**Sassaroli and Ruggiero (2005)** found out if a stressful situation could create or expose an association between perfectionism, worry and Eating Disorder (ED) symptoms in high school girls with linear regression analysis on a dataset from a sample of 145 female high school students.

Importance**:** paper reveals that stress is an added factor for ED that could reveal ED symptoms in those who are psychologically predisposed to the condition and that aspect could be very helpful for us to understand the relationship between stress and eating disorders.

Plans to improve:  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)** explored 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 found that the traditional female gender role that they were trying to adhere to created significant stress among women under situations.

Importance and improvement: 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 found are women and goes on to explore different role based stressors that creates high stress in women. We will explore further to identify ED and its relationship with stress in men as well.

**Striegel & Bulik (2007)** is a detailed introduction of all eating disorders, its causal factors, from cultural influences to genetic predisposition and the risk factors associated with eating disorders.

Importance and improvement: 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**

Sassaroli, S., & Ruggiero, G. M. (2005). The role of stress in the association between low self‐esteem, perfectionism, and worry, and eating disorders. International Journal of Eating Disorders, 37(2), 135-141.

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.

**APPENDIX (Please ignore after this) – keeping it here for history.**

**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**

Sassaroli, S., & Ruggiero, G. M. (2005). The role of stress in the association between low self‐esteem, perfectionism, and worry, and eating disorders. International Journal of Eating Disorders, 37(2), 135-141.

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