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NCEED Grant Statement

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Assessment and treatment of Latino males with eating disorders: Cultural considerations

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July 20, 2022

Objectives

- The specific aims are:
 1. To identify cultural values and other relevant factors to be considered when working with Latino males.
 2. To discuss cultural considerations that are suggested during the assessment and treatment of Latino males.

Agenda

- Prevalence
- Eating disorders presentation
- Assessment
 - binge eating behavior
 - body dysmorphia
- Treatment and cultural considerations
- Prevention

First cases of ED in males

• Richard
Morton

1689



• Robert
Whytt

1765



• Charles
Lasègue

1874



• William
Gull

1874



Eating disorders and history bias

Eating disorders field primarily focused in females

- diagnosis
- assessment
- treatment

Assessment in males vs females

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WILEY

ORIGINAL ARTICLE

International Journal of
EATING DISORDERS

Male clinical norms and sex differences on the Eating Disorder Inventory (EDI) and Eating Disorder Examination Questionnaire (EDE-Q)

Kathryn E. Smith, PhD^{1,2}  | Tyler B. Mason, PhD^{1,2} | Stuart B. Murray, PhD³ |
Scott Griffiths, PhD^{4,5,6} | Rachel C. Leonard, PhD⁷ | Chad T. Wetterneck, PhD⁷ |
Brad E. R. Smith, MD⁷ | Nicholas R. Farrell, PhD⁷ | Bradley C. Riemann, PhD⁷ |
Jason M. Lavender, PhD⁸



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PMID: 28436086

Vacuum of information

- Body of research in males is very limited.
 - ~25% of AN and BN cases are males¹
 - 5% to 11% clinical settings are males²
- Latino boys reported higher eating disordered behaviors (43%) compared to Whites (28%), Blacks (28%) and Asians (34%)³

¹ Hudson et al.
(2007)

PMID: 16815322

² Gorrell & Murray, 2020

PMID: 31443881

³ Croll et al. (2002)

PMID: 12127387

Prevalence

EPIDEMIOLOGICAL STUDIES



Prevalence and Correlates of Eating Disorders in Latinos in the United States

Margarita Alegria, PhD^{1*}
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Zhun Cao, PhD¹
Maria Torres, MA, LMHC³
Xiao-li Meng, PhD⁴
Ruth Striegel-Moore, PhD⁵

ABSTRACT

Objective: To present national estimates and correlates of lifetime and 12-month DSM-IV eating disorders for Latinos.

Method: Data come from the National Latino and Asian American Study (NLAAS), a national epidemiological household survey of Latinos in the United States.

Results: Latinos have elevated rates of any binge eating and binge eating disorder but low prevalence of anorexia nervosa and bulimia nervosa. The US born

treatment utilization were exceedingly low.

Conclusion: Standard eating disorder criteria may not be appropriate for understanding psychological morbidity of eating disorders for Latinos, particularly less acculturated Latinos, due to cultural differences in the presentation of eating disorder symptoms. Criteria for disturbed eating patterns that are more reflective of the illness experience of Latinos should be developed. © 2007 by Wiley Periodicals, Inc.

DSM-IV Lifetime

AN	0.03%
BN	1.34%
BED	1.55%
AB	5.43%

12-month

AN	0.03%
BN	0.72%
BED	0.63%
AB	2.23%

Prevalence



NIH Public Access

Author Manuscript

Int J Eat Disord. Author manuscript; available in PMC 2012 July 1.

Published in final edited form as:

Int J Eat Disord. 2011 July ; 44(5): 412–420. doi:10.1002/eat.20787.

Comparative Prevalence, Correlates of Impairment, and Service Utilization for Eating Disorders across U.S. Ethnic Groups: Implications for Reducing Ethnic Disparities in Health Care Access for Eating Disorders

Luana Marques, Ph.D.¹, Margarita Alegria, Ph.D.^{2,3}, Anne E. Becker, M.D., Ph.D., Sc.M.^{1,2,4}, Chih-nan Chen, Ph.D.³, Angela Fang, B.A.¹, Anne Chosak, Ph.D.¹, and Juliana Belo Diniz, M.D.⁵

DSM-IV Lifetime

AN 0.03%

BN 1.73%

BED 1.54%

AB 5.43%

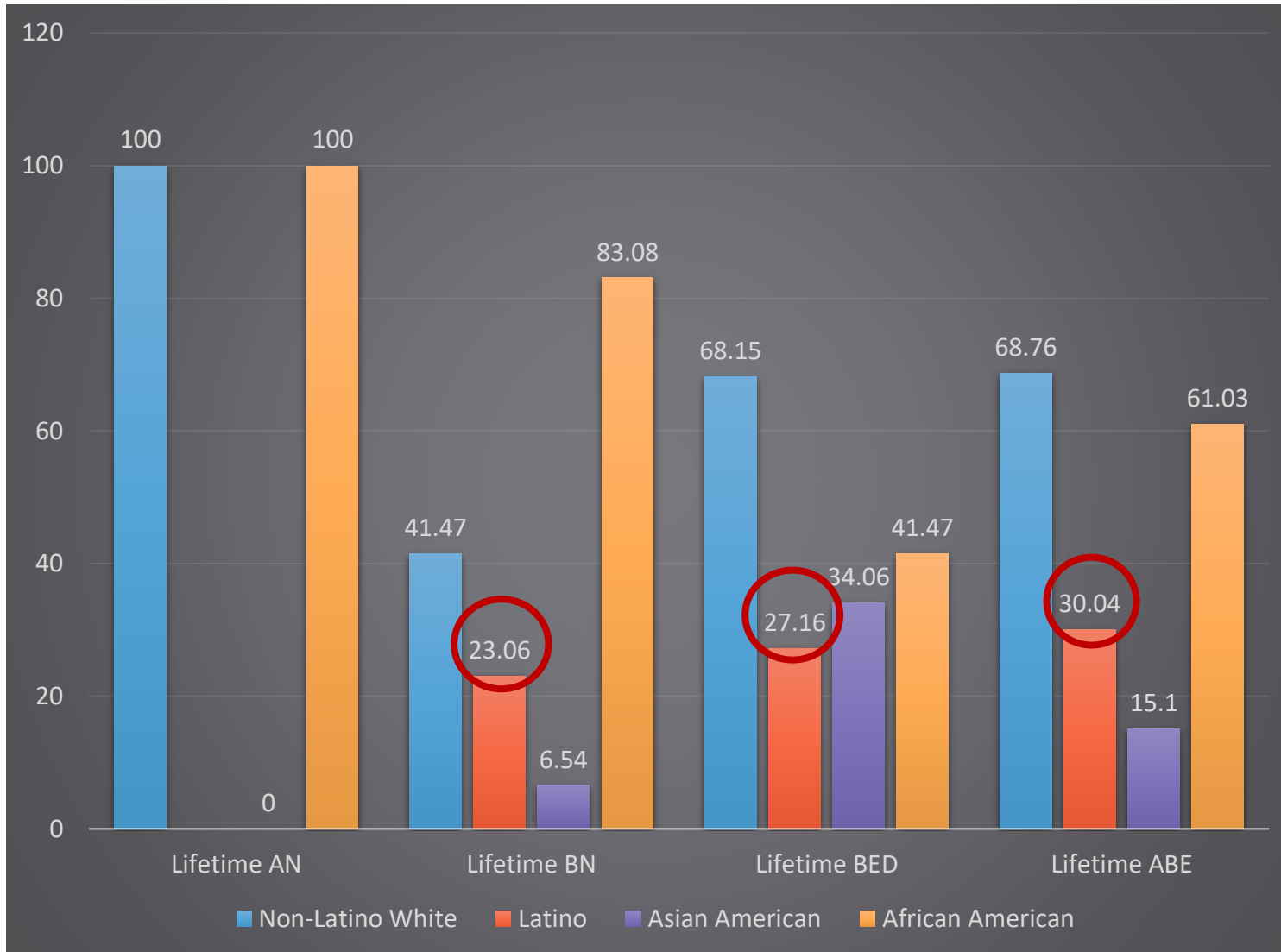
12-month

AN 0.03%

BN 1.08%

BED 0.58%

Lifetime Service Utilization⁴



⁴Marques et al.
2011

PMID: 20665700

Prevalence

JOURNAL OF AMERICAN COLLEGE HEALTH, VOL. 59, NO. 4

A Description of Disordered Eating Behaviors in Latino Males

Mae Lynn Reyes-Rodríguez, PhD; Margarita Sala; Ann Von Holle, MS;
Claudia Unikel, PhD; Cynthia M. Bulik, PhD; Luis Cámara-Fuentes, PhD;
Alba Suárez-Torres, MPHE



Sample: 722
male college
students

4.43% with
frequency &
severity for
BN (DSM-IV)

Prevalence

- 37.43% overweight or obese (BMI ≥ 25.0 kg/m²)
- 21.33% dieting at the time of the study
- 34.1% bingeing behaviors 1+ week
- 34.9% laxative misuse
- 27.3% purging behaviors

ACTUALIZACIÓN EN TRASTORNOS ALIMENTARIOS

EL CUERPO DEL DELITO: LA IMAGEN CORPORAL E INDICADORES DE TRASTORNOS ALIMENTARIOS EN UNA MUESTRA DE HOMBRES GAY DE DIEZ PAÍSES LATINOAMERICANOS¹

*José Toro-Alfonso *,
Alfonso Urzúa M.**
e Israel Sánchez Cardona****

Indicators of eating disorder behaviors in a gay men sample in Latin America

■ Dominican Republic	9.6%
■ Puerto Rico	15%
■ Colombia	8.3%
■ Peru	11.4%
■ Argentine	6.4%
■ Chile	11.9%
■ Paraguay	12.4%
■ Mexico	7.7%
■ Cuba	15%
■ Guatemala	12.8%

Body image and males

- Mainstream society's definition of masculine
 - lean body
 - muscular
- Media pressure has increased
 - shame & depression
- Metrosexuality



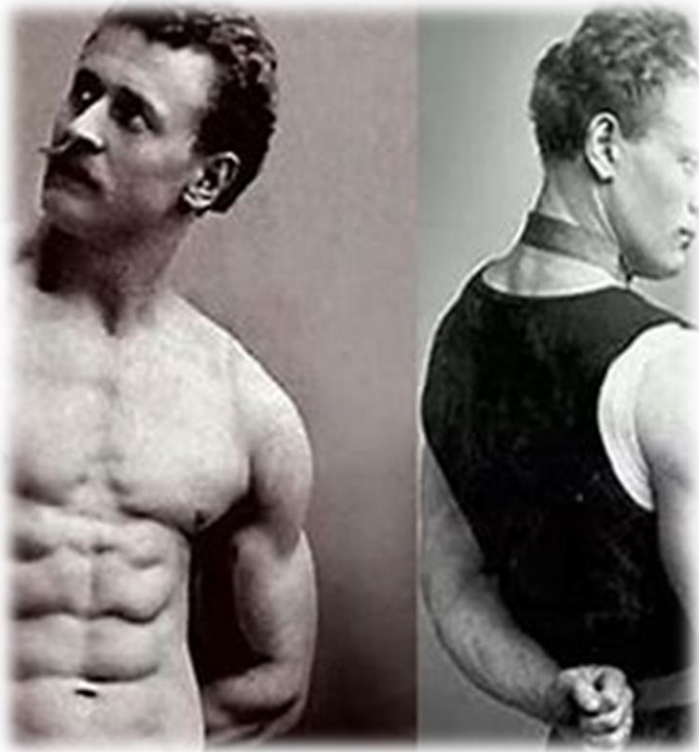
Bodybuilding across time



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Eugene Sandow (1867-1925)

2021



Body image and Latino males

- Machismo
 - Overweight discrimination
“weakness”
- Muscularity concerns
 - eating disorder symptomatology
 - low self-esteem
 - social anxiety
 - supplement use

PMID: 31603628

Body image and Latino males

- Acculturation
 - immigrant paradox
 - greater body image concerns and lower BMI as risk factor disordered eating
 - more likely to endorse LOC eating

Eating disorders presentation in males

- Higher prevalence of binge eating behaviors and purging compared to women.
- History of mild or moderate obese before developing eating disorder.⁵
- Men tend to do exercise as
 - prevention for medical complications
 - optimize performance in sport or to be eligible to compete

⁵ Strother et al.
2012

PMID: 22985232



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Gorrell & Murray, 2020

PMID: 31443881

Eating disorders presentation in males

- AN
 - leanness for enhancing muscle definition
 - 6-pack abdominal muscle than flat stomach
 - compulsive exercise similar in both f & m
- BN
 - boys report less eating concerns
 - might not experience as much loss of control as female
- BED
 - Most common ED in males
- ARFID
 - 35% are boys

Eating disorders presentation in Latinos

- Concerns with fat are more relevant to LOC of eating habits more than the size.⁶
- Those less acculturated engaged in more LOC eating.⁶



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⁶ Williamson et
at. 2020
PMID: 31490573

Eating disorders presentation in Latinos

- Body image concerns are common, muscularity-based dissatisfaction more salient.⁷
 - Rigid protein-based diets
- Latinos are more likely to engage in more extreme behaviors to lose weight than whites.⁸

⁷ Compte et al.
2021
PMID: 34492593

⁸Ricciardelli et al. 2007
PMID: 17341436

Eating disorders presentation in Latinos

- Prevalence of disordered eating behaviors among Latino gays is about 10%.⁹
- Body dissatisfaction and the adherence to the mainstream masculinity are associated with disorders eating behaviors in Latino gays.⁹



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⁹Toro-Alfonso, Urzúa,
Sánchez Cardona, 2012

Minority groups

- Higher risk for body dissatisfaction and eating disorders behaviors in minority groups:
 - Athletes
 - Homosexual
 - Transgender males

Assessment

- Eating Disorders Examination¹⁰
- EDE-Q¹¹
 - Loss of control
- Body concerns
 - Muscularity-oriented eating test (MOET)⁷

⁷ Compte et al.
2021

¹⁰ Grilo et al. 2012

PMID: 23121800

¹¹ Elder & Grilo, 2007

PMID: 17014823

Assessment



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Eating Behaviors 43 (2021) 101542



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Contents lists available at [ScienceDirect](https://www.sciencedirect.com)

Eating Behaviors

journal homepage: www.elsevier.com/locate/eatbeh



Development and validation of a multicultural Spanish-language version of the Muscularity-Oriented Eating Test (MOET) in Argentina[☆]



Emilio J. Compte^{a,b,c,d}, Jason M. Nagata^e, Ana R. Sepúlveda^f, B. Camila Silva^b, Camila Cortes^b, German Bidacovich^g, Tiffany A. Brown^h, Aaron J. Blashill^{i,j}, Jason M. Lavender^{k,l}, Deborah Mitchison^{m,n}, Jonathan M. Mond^o, Irais Castillo^p, Pablo L. López^q, Roberto Muiños^{g,r}, Guillermina Rutzstein^g, Fernando Torrente^o, Stuart B. Murray^{a,s,*}

Nagata et al. *Journal of Eating Disorders* (2021) 9:87
<https://doi.org/10.1186/s40337-021-00442-4>


Journal of Eating Disorders

RESEARCH ARTICLE

Open Access

Community norms of the Muscle Dysmorphic Disorder Inventory (MDDI) among gender minority populations



Jason M. Nagata^{1*} , Emilio J. Compte^{2,3}, F. Hunter McGuire⁴, Jason M. Lavender^{5,6}, Tiffany A. Brown^{7,8}, Stuart B. Murray⁹, Annesa Flentje^{10,11,12}, Matthew R. Capriotti^{13,12}, Micah E. Lubensky^{10,12}, Juno Obedin-Maliver^{12,14,15} and Mitchell R. Lunn^{12,15,16}

Muscularity-oriented eating test



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1398 | WILEY-**EATING DISORDERS**

International Journal of

MURRAY ET AL.

APPENDIX B: MUSCULARITY-ORIENTED EATING TEST

indicates how true each statement is of you. Please answer *all* the questions as honestly as you can, as they apply to you in the last 4 weeks.

INSTRUCTIONS

Listed below are a series of statements regarding your food intake. Please read each statement carefully and circle the number that best

PMID: 31343090

Never true		Rarely true		Sometimes true		Usually true		Always true	
0		1		2		3		4	
1.	I have recorded the macro-nutritional values of everything that I ate.		0	1	2	3	4		
2.	I have used meal replacement supplements when I felt full.		0	1	2	3	4		
3.	What I ate has influenced how I think about myself as a person.		0	1	2	3	4		
4.	There are definite foods I have avoided eating due to worry about how they might affect my shape or weight.		0	1	2	3	4		
5.	I have felt less anxious about eating out if I knew the macro-nutritional content of the food at the restaurant.		0	1	2	3	4		
6.	I have taken my own food out with me to social events in case the food on offer is inconsistent with my diet plan.		0	1	2	3	4		
7.	I cannot achieve my body ideal unless I exert complete control over everything I eat.		0	1	2	3	4		
8.	I have pre-cooked several meals in advance to ensure that I do not deviate from my diet plan.		0	1	2	3	4		
9.	I have continued eating despite feeling full, in attempting to influence my muscularity.		0	1	2	3	4		
10.	I have felt anxious when I run out of protein-based supplements.		0	1	2	3	4		
11.	I have been deliberately trying to limit the overall volume of some foods, so that my muscles look more defined.		0	1	2	3	4		
12.	If I broke any of my food rules, I attempted to make up for it at my next meal.		0	1	2	3	4		
13.	I have felt anxious about others knowing the rules I have around what I eat.		0	1	2	3	4		
14.	Other people do not seem to understand how important my food choices are to me.		0	1	2	3	4		
15.	Ensuring proper adherence to my dietary ideals is more important to me than adhering to a work schedule.		0	1	2	3	4		

Note: Permission to use this scale is granted on the condition that the results of your research are shared with Dr. Stuart Murray (drstuartmurray@gmail.com). SCORING: Global MOET scores are formed by calculating the mean score of all items.

Cultural considerations

- Stigma & machismo
 - mental and eating disorder
 - discrimination & poor health
- Acculturative stress
- Seek-help pattern
 - waiting until symptoms are severe
 - underutilization specialized treatment

Cultural considerations

- Treatment
 - avoid stereotypes
 - explore their own experience with eating disorder symptoms
 - open to provide psychoeducation to family about:
 - Sexual orientation/gender identity
 - eating disorders

Prevention



REVISTA MEXICANA DE TRASTORNOS ALIMENTARIOS MEXICAN JOURNAL OF EATING DISORDERS

<http://journals.iztacala.unam.mx/index.php/amta/>



ARTICLE

Development of *fotonovelas* to raise awareness of eating disorders in Latinos in the United States

Mae Lynn Reyes-Rodríguez^{a,*}, Marissa García^b, Yormeri Silva^d, Margarita Sala^c,
Michela Quaranta^e, Cynthia Marie Bulik^{a,f,g}



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I WANT TO BE ON THE FOOTBALL TEAM

Escrita por: Mae Lynn Reyes-Rodríguez, Marissa García
y Cynthia M. Bulik
Arte por: Guille Contreras

José

manejando las consecuencias
de no comer saludablemente

Escrita por: Mae Lynn Reyes-Rodríguez, Marissa García
y Cynthia M. Bulik
Arte por: Guille Contreras



Final remarks

- Eating disorders are prevalent in Latino males.
- Binge-spectrum eating disorders are more common in Latino males.
- Muscularity concerns can contribute to ED behaviors in Latino males.
- Acculturation is not a clear moderator for eating disorders in Latino males.
- Careful attention to the assessment of body dissatisfaction and loss of control over eating for accuracy.

Other references

Lopez, V., Corona, R., & Halfond, R. (2013). Effects of gender, media influences, and traditional gender role orientation on disordered eating and appearance concerns among Latino adolescents. *Journal of adolescence*, 36(4), 727–736.

<https://doi.org/10.1016/j.adolescence.2013.05.005>

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Thank you!

Questions