

# Exploring the Interplay of Biological Psychological and Social Factors in Eating Disorders a Comprehensive Review

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Eating disorders are complex mental health conditions characterized by disturbances in eating habits, body image, and weight regulation. This research explores the interplay of biological, psychological, and social factors in eating disorders and discusses potential interventions.

**Keywords:** Eating disorders, Biological factors, Psychological factors, Social factors, Interventions

## Introduction

Eating disorders are complex mental health conditions characterized by disturbances in eating habits, body image, and weight regulation. This research explores the interplay of biological, psychological, and social factors in eating disorders and discusses potential interventions. **1.** Biological factors: Genetic predisposition, neurobiology, and hormonal imbalances. **2.** Psychological factors: Cognitive distortions, perfectionism, and anxiety. **3.** Social factors: Cultural influences, family dynamics, and peer pressure. **4.** Interventions: Cognitive-behavioral therapy, medication, and nutritional counseling.

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