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**Research question/ hypothesis**- How do eating disorders influence the physical and mental development of adolescents? What are the long-term consequences?

I chose this topic because body image struggles are something I suffered during my teenage years. It made me go into a stage of mind where I always was obsessed with what I ate and when I ate and, most importantly, if it was going to make me gain weight. Due to that constant worry, I made myself vomit intentionally after food intake. I want to write this paper to inform all the reasons why this state of mind is so unhealthy and how it can affect people, especially adolescent negatively during the developing stage of body, mind, and physical.

1. Introduction

* Attention getter (start with a question/fact/statistic about this problem.
* What is an eating disorder?
* Types of eating disorder and specifically focusing on anorexia and bulimia.

1. Adolescents Health (main idea 1)

* Many things that are associated with poor health habits can lead to early death in adulthood
* Obesity
* Social context, families, friends, school, and social media influence adolescent’s health

1. Emerging Symptom and how/what affect daily life (main idea 2)

* Social media like IG is an attribute to developing this disorder
* Peer-pressure can be stress increaser leading to bad health decisions and being more cautious
* Role models

1. Treatments/precautions to take (main idea 3)

* Coming in term with one’s own problem
* Relieving from the stage of denial

References

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