

Minority Females with Eating Disorders: Qualitative Study

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Summary of the Article

- Ethnic minority females rarely get treated and receive the same treatment as the majority.
- This study focuses on therapists working with a minority group of females with eating disorders.
- The females felt shame in deciding on their eating disorder because they could not ask for help.
- Therapists face several challenges throughout this study with communication between participants and families (Kanakam, 2021).
- A mix of solutions can be beneficial when focusing on preventing eating disorders.



Problem/Purpose

- According to Kanakam (2021), there are two essential questions Natalie focused on in the text: the therapists' perspectives and the therapists' experiences.
- Ethnical minorities do not receive the specialists care they deserve for patient care. The purpose is to allow individuals to understand the struggle and stop it.
- These inequalities can severely harm the patients' psychosocial and physical well-being (Kanakam, 2021).



Framework or Methodology

- Data were analyzed using two different analyses.
- Researchers used interviews and focus groups for their framework and methods.
- *The methodology* is the research method used in this study.
- The study uses snowballing and convenience sampling to collect information from the participants (Kanakam, 2021).



Framework or Methodology

- Researchers chose the correct methodology to fit the end goal of the research.
- The concepts of the data were questions asked in the interviews for the participants.
- The article directed the information toward the therapists.



Review of Literature

- The article did not have a separate section for reviewing the literature but included the literature review within the introduction. The article provided past works with studies related to the discussed topic used within the entire article. The article did have citations within the article to support the findings made.
- The literature review within the introduction is appropriate, thorough, and organized. The authors provided past works related to the topic of female minorities with eating disorders. The authors claimed that past studies focused on white females because of the stereotype that white females have eating disorders.
- Some citations used within the article are from the last five years, but many are not within the last five years.
- The article did not have a review literature section, but the literature review within the article's introduction has a thorough evaluation. The literature review analyzed and compared multiple past research to understand the topic better and identify gaps.
- There are knowledge gaps regarding past research on eating disorders in females. The authors identified that past research focused on white females eating disorders because of cultural stereotypes. These cultural stereotypes have hindered research on eating disorders within the minority group.

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Research Question/Objective/Hypothesis

- Clearly stated are the research questions and objectives in the article about the topic. The objective of the study in the article was to explore the area of female minorities with eating disorders.
- The questions and objectives in the article are also researchable, as stated.
- The questions relate logically to the problem, discussion, literature review, and framework. The question explores therapists' perspectives and experiences working with female minorities with eating disorders.



Variables

- Identified in the article are concepts and variables. The authors identified that eating disorders in female minorities were not taken seriously because of cultural stereotypes regarding white females. They also identified that therapists' perspectives provides an understanding of eating disorders in minority females. These concepts are dependent upon the therapist and the female minority population. The variables in the study are the participants and therapists. These variables are dependent upon each other.
- The article has conceptual and operational definitions. The definition of *ethnic minority* is just one example of a conceptual definition that the author defined as black, African, British, south and east Asian, and the Caribbean.
- An intervening variable in the study was how much experience therapists involved in the study had working with female minorities with eating disorders. Cultural difference in minority females was a primary extraneous variable in the study. The researchers controlled the location.



Design

- This study is considered a Phenomenological Study that:
 - “Investigates the meaning of an experience among those who have experienced the same phenomenon” (Houser, 2023, p. 138).
 - This design is the best for this study because it provides individualized data from the participants.
- Sampling strategy → Snowballing and convenience sampling (Kanakam, 2021).
- Measurement strategy → Semi-structured interviews (Kanakam, 2021).
- Data collection plan → Video calls, telephone, or face-to-face interviews (Kanakam, 2021).
- Data analysis plan → Thematic analysis (TA) and critical realist epistemology (Kanakam, 2021).
- Since there is no proper internal validity in qualitative research, the study's trustworthiness is dependent upon the results → "data saturation was well obtained" (Kanakam, 2021).



Sample

- The sample included eleven clinical/counseling psychologists and one family therapist from London (Kanakam, 2021).
 - All participants had the experience of treating and caring for ethnic minority females with eating disorders (Kanakam, 2021).
- Sampling methods → Snowball and convenience sampling (Kanakam, 2021).
 - This combination of sampling methods ensured a representative sample population with experienced, localized individuals.
- "The general standard for sample size in a qualitative study is the achievement of redundancy and saturation" (Houser, 2022, p. 168).
 - The study deemed that the "data saturation was well obtained" (Kanakam, 2021, p.418).
- The researchers continuously ensured the participants that all information obtained would be confidential by the Data Protection Act 2018 (Kanakam, 2021).



Data collection methods

- "Almost all qualitative designs require that the researcher collect primary data from the subjects in the form of words" (Houser, 2023, p. 207).
 - The interviewer is this study's primary data collection instrument (Kanakam, 2021).
- This study used video calls, telephone, and face-to-face interview options as the different data collection avenues (Kanakam, 2021).
 - Using interviews for a measurement made this collection approach is most appropriate.
- Audio recordings and interview field note to collect data (Kanakam, 2021).
- The study does not address the reliability and validity of the tools addressed.

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Data analysis

- The analysis procedures are appropriate for the level of measurement. The analysis procedure consisted of using thematic analysis and critical realist epistemology. The analysis procedure measures and explores therapists' experience working with ethnic minority females with eating disorders.
- The article contains a single figure representing a map with three themes and nine subthemes. The figure represents the participant's beliefs about why race impacts therapeutic work. The study results implemented into a map accurately represent therapists' perspectives in working with minority females and their cultural concepts.



Result, Conclusions, Discussion of Findings

- The findings and interpretations are not differentiated.
- The article aims to answer two research questions. What are therapists' perspectives on how ethnic minority females diagnosed with EDs access SEDS? When working with ethnic minority females, the participants admit that therapists face many challenges from therapeutic to diagnosis framework.
- Due to shared ethnic identification and lived experience of culture, ethnic minority therapists may have diverse viewpoints on treatment.
- Nursing implications applied in response to working with ethnic minority female patients suffering from eating disorders in a healthcare setting.
- Results are generalized for therapists.
- Further steps can encourage new and creative ways to address the presented issue.

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Overall evaluation of the research report

- This article was straightforward to follow and understand.
- No limitations or errors decreased the usefulness of the qualitative study.
- Berich Mpoy, Shelby Myers, Molly Niemerg, and Christina Oakley are confident that this study will help improve the nursing profession.
- This excellent article provides insight into therapists' experience working with ethnic minority females with eating disorders and the barriers that ethnic minority females face.
- Many cultural aspects can involve an application to the nursing profession. Being culturally aware of how individuals from different cultures relate to food and their perceptions of their bodies can help treat eating disorders.

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