndiz and Mancilla-Díaz (2017)	273 women from Mexico City (Mexico) (mean of 15.9 years and SD = 3.7) • 143 ED • 130 N-ED	- <i>Multidimensional scale of perfectionism</i> (Frost et al., 1990) - <i>IDEV-IV</i> (Kutlesic et al., 1998)	ED group > N-ED group (<i>perfectionism index</i>) ED group higher score on the item: • "concern about errors" • "indecision of action" • "parental expectations"
Flamarique et al. (2019)	187 women from Barcelona (Spain) (10-19 years old) • 79 ED (AN) (12-19 years) • 32 OCD (10-18 years) • 76 control group (12-18 years)	- <i>K-SADS-PL</i> (Kaufman et al., 1997) - <i>CAPS</i> (Flett et al., 2016) - <i>EAT-40</i> (Garner & Garfinkel, 1979) - <i>LOI-CV</i> (Berg, Rapoport, & Flament, 1985) - <i>CDI</i> (Kovacs, 1992) - <i>CY-BOCS</i> (Goodman et al., 1989)	Mean score > in ED group. <u>CAPS</u> • SOP > in AN compared to OCD and control. • No differences between OCD and control. • SPP → no significant differences were found. <u>CDI</u> • ED > in depression compared to OCD and control.
Levinson et al. (2017)	28 hospitalized women for ED from North Carolina and Washington (USA) (12-62 years old) • 15 internal and 9 partial (inpatients) (12-62 years) • 5 outpatients (39-58)	<i>Multidimensional scale of perfectionism</i> (Frost et al., 1990) <i>EDI-2</i> (Garner, Olmstead, & Polivy, 1983) <i>OCI</i> (Foa et al., 2002) <i>SAAS</i> (Hart et al., 2008) <i>FOMF</i> (Levinson & Byrne, 2015)	Perfectionism index → present in both groups With CBT in the inpatients group decrease → "high standards" 👍 → "concern about making mistakes" ✗
Keery et al. (2019)	193 women from Minnesota (USA) (7-19 years) • 87 AN (15.15 years) • 106 AFRID (12.4 years)	<i>EDE</i> (Fairburn & Cooper, 1993) <i>Mini-kid</i> (Sheehan, Shytle, Milo, 2006) <i>CDI-2</i> (Kovacs, 2011) <i>RSE</i> (Rosenberg, 1965) <i>BAI</i> (Osman et al., 1997) <i>CIA</i> (Bohn et al., 2008) <i>CPQ</i> (Shafraan, Cooper, Fairburn, 2002)	AN group > AFRID (<i>perfectionism subscale</i>)

ED: Eating Disorder, NED: No Eating Disorder, RED: Risk of Eating Disorder, EDI-3: Eating Disorder Inventory-3, EDE: Eating Disorder Examination Interview, APS-R: Almost Perfect Scale-Revised, IDEV-IV: Interview for and diagnosis of eating disorders, AN: Anorexia Nervosa, OCD: Obsessive-Compulsive Disorder, K-SADS-PL: Kiddie Schedule for Affective Disorders and Schizophrenia, CAPS: Child and Adolescent Perfectionism Scale, EAT-40: Eating Attitudes Test, LOI-CV: Leyton Obsessional Inventory - Child Version, CDI: Childhood Depression Inventory, CY-BOCS: Children's Yale Brown Obsessive-Compulsive Scale, SOP: Self-oriented perfectionism EDI-2: The Eating Disorder Inventory-2, OCI: The Obsessive Compulsive Inventory, SAAS: The Social Appearance Anxiety Scale, FOMF: The Fear of Food Measure, AFRID: Avoidant/Restrictive Food Intake Disorder, Mini-kid: to evaluate self-harm and suicidal ideation, CDI-2: Child Depression Inventory 2nd Edition, RSE: Rosenberg Self-Esteem Scale, BAI: Beck Anxiety Inventory, CIA: Clinical Impairment Assessment, CPQ: Clinical Perfectionism Questionnaire.

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