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SUBJETIVE WELL-BEING IN EATING DISORDERS

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Introduction: The literature has found that eating disorders patients usually have a depression and anxiety diagnosis. However, not many investigations have studied the relationship between ED and subjective well-being.
Objectives & aims: For this reason in this study it is analyzed if women with an eating disorder diagnosis have less subjective well-being than a control group.
Methods: 104 participants (35 with anorexia nervosa, 28 with bulimia nervosa, 16 with eating disorder not otherwise specified and 25 controls) were selected to conduct the study.
Results: It was found that women with eating disorders reported less satisfaction with life and positive affect than the control group, but there were not statically significant differences in negative affect.
Conclusions: Reports of hedonic or subjective well-being problems were much more common in participants with eating disorders than in the control group (female individuals without clinical problems).

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