

6th International Conference on

NURSING & HEALTH SCIENCES

December 02-03, 2019 | Kuala Lumpur, Malaysia

A Comparative Study to Assess the Knowledge About Anorexia Nervosa Among Adolescent Girls in Selected Government and Private Schools of Delhi and Disseminate an Information Booklet on Anorexia Nervosa

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Eating disorders, especially Anorexia Nervosa and Bulimia Nervosa have been classically described in young females in western population. Recent research shows that they are also seen in developing countries including India. The aim of this study was to assess and compare the knowledge about Anorexia Nervosa among adolescent girls in selected government and private school of Delhi. BMI and body image of adolescent girls of selected government and private school of Delhi were also assessed. Another aim was to assess the relationship between knowledge about Anorexia Nervosa and selected demographic variables and to develop and disseminate information booklet on Anorexia Nervosa to the subjects. 60 adolescent girls, 30 each in government and private school between the age of 14 and 16 years were selected through non-purposive convenience sampling technique. The data was analyzed using descriptive and inferential statistics. According to the scores of the structured knowledge questionnaire on Anorexia Nervosa, it was revealed that in both government and private school, none of the adolescent girls scored more than 80%. In the government school, number of girls who fell in 'Good' (60-79%), 'Average' (35-59%) and 'Poor' (<35%) categories of the scores of structured knowledge questionnaire on Anorexia Nervosa, were 30, 70 and 0% respectively, whereas in the private school, number of girls who fell in 'Good' (60-79%), 'Average' (35-59%) and 'Poor' (<35%) categories were 30, 63.33 and 6.67% respectively. As per the BMI of the subjects in the government school, half of the subjects were found to be healthy whereas around 43% were found to be underweight, whereas in the private school, 40% were healthy and around 36% were overweight. According to the assessment of the body image, the results revealed that none of the subjects had "marked concern with their shape" both in the government and the private school.

Keywords: Structured knowledge questionnaire, Adolescent girls, Body shape questionnaire, Anorexia Nervosa, Body image

Biography

Miss. Surabhi Verma, is currently working as an Assistant Professor at the department of Nursing at Galgotias University, Greater Noida U.P. Pursuing her Bachelor's degree in Nursing in 2012 from College of Nursing and Safdarjung Hospital, New Delhi, she worked for 2 years and 10 months as a Nursing Officer at Indraprastha Apollo Hospital, New Delhi. She completed her Masters in Mental Health Nursing in 2017 from Jamia Hamdard University, New Delhi. Post that, she has been working at Galgotias University. Her research work has been published. She has completed her BLS for Healthcare Providers Course in 2018.