

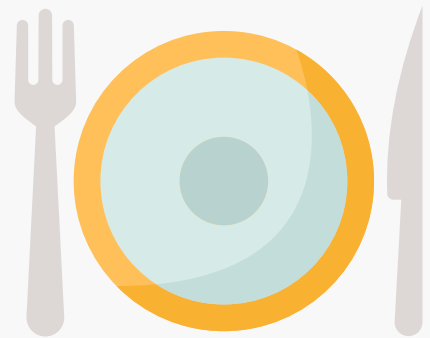
# An exploration of the development of disordered eating attitudes and behaviour in South Asian university students in the UK subsequent to migration: a narrative analysis.

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# Background

**DISORDERED  
EATING?**



**EATING  
DISORDERS?**

- Recent statistics show an escalation in hospital admittance for eating disorders (EDs) as a result, there has been a rise in investigating the racial and cultural factors that create barriers when it comes to seeking help ("NHS hospital admissions for eating disorders rise among ethnic minorities", 2022).
- Disordered eating attitudes and behaviours is one of the contributing factors to the development of eating disorders (Yu, J. et al., 2015)
- Research also shows that ethnic minorities are less likely to get referred or signposted for treatment of EDs compared to their western counterparts in the UK (Channa et al., 2019). This is due to help-seeking behaviours that are different to the norm.
- Fear of stigma, being cast out in society, familial pressure of perfectionism and lack of awareness and knowledge are barriers that prevent South Asian (SA) individuals from approaching services (Channa et al., 2019; Goel et al., 2021).

# Research question(s)

- Understanding disordered eating attitudes and behaviours in South Asians university students after they move.
- How have they been maintaining disordered eating attitudes and behaviours?
- Gaining an idea of socio-ethnocultural elements that contribute to disordered eating patterns.
- Exploring intercultural and acculturation phenomena.
- Understanding how one adapts to university life and the role that eating behaviours plays in their life.

# Bharatnatyam

- Bharatanatyam is an ancient, classical Indian dance that is known for its precise movements, expressive body language, and spiritual core.
- Bharatanatyam performances use symbolism in their abhinaya, or acting.
- It was originally performed by women as a form of worship and storytelling.
- It is thought of to have originated 2000 years ago.



**1. Childhood**

**2. Sojourn**

**3. Relationship with food**

**4. Meaning Making**

**5. The Present**

# Research so far



Semi-structured  
interviews  
conducted

8

participants studying  
in a UK university  
*South Asian descent (Indian,  
Pakistani, Sri Lankan, Nepalese,  
Bangladeshi) or mixed race living in  
the UK.*



Using narrative  
analysis to analyse  
the data

# Preliminary findings suggest

- Intergenerational habits, attitudes and behaviours towards food.
- Gender differences in terms of expectations in the kitchen.
- Having to unlearn and rebuild a relationship with cultural foods.
- Representation in the media and other societal contexts having an impact on their attitudes with food.
- Balancing two different cultures.
- Creating a community around themselves through food.

# Some quotes from the interviews..



*I think one of the main things I associate around food is trauma. Umm, having migrant parents who didn't eat at the same time because they were always working?*



*you know, there comes like other things, like gender roles, for instance. Like who is cooking the meal? And so, you know, eating tasty food becomes a symbol of the house is in the home is taken care of by like this maternal figure who cooks, you know. And when you don't have food to eat, it's like what? What's the woman doing? You know, why is she not feeding her family?*



# Thank You



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