



The Prevention of Eating Problems and Eating Disorders: Theory, Research, and Practice

Michael P. Levine, Linda Smolak

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This is the first authored volume to offer a detailed, integrated analysis of the field of eating problems and disorders with theory, research, and practical experience from community and developmental psychology, public health, psychiatry, and dietetics. The book highlights connections between the prevention of eating problems and disorders and theory and research in the areas of prevention and health promotion; theoretical models of risk development and prevention (e.g., developmental psychopathology, social cognitive theory, feminist theory, ecological approaches); and related research on the prevention of smoking and alcohol use. It is the most comprehensive book available on the study of prevention programs, especially for children and adolescents.

The authors review the spectrum of eating problems and disorders, the related risk and protective factors, the models that have guided prevention efforts to date, the literature on the studies of prevention, and suggestions for curriculum and program development and evaluation. The book concludes with a new prevention program based on the Feminist Ecological Developmental model. The 800 + references highlight work done around the world.

The Prevention of Eating Problems and Eating Disorders addresses:

- * methodologies for assessing and establishing prevention;
- * the implications of neuroscience for prevention;
- * dramatic increases in the incidence of obesity;
- * the role of boys, men, and the media on body image;
- * prevention programming for minority groups; and
- * whether to focus on primary or secondary prevention.

Intended for clinicians and academicians from disciplines such as health, clinical, developmental, and community psychology; social work; medicine; and public health; this book is also an ideal text for advanced courses on eating disorders.

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