

## **Children of parents with eating disorder**

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Eating disorders typically start at puberty-early adulthood and tend to have a chronic course. They are commonly studied in females and less common in males. Different mechanisms of transmission of eating disturbance and psychopathology have been identified, including genetic, epigenetics, parental eating pathology, parenting style,

learned behavior, and discordant marital and family relationships. Eating disorders have an impact on the individual and on the family. There is cumulative evidence in the literature to suggest that offspring of a parent with an eating disorder have an increased risk for psychopathology. The impact of ED on the child could start any time in the child's life, i.e. Intrauterine up to late adolescence years. On the other hand, few studies looked at intervention with the parents who struggle with an eating disorder and how

should it improve the children's psychological/medical outcome. To increase awareness regarding eating disorders and their chronic impacts on the children of parents with an eating disorder. To review current interventions and to suggest possible modifications.

### **Biography**

I did my psychiatry residency at McGill university (2016) and then did my subspecialty training in Child and adolescent psychiatry at McMaster University (2017). I then did an advanced child and adolescent psychotherapy fellowship at McMaster (2018). I recently started working at King Faisal university in Saudi Arabia.

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