

INPLASY

Prevalence of disordered eating in Malaysian adolescents: A systematic review

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ADMINISTRATIVE INFORMATION

Support - No support.

Review Stage at time of this submission - The review has not yet started.

Conflicts of interest - None declared.

INPLASY registration number: INPLASY202670017

Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 7 July 2026 and was last updated on 7 July 2026.

INTRODUCTION

Review question / Objective What is the prevalence of disordered eating among Malaysian adolescents aged between 13 and 18, and what are the factors associated with this condition?

Rationale This study aims to synthesize the prevalence of disordered eating among Malaysian adolescents and factors associated with them. These will consolidate fragmented Malaysian evidence and provide stronger evidence for prevention, early detection, and mental health policy development for adolescents.

Condition being studied Disordered eating refers to unhealthy eating behaviors and attitudes toward food, body weight, and body image.

METHODS

Search strategy To search bibliographic databases for Malaysian prevalence studies that

evaluated eating disorders using the 26-item Eating Attitudes Test (EAT-26). The Eating Attitudes Test-26 (EAT-26) has been widely used in Malaysian adolescent and student populations as a screening tool to assess the risk of eating disorders.

Participant or population Malaysian adolescents aged 13-18 years.

Intervention None.

Comparator None.

Study designs to be included Cross-sectional studies.

Eligibility criteria (a) Malaysian adolescents aged 13 to 18 years; (b) Studies conducted in Malaysia; (c) used EAT-26 to screen for disordered eating.

Information sources An extensive search will be carried out on two electronic databases, which are

PubMed, Scopus, supplemented by a Google Scholar search.

Main outcome(s) Prevalence of adolescents at risk of eating disorder with EAT-26 cut-off point ≥ 20 .

Additional outcome(s) Associated socio-demographic factors, mental health variables, and anthropometric measures.

Data management Retrieved references will be processed using the citation manager Zotero. Relevant data (prevalence of disordered eating, mean EAT-26 score, and additional outcomes) will be extracted independently by three investigators to minimise potential bias and error and to resolve any disagreements.

Quality assessment / Risk of bias analysis The quality of included studies and risk of bias will be assessed using the Joanna Briggs Institute (JBI) Critical Appraisal Tools for prevalence studies.

Strategy of data synthesis A narrative synthesis will be conducted to summarise the study characteristics, assessment instruments, methodological quality and reported prevalence of eating disorders and disordered eating behaviours among Malaysian adolescents. Where the included studies are considered sufficiently homogeneous with respect to study population, outcome definitions, and assessment methods, a meta-analysis will be undertaken to estimate the pooled prevalence. If the studies are deemed too heterogeneous for quantitative synthesis, the findings will be presented through a structured narrative synthesis.

Subgroup analysis (a) gender, (b) geographical region, (c) study setting, subject to the availability of sufficient data.

Sensitivity analysis Where a meta-analysis is conducted, sensitivity analyses and meta-regression will be performed to assess the robustness of the pooled prevalence estimates.

Language restriction None.

Country(ies) involved Malaysia.

Other relevant information The process will be documented and presented in accordance with the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines.

Keywords Adolescent; Disordered eating; Malaysia; Meta-Analysis; Sex Factors;

Dissemination plans Publication of the manuscript in a journal.

Contributions of each author

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