



## KEY WORDS

- ✓ Anxiety
- ✓ Depression
- ✓ Eating Disorders
- ✓ Orthorexia Nervosa
- ✓ Perfectionism



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PSIKİYATRİ (KLİNİK PSİKOLOJİ ERİŞKİN) ANA BİLİM DALI YÜZÜ	ÖĞRENCİLİKTEN UZMANLIĞA TIP DOKTORLARINDA ORTOREKSİYA NERVOZA EĞİLİMİ İLE MÜKEMMELİYETÇİ TUTUM, DEPRESYON VE ANKSİYETE DÜZEYLERİ ARASINDAKİ İLİŞKİNİN ARAŞTIRILMASI		
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INVESTIGATION of the RELATIONSHIP BETWEEN MEDICAL DOCTORS' TENDENCY to ORTHOREXIA NERVOSA and the PERFECTIONIST ATTITUDE, DEPRESSION AND ANXIETY LEVELS FROM STUDENTSHIP TO SPECIALIST

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## THESIS ABSTRACT

214 people, including medical faculty students, assistants/ practitioners and specialist doctors studying in Turkey participated in our research. Beck anxiety scale, Beck depression scale, Frost Multi-Dimensional Perfectionism Scale and ORTO-11 Scale has been applied to the participants. Obtained data has been examined in the SPSS packet program, by using Kruskal Wallis-H and Pearson correlation analysis methods. According to the obtained results, negative significant relationship has been detected between the increasing knowledge level and Orthorexia Nervosa. No significant relationship is found between depression and anxiety levels and Orthorexia Nervosa .Positive significant relationship has been reached between perfectionist attitude and tendency to Orthorexia Nervosa, with all its sub-dimensions, excluding one.

Although comorbid depression and anxiety weren't encountered in this research, they should be studied again with different and bigger samples. Also, its positive significant relationship with perfectionism may be significant for Orthorexia Nervosa treatment. Lastly, it is early to think some professional groups possess higher tendency to Orthorexia Nervosa, because of the conflicting research results.

## APPLICATION AREAS OF THE THESIS RESULTS

It will benefit researchers who conduct research on Orthorexia Nervosa and clinicians who will provide treatment services in this field.

## ACADEMIC ACTIVITIES

1. This thesis was presented as an verbal presentation at the 8th international congress of medical sciences and multidisciplinary approaches. Additionally, the abstract was published in the congress book.