

# INPLASY

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## Corresponding author:

Cheong Lieng Teng

tengcl@gmail.com

## Author Affiliation:

IMU University.

## Prevalence and associated factors of eating disorders among medical students: protocol of a systematic review of Malaysian studies

Teng, CL; Eltanahy, MAMA; Tesini, MP.

### ADMINISTRATIVE INFORMATION

**Support** - IMU University.

**Review Stage at time of this submission** - Preliminary searches.

**Conflicts of interest** - None declared.

**INPLASY registration number:** INPLASY202520100

**Amendments** - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 21 February 2025 and was last updated on 21 February 2025.

### INTRODUCTION

**Review question / Objective** What is the prevalence of eating disorders among university students in Malaysia, and what are the associated factors of this condition?

**Rationale** This study aims to document the prevalence of eating disorders and its associated socio-demographic and relevant factors. These data will assist future interventional studies for this health problem in Malaysia.

**Condition being studied** Eating disorders are defined as the disruption in the eating behaviour with excessive concern about body weight that impairs physical health or psychosocial functioning. The fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) has changed the MESH term from "Eating Disorders" to "Feeding and Eating Disorders," and include eight categories of this disorders.

### METHODS

**Search strategy** We plan to search bibliographic databases for Malaysian prevalence studies that evaluated eating disorder using the 26-item Eating Attitudes Test (EAT-26). The reason for choosing this scale is that it is the most commonly used rating for investigating eating disorder in Malaysia. Bibliographic search using combinations of these terms: eating disorder, Feeding and Eating Disorders, Eating Attitudes Test, EAT-26, university, student and Malaysia. All publications up to 31 December 2024 will be included.

**Participant or population** Adults who were university or college students in Malaysia.

**Intervention** None.

**Comparator** None.

**Study designs to be included** Cross-sectional studies.

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**Eligibility criteria** (a) Study participants are adults; (b) Studies conducted in Malaysia; (c) Used 26-item Eating Attitudes Test (EAT-26) to measure eating disorder.

**Information sources** An extensive literature search will be carried out on two electronic databases (PubMed, Scopus), and supplemented by a Google Scholar search.

**Main outcome(s)** Possible eating disorder based on EAT-26 score  $\geq 20$ .

**Additional outcome(s)** Socio-demographic variable, anthropometric measure (e.g., body mass index) and mental health variables.

**Data management** References retrieved will be processed using citation manager Endnote 20. Relevant data (number of participants with and without eating disorder, mean score of EAT-26 and additional outcomes) in the included studies will be extracted by a pair of investigators independently, to minimize potential bias and error as well as to resolve any disagreements.

**Quality assessment / Risk of bias analysis** The studies identified will then be assessed for methodological validity using JBI critical appraisal checklist for prevalence studies.

**Strategy of data synthesis** Meta-analysis will be performed using MedCalc Statistical Software for proportion (prevalence of eating disorder). MedCalc uses a Freeman-Tukey transformation to calculate the weighted summary proportion under the fixed and random effects model.

**Subgroup analysis** For eating disorder: (a) Gender; (b) Ethnic groups (if data are available).

**Sensitivity analysis** None.

**Language restriction** None.

**Country(ies) involved** Malaysia.

**Other relevant information** This systematic review will be prepared following PRISMA guidelines.

**Keywords** Adult; Feeding and Eating Disorders; Malaysia; Meta-Analysis; Sex Factors; Students; Universities.

**Dissemination plans** Publication of manuscript in a journal.

### Contributions of each author

Author 1 - Cheong Lieng Teng - Protocol preparation; literature search and management; statistical analysis; manuscript preparation.

Email: tengcl@gmail.com

Author 2 - Mohamed Abdelwahab Mohamed Abdou Eltanahy - Protocol preparation; literature search and management; manuscript preparation.

Email: abdelwahab@imu.edu.my

Author 3 - M Paramannantha Veloo Tesini - Protocol preparation; literature search and management; manuscript preparation.

Email: tesini@imu.edu.my