

Disordered eating among teens tied to future depression

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symptoms at every time point and bullying by peers at two time points.

"Interventions aimed at reducing problematic eating behavior in adolescents may attenuate the risk of future [depressive symptoms](#) and relational problems," the authors write.

More information: [Abstract/Full Text](#) ([subscription or payment may be required](#))

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(HealthDay)—Disordered eating behavior among adolescents is associated with a significantly increased risk of future depressive symptoms and being bullied by peers, according to a study published online April 11 in *JAMA Psychiatry*.

Kirsty S. Lee, Ph.D., and Tracy Vaillancourt, Ph.D., both from the University of Ottawa in Canada, assessed longitudinal associations among bullying by [peers](#), disordered eating behavior, and symptoms of depression in 612 participants of the McMaster Teen Study, which began in 2008 when students were in grade 5 (10 years of age). They assessed [study participants'](#) disordered eating behavior and depressive symptoms from grades 7 to 11.

The researchers found that bullying by peers was concurrently associated with disordered eating behavior and depressive symptoms at every time point during the five-year period. Furthermore, in both girls and boys, disordered eating behavior was associated longitudinally with depressive

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