

Learning Activity:

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE
1. The learner will be able to know about the potential risk factors, especially depressive symptomology and media pressure and their effect on disordered eating.	Results indicated that media influence and strategies to decrease body weight had direct positive effects on depression, which in turn predicted emotional eating. Media influence had a direct positive effect on emotional eating, whereas strategies to decrease body weight did not exhibit a direct effect on emotional eating. The link between media pressure, strategies to decrease body weight and emotional eating was partially mediated by depression.
2. The learner will be able to plan preventive and interventional programs targeting the roots of disordered eating, and ultimately eating disorders based on the results of this study.	The present study is the first to report the prevalence of DE behavior in the Lebanese male community and its potential risk factors, especially depressive symptomology and media pressure. This information will assist in the development of prevention and intervention programs targeting the roots of DE, and ultimately eating disorders. Specifically, health practitioners could assess psychopathology indicators, and in particular depressive symptoms in males, once they detect that strategies to lose weight are being applied, as a preventive measure against distorted eating. In addition, findings from this study bring attention to the impact of media and importance of restructuring the perceptions of an “ideal” male figure that directly impacts males’ emotional functioning, which reflects in emotional eating patterns.