**Sassaroli and Ruggiero (2005).** The main idea of the paper is to find out if a stressful situation can create or expose an association between perfectionism, worry and Eating Disorder (ED) symptoms in high school girls. Researchers performed linear regression analysis on a dataset from a sample of 145 female high school students to check if various measures of perfectionism were associated with symptoms of eating disorders in both stressful and non-stressful situations.

This paper could be very important to our research since we explore what are the factors that can contribute to stress. Besides, the paper also reveals that stress is an added factor for ED that could reveal ED symptoms who are psychologically predisposed to the condition and that particular aspect could be very helpful for us to understand the relationship between stress and eating disorders.

We see an issue and a change in approach from this paper. It is explained as follows.

1. For reasons unexplained in the paper, the researchers only chose female high school students leaving us with questions about the role of stress and eating disorders on the male population.
2. This analysis replicates several other studies that check signs for psychological predisposition that stressful situations might reveal an individual’s vulnerability to ED however we plan to analyze the other way around. We want to find out if eating disorder causes more stress on individuals.

**Martz, Handley & Eisler (1995)**

In this paper, researchers explore why women with eating disorders (both hospitalized and non hospitalized ) get highly stressed in a certain situation that leads to eating disorders and other compensatory behaviors. They conclude that it is the adherence to the traditional female gender role created significant stress among women under situations.

This paper is very helpful because it helps us to deepen our understanding of the role of stress in different gender population. It explains that 90% of eating disorder cases are found in women and goes on to explore different role based stressors that creates high stress in women.

**Striegel & Bulik (2007)**

In this article, researchers give a detailed introduction to all eating disorders, its causal factors ranging from cultural influences to genetic predisposition and then explains risk factors associated with eating disorders.

In our literature survey, we found more information about ED effects on women but we really did not get a detailed explanation for this trend however this article helps us understand the underlying reason for this trend besides answering other questions that we had about the effects of eating disorder in men. However, for our project, we are exploring how eating disorder’s attributes to stress but this article does not have information on that regard.

**References**

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Martz, D. M., Handley, K. B., & Eisler, R. M. (1995). The relationship between feminine gender role stress, body image, and eating disorders. Psychology of Women Quarterly, 19(4), 493-508.

Striegel-Moore, R. H., & Bulik, C. M. (2007). Risk factors for eating disorders. American psychologist, 62(3), 181.

Summary:

We picked three papers in this topic and interestingly all three papers analyzed the effect of eating disorder on anxiety and depression. The first paper [1] shows that eating disorder leads to stress and anxiety in high school girls. The second paper [2] shows that women with eating disorder get highly stressed and lead to anxiety behaviors. They also concluded that traditional female role greats these symptoms. The third paper shows genetically some patients are showing symptoms of eating disorder. This genetic issue leads to other issues such as depression and anxiety. For our research we will use these papers nevertheless, we will make sure to use data for both male and female.