

營養資訊分享

青少年中飲食失調的盛行率及其與社群媒體成癮的關聯性

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飲食失調是一類與飲食行為相關的心理健康問題，特徵是極端且異常的飲食模式，對身心健康造成顯著負面影響。以下是本篇研究中提到的常見飲食失調類型，包括神經性厭食症、神經性暴食症和嗜食症。

神經性厭食症(anorexia nervosa):

特點是患者會刻意限制食物攝取，持續努力將體重維持在低於最低正常範圍內，或其體重指數（BMI）低於 17.5。

神經性暴食症(bulimia nervosa):

患者會表現反覆的暴食行為，在攝入大量食物時，常感覺無法控制進食的衝動，並再暴食後產生情緒低落或罪惡感等心理狀況，因而採取清除、過度運動或長時間禁食等補償行為，這類行為至少每週發生兩次，並持續三個月。

嗜食症(binge-eating disorder):

指患者會出現頻繁的暴食行為，但不會出現清除、禁食或劇烈運動等補償行為。

本研究評估了青少年中飲食失調的盛行率及其與社群媒體成癮的關聯性，採用描述性橫斷面設計，對 350 名年齡介於 14 至 25 歲的參與者進行調查，其中有 42% 的人可能患有飲食失調，41.7% 的學生會有社群媒體成癮。結果顯示，社群媒體成癮與飲食失調有微弱的正相關，且參與者對於生活習慣（例如：吸菸）以及居住地的不同，或是有飲食失調家族史，會呈現出不同的飲食失調風險，而在 18-21 歲的學生中也可以觀察到有明顯較高的社群媒體成癮率。本篇研究指出了社群媒體成癮對青少年潛在的負面影響，若能加以重視並預防社群媒體成癮，也許可以減少罹患飲食失調的風險。

結果圖表：

Assessment of eating disorders and social media addiction among youths.

Indicator	Total n (%)	Male n (%)	Female n (%)
No Eating Disorders	204 (58.3)	98 (48.0)	106 (52.0)
Probable Eating Disorder	146 (41.7)	59 (40.4)	87 (59.6)
No Social Media Addiction	203 (58.0)	95 (46.8)	108 (53.2)
Social Media Addiction	147 (42.0)	62 (42.2)	85 (57.8)

n = 350 participants (157 males and 197 females).

(表一)

(表二)

Comparison of overall eating disorders and social media addiction across different demographics.

Indicator	Composite Score	Eating Disorder Total			Social Media Addiction		
	<i>n</i>	Mean Rank	Test Statistics	<i>p</i> Value	Mean Rank	Test Statistics	<i>p</i> Value
Gender ^a	Male = 157	170.97	14,439.50	0.442	169.15	14,154.00	0.298
	Female = 193	179.18			180.66		
Age in years ^b	14-17 = 137	163.98	2.92	0.226	155.54	9.45	0.008 **
	18-21 = 130	182.90			192.93		
	22-25 = 83	182.93			181.16		
BMI ^b	Underweight = 100	177.15	0.47	0.983	192.44	7.69	0.090
	Normal = 206	172.93			164.95		
	Overweight = 35	183.24			175.76		
	Obese = 8	184.31			221.69		
	Severely obese = 1	198.50			276.00		
Marital status ^a	Single = 333	172.35	1781.50	0.570	175.75	2082.50	0.277
	Married = 15	222.23			146.83		
Socioeconomic status ^b	Lower class = 8	176.38	5.16	0.070	185.25	0.15	0.930
	Middle class = 314	171.77			175.71		
	High class = 28	217.07			170.30		
Institution ^b	High school = 80	183.60	1.27	0.527	158.69	4.58	0.101
	College = 92	166.44			169.25		
	University = 178	176.54			186.28		
Living place ^b	With family = 297	175.52	7.692	0.019 *	177.41	2.22	0.334
	Separate place = 22	221.14			144.43		
	Student hostel = 31	142.97			179.21		
Smoking ^a	Yes = 22	224.89	2521.50	0.019 *	162.18	3315.00	0.526
	No = 328	172.19			176.39		
Family history of eating disorders ^a	Yes = 22	226.02	2496.50	0.014 *	183.14	3440.00	0.718
	No = 328	172.11			174.99		

n = 350 participants. Mann-Whitney test ^a, Kruskal-Wallis test ^b, * *p* ≤ 0.05, ** *p* ≤ 0.01.

(表三)

Comparison of eating disorder domains across different demographics.

Indicator	Composite Score		Dieting		Bulimia and Food Preoccupation			Oral Control		
	<i>n</i>	Mean Rank	Test Statistics	<i>p</i> Value	Mean Rank	Test Statistics	<i>p</i> Value	Mean Rank	Test Statistics	<i>p</i> Value
Gender ^a	Male = 157	181.60	14,193.00	0.304	175.16	15,097.00	0.955	162.97	13,183.50	0.035 *
	Female = 193	170.54			175.78			185.69		
Age in years ^b	14-17 = 137	162.60	4.36	0.112	172.45	0.50	0.784	168.21	1.46	0.485
	18-21 = 130	179.22			174.52			183.10		
	22-25 = 83	190.96			182.07			175.63		
BMI ^b	Underweight = 100	159.32	7.06	0.113	174.82	1.17	0.918	202.28	14.642	0.004 **
	Normal = 206	177.81			174.68			168.43		
	Overweight = 35	206.70			173.24			149.19		
	Obese = 8	193.06			208.94			121.00		
	Severely obese = 1	85.50			223.00			311.00		
Marital status ^a	Single = 333	172.73	1906.50	0.115	172.15	1715.00	0.038 *	172.79	1929.50	0.135
	Married = 15	213.90			226.67			212.37		
Socioeconomic status ^b	Lower class = 8	200.25	2.69	0.260	213.50	5.21	0.074	125.63	5.83	0.054
	Middle class = 314	172.50			171.39			173.49		
	High class = 28	202.02			210.68			212.30		
Current institution ^b	High school = 80	188.28	3.44	0.175	188.66	1.88	0.388	169.46	0.56	0.752
	College = 92	160.30			169.41			173.62		
	University = 178	177.61			172.73			179.19		
Living place ^b	With family = 297	174.93	8.81	0.012 *	175.96	2.95	0.235	174.88	1.22	0.549
	Separate place = 22	227.36			200.61			196.57		
	Student hostel = 31	144.13			153.31			166.45		
Smoking ^a	Yes = 22	231.64	2373.00	0.005 **	220.23	2624.00	0.027 *	185.55	3387.00	0.631
	No = 328	171.73			172.50			174.83		
Family history of eating disorders ^b	Yes = 22	209.64	2857.00	0.103	242.09	2143.00	0.001 ***	199.64	3077.00	0.253
	No = 328	173.21			171.03			173.88		

n = 350 participants. Mann-Whitney test^a, Kruskal-Wallis test^b. * *p* ≤ 0.05, ** *p* ≤ 0.01, *** *p* ≤ 0.001.

(表四)

Spearman's correlation table showing the relationship between eating disorders and social media addiction.

Indicators	M ± SD	1	2	3	4	5
1. Eating disorder total	13.74 ± 9.10	-				
2. Dieting	6.81 ± 5.82	0.814 ***	-			
3. Bulimia and food preoccupation	2.60 ± 2.71	0.640 ***	0.361 ***	-		
4. Oral control	4.35 ± 3.57	0.659 ***	0.242 ***	0.279 ***	-	
5. Social media addiction	79.84 ± 23.60	0.133 **	0.77	0.173 ***	0.051	-

** *p* ≤ 0.01, *** *p* ≤ 0.001.

參考文獻:

Tehreem Mushtaq , Seemab Ashraf,et al. Prevalence of Eating Disorders and Their Association with Social Media Addiction among Youths. Nutrients. 2023 Nov 5;15(21):4687