



EATING DISORDERS IN MEN

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INTRODUCTION

- Peer Researcher
 - Patient Representative and Expert by Experience
 - Therapist & Yoga Teacher
 - Writer
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- Founder of MyoMinds
 - PhD Student at Worcester University
 - Lived Experience Consultant



James Downs



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TODAY'S AGENDA

1

Accessing treatment

2

Learning from lived & living experience

3

Recommendations

4

Questions

ACCESSING CARE

Less than 1% of ED research had included men prior to 2016 (Murray et al., 2017)

Those who provide support and care for people with ED describe men's experiences as a "touchy subject" (Foye et al., 2023)

Men are often described as a "hard to reach" group, due to a refusal to talk about mental health.

**Systematic Review:
Barriers/Facilitators of help-seeking
for appearance concerns**

Barriers	Facillitators
<ul style="list-style-type: none">• Gendered ideas of ED• Lack of awareness and understanding - self and others• Healthcare for appearance concerns isn't welcoming for men	<ul style="list-style-type: none">• Recognition of the issue to due physical and/or social crisis• Pushed to seek help by a family member, partner, and/or peers

LEARNING FROM LIVED & LIVING EXPERIENCE

EDs as diverse embodied experiences

No one male experience

Centring lived experiences of illness, treatment and recovery

Developing an inclusive approach

LGBTQ+ sexual/gender minorities

WAYS WE CAN CHANGE

ACTION 1

Appreciate the diversity of men's experience

No one-size fits all, and men are not all the same. Learning from a variety of men about their varied experiences and removing barriers for all is key

ACTION 2

Listen to and learn from lived & living experiences

Including a diverse range of men in creating the knowledge we have about eating disorders and deciding & designing how we respond to them in healthcare

ACTION 3

Integrating men's eating concerns into resources

A separate 'men's ED' section may lead some to feel more of an outsider as it's seen as proof of their otherness.

ACTION 4

Not just 'Hard to reach'

We need to actively reach out to men with EDs. Fewer conversations about their experience can make it harder to articulate the issue.

WHAT ELSE CAN WE DO?

Social media



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FEEDBACK FORM

