

Comorbidity of Anxiety with Eating Disorders in Undergraduate Nursing Students

Evelin Pérez Torres¹

<https://orcid.org/0009-0002-1406-5422>

Juan Manuel Sánchez Soto²

<https://orcid.org/0000-0003-1436-2531>

Ihosvany Bassete Machado¹

<https://orcid.org/0000-0001-7764-8276>

Rafael Antonio Esteves Ramos¹

<https://orcid.org/0000-0001-6638-0550>

¹. Valle de Chalco University Center, Autonomous University of the State of Mexico. State of Mexico, Mexico.

². Intercultural University of the State of Mexico, Tepetlixpa Campus, State of Mexico, Mexico.

doi: <https://doi.org/10.37745/bjpr.2013/vol14n22534>

Published August 03, 2026

Citation: Torres E.P., Soto J.M.S., Machado I.B., Ramos R.A.E. (2026) Comorbidity of Anxiety with Eating Disorders in Undergraduate Nursing Students, *British Journal of Psychology Research*, 14(2),25-34

Abstract: *This study determines the correlation between anxiety and eating disorders in undergraduate nursing students at a university in Mexico. It is a quantitative, analytical, cross-sectional field study. The sample consisted of 82 students. Data collection used three instruments: one to identify risky eating attitudes, a screening test for anorexia and bulimia, and the Beck Anxiety Inventory to assess anxiety levels. 17.1% of the students presented with eating disorders. Within the group with eating disorders, 64.6% were at risk of developing one. 46.3% reported Body Dysmorphic Disorder, perceiving themselves as overweight despite the contrary opinions of others. Regarding mental health, 30.5% presented with moderate to high levels of anxiety. A significant correlation (0.99) was found between a diagnosis of Eating Disorder and specific anxiety symptoms, such as worry about losing control over food and the feeling that food dominates the individual's life. The influence of social factors and social media triggers body dissatisfaction and risky behaviors. The overall correlation between anxiety and eating disorders was not conclusive (0.152); however, the association with questions about food control suggests that anxiety manifests in a fragmented way in restrictive behaviors. Perfectionism and academic stress are risk factors. There is a high vulnerability to eating disorders among nursing students, exacerbated by a distorted perception of body image.*

Keywords: comorbidity, eating disorders, anxiety, body image.

INTRODUCTION

One of the international public health problems is behavioral disorders, which primarily affect young people. According to the World Health Organization (WHO), “individuals in stressful situations do not feel hungry, or on the contrary, tend to increase their food consumption,” which often causes basic biochemical alterations such as sleep disturbances, hormonal imbalances, glucose metabolism imbalances, and menstrual cycle irregularities, among others (Gutiérrez et al., 2023). These disorders are mainly characterized by various eating-related problems, such as dietary restriction, purging, and binge eating, which cause severe distress or apprehension about weight (Jacobo et al., 2023).

The WHO defines anxiety disorders as “characterized by excessive fear and worry and associated behavioral disturbances. The symptoms are severe enough to cause significant distress or functional impairment.” There are different types: generalized anxiety disorder, panic disorder, social anxiety disorder, separation anxiety disorder, among others (WHO, 2025). Currently, it has been determined that young adults in undergraduate studies exhibit higher levels of anxiety, particularly due to academic stress, personal stress, family pressure, and the influence of the social environment (Guzmán, 2024). Eating disorders (EDs) have unique characteristics within these pathologies, which include negative beliefs about food, body image, weight, and body structure, accompanied by behaviors such as food restriction, binge eating, excessive exercise, self-induced vomiting, and the use of laxatives and medications that interfere with food intake (Arija-Val et al., 2022). Body image is a particular perspective that develops from childhood and strengthens during adolescence according to the characteristics of the social group in which one is embedded, particularly the family. In today's society, the body is often viewed as a status symbol, and achieving the expected measurements is considered more attractive and successful (Gómez et al., 2022).

Bulimia Nervosa (BN) is a disorder characterized by recurrent episodes of binge eating. These episodes involve consuming large quantities of food in short periods of time, exceeding an average person's normal intake, and a feeling of being unable to control what is being eaten. Additionally, individuals engage in compensatory behaviors to eliminate the excess food consumed, such as self-induced vomiting, laxative or medication use, fasting, or excessive exercise (Fonseca et al., 2023 & Lozano-Muñoz et al., 2024).

Anorexia nervosa (AN) is a psychiatric illness with high prevalence and comorbidities, characterized by a low response rate to treatment. It is considered a multifactorial disease that occurs mainly in adolescent girls or young women, with a prevalence of 1.4% for women and 0.2% for men (Galmiche et al., 2019 & Juárez-Gutiérrez et al., 2023).

Anxiety Disorders (AD) are among the most frequent mental illnesses, triggering a level of suffering with a significant impact on social life. AD is characterized by excessive fear and worry that commonly arise in situations where there is no real danger and is often associated with genetic factors and stress due to life experiences (American Psychiatric Association, 2013). This disorder is estimated to have a higher prevalence in women, with an estimated 73.4% in 2024. On the other hand, the WHO states that this

disorder is related to factors of health, mainly physical, in addition to the fact that there are important risk factors such as hyperactivity of the nervous system and harmful consumption of alcoholic beverages that trigger the probability of acquiring this mental pathology (Pintado et al, 2022).

Generalized anxiety disorder is defined as excessive worry and anxiety during everyday life events or activities, such as school performance, over a period of approximately six months (Vega et al., 2022). Anxiety and worry are closely related to symptoms such as restlessness, tiredness or fatigue, as well as difficulty concentrating, irritability, muscle tension, and sleep disturbances. These symptoms occur in everyday life situations involving family, friends, studies, work, and even health (Bados, 2022). According to Ponce, social anxiety disorder is a group of disorders characterized by negative anticipatory behaviors stemming from a perceived risk of real harm, which generates exaggerated physiological, cognitive, and behavioral responses. This develops from a social preoccupation with shame or humiliation and often occurs in groups of people outside the family environment, leading to an attitude of alertness and a sense of danger, triggering a biased perception of lack of control and psychosocial maladjustment (Quiñones-Negrete et al., 2022).

A study conducted by Mandiola in 2022 observed that among female health science students, one of the factors contributing to the development of social anxiety is perfectionism, as they maintain a significant preoccupation with mistakes, which they may associate with failure. This perfectionism stems from the personal concept they develop over time, and academic stress is a risk factor that can exacerbate this condition (Landa et al., 2023).

Therefore, it is important to examine the correlation between anxiety and eating disorders in health science students, particularly nursing students, given that they are the first point of contact with patients in hospital and community settings, forming the core of the health sector in Mexico.

METHODOLOGY

This quantitative study, with an analytical, cross-sectional field design, has a finite population. Sampling was done by convenience, based on the inclusion criteria: undergraduate nursing students aged 18 to 25 who wished to participate in the study by signing the informed consent form.

The data collection instruments were: The Eating Attitudes Test-EAT-26 (Montoro-Pérez et al., 2022), a twenty-six-item Likert-type scale designed to assess eating attitudes across three dimensions: diet, bulimia, and oral involvement, in order to identify two eating disorders (anorexia nervosa and bulimia nervosa). The SCOFF test (Gómez, 2025) uses a five-item dichotomous scale that refers to behaviors characteristic of anorexia, bulimia, and body dysmorphic disorder. Answering even one question affirmatively allows the participant to be included in a risk group for developing an eating disorder. The Beck Anxiety Inventory (BAI) (Bautista, 2023), modified to twenty items, assesses the degree of anxiety (mild, moderate, and severe) through the frequency of symptom experience on a Likert-type scale.

The sample size of the students was 82, all of whom met the inclusion criteria. According to the Central Limit Theorem, which states that the distribution of the means of a sample tends toward a distribution with mean $\bar{x} = \mu$ (the mean of the means is equal to the population mean) and a standard deviation σ , this sample approximates a normal distribution. Therefore, a sample size of $n \geq 30$ can be used, providing a 95% confidence level.

The reliability of the instruments, as measured by Cronbach's alpha, was 0.880 for the Eating Attitudes Test (EAT-26), 0.638 for the SCOFF Test, and 0.926 for the modified 20-item Beck Anxiety Inventory (BAI). The quantitative data analysis was performed using IBM-SPSS version 24 software.

RESULTS

A total of 87 students participated, of whom 82 were included in the study. Five students did not meet the inclusion criteria, and one declined to participate. The mean age was 21.21 years, with a standard deviation of 1.73. The minimum and maximum age ranges corresponded to the inclusion criteria of 18 to 25 years. Eighty percent of the participants were female and 20% were male.

The results for the EAT-26 questionnaire are shown in Table 1.

Table 1. Frequency of EAT-26 of nursing undergraduate students (Own elaboration, 2026)

		Valid Percentage	Cumulative Percentage
Valid Data	No behavioral problems	82.9	82.9
	With behavioral problems	17.1	100.0
	Total	100.0	

According to the results, 17.1% of the population presents a risk of eating disorders, specifically anorexia and/or bulimia. It is important to note that studies have reported a 12.8% risk of atypical anorexia nervosa and a 4.7% risk of atypical bulimia nervosa in university students, thus indicating a significant problem with eating disorders among students in the health field, consistent with the findings of the present study (Castelao-Naval et al., 2019). In this study, it is important to highlight the impact of body image on the SCOFF instrument, particularly regarding the question, "Do you consider yourself fat and others say you are thin?" 46.3% indicated feeling fat, suggesting Body Dysmorphic Disorder (BDD). Research conducted by Silva establishes that among nursing students, highlighting the influence of individual factors such as self-image and self-esteem, as well as social factors such as aesthetic pressure generated by social media and the competitive academic environment, 70% present with eating disorders (ED), and social media is the most significant influencing factor for this disorder (Silva et al., 2019).

Using the SCOFF questionnaire, 35.4% answered NO to all 5 questions, indicating that 64.6% of the sample is in the risk group for developing an eating disorder. Correlating the EAT-26 with the SCOFF questions yields the following results (Table 2):

SCOFF Questions

1. Do you induce vomiting because you feel uncomfortably full? (T1)
2. Do you worry about having lost control over your eating? (T2)
3. Have you recently lost more than 6 kg in the last 3 months? (T3)
4. Do you consider yourself fat, even though others tell you you're thin? (T4)
5. Do you think food dominates your life? (T5)

Table 2. Correlation between EAT-26 and SCOFF, showing a direct relationship between 4 of the 5 questions and the diagnosis (Author's own elaboration, 2026)

			EAT-15	T1	T2	T3	T4	T5
Tau_b de Kendall	EAT-25	Correlation coefficient	1.000	-0.690**	-0.515**	-0.069	-0.358**	-0.425**
		Sig. (2-tailed)		0.000	0.000	0.533	0.001	0.000
		N	82	82	82	82	82	82

** . The correlation is significant at the 0.01 level (two-tailed).

This indicates a 99.9% reliability correlation between the EAT-26 and questions T1, T2, T4, and T5 of the SCOFF instrument, suggesting that 64.6% of the nursing student population is at risk of developing an eating disorder.

Torres, in a documentary study, reports three key conditions for eating disorders: “(1) anorexia nervosa in university students is influenced by biological factors (genetic predisposition), family dynamics, and social factors (pressure to meet aesthetic ideals); (2) excessive use of social media exacerbates body dissatisfaction, increasing the adoption of dangerous eating behaviors; and (3) the progression of the disorder deteriorates both the physical health and psychological well-being of those affected” (Editorial Staff. University Students of Nuevo León, 2024).

The results corresponding to the BAI of the sample are shown in Table 3:

Table 3 Results of the assessment of the BAI instrument, 70% of the population presents low levels of anxiety (own elaboration, 2026).

		Valid percentage	Cumulative percentage
Válido	Low anxiety level	69.5	69.5
	Moderate anxiety level	19.5	89.0
	High anxiety level	11.0	100.0
	Total	100.0	

19.5% of the university population presents a moderate level of anxiety, while 11.0% presents a high level. Based on these results, it is important to consider that a study by Landa reports that 21.25% of university

students present a moderate degree of anxiety, and 28.4% present a severe level due to factors inherent in university life (effort, improved grades, stress, etc.). Furthermore, this study considers that the degree of anxiety is influenced by the environment in which the university student operates, highlighting factors such as brumation, sleep disturbances, difficulty concentrating, family conflicts, and social relationships (Lanada et al., 2023).

The correlation between the BAI and the EAT-26 is 0.152, indicating no correlation between Eating Disorders and anxiety. It is important to note that the results of the responses establish that negative attitudes toward body image and a distorted perception of one's own body, particularly on social media (Torrente-Martínez et al., 2024), are closely related to anxiety and the development of an Eating Disorder, but are directly related to the distorted image they project on social media. Regarding the correlation between BAI and SCOFF at T2 and T5, there is a high association (Table 4).

Table 4. Correlation between BAI and SCOFF, showing a direct relationship between questions T2 and T5 and the diagnosis (Author's own elaboration, 2026)

			BAI	T1	T2	T3	T4	T5
Tau_b de Kendall	BAI	Correlation coefficient	1.000	-0.158	-.283**	0.004	-0.106	-.316**
		Sig. (2-tailed)		0.140	0.009	0.969	0.323	0.003
		N	82	82	82	82	82	82

** . The correlation is significant at the 0.01 level (two-tailed).

1. Are you worried about having lost control over food? (T2)
2. Do you think food dominates your life? (T5)

The BAI instrument has an inverse correlation with SCOFF at T2 and T5, indicating that anxiety levels increase as participants worry about having lost control over food and, therefore, also when they believe food dominates their lives.

This suggests that anxiety levels may be influenced by social media use, as young people place greater importance on what others say about them online. This anxiety can be triggered by receiving unpleasant comments, non-assertive criticism, or being a victim of harassment. Increased anxiety may also be due to the amount of time spent using social media; when not connected, it can exaggerate anxiety symptoms (Salazar et al., 2025).

DISCUSSION

Anxiety is a health problem found in nursing students, so multiple studies try to explain the factors that cause it. Pardo conducted an extensive study in which she determined that the predetermining factors are: family dysfunction, the tendency to live alone, little free time, inadequate nutrition, and inadequate sleep behaviors (Pardo et al, 2025). On the other hand, Redondo states that the beginning of the nursing degree

program in its first year causes a higher level of anxiety compared to later semesters (Rendón et al., 2024). This may be due to the change in academic workload during the degree program and, above all, the pressure to have a more outstanding profile and strive for perfectionism. Meanwhile, Ortega argues that high academic performance is one of the main causes of anxiety in nursing students, adding that attending clinical and community practice placements involves contact with patients, experiencing pain, increased workload, and longer hours, all of which increase anxiety (Ortega et al., 2023). A study conducted by Chilcón reports a low level of anxiety among students (41.5%), a medium level (40.8%), and a high level (17.6%). While the majority (71.8%) exhibited unhealthy eating habits, according to the aforementioned authors, anxiety processes are not directly related to eating behaviors (Chilcón et al., 2024).

The evidence suggests that anxiety in nursing is more situational and structural (related to academia and clinical practice) than purely behavioral. Pardo states that nutrition is deficient in most students due to lack of time (Pardo et al., 2025). The academic workload and performance demands placed on nursing students trigger emotional problems related to personality. Often, there is a desire to be "perfect" or even to define oneself as "the best" in order to gain personal, social, and especially familial approval.

There is a direct relationship between anxiety and unhealthy eating, but it is not directly linked to the development of eating disorders (Gaviria et al., 2023). The lack of time and the multiple activities that nursing students undertake contribute to the development of unhealthy eating habits.

One characteristic of eating disorders is the influence of body image on social media. Excessive use of social media has a negative impact on self-esteem and self-concept regarding the perception of body image in adolescents, which can become distorted and lead to eating disorders (Casanova-Garrigós et al., 2025). University students spend around 8 hours a day on social media, which has created a dependence on mobile devices, particularly cell phones. Women are at greater risk of developing addictions to these devices and experiencing symptoms of eating disorders (Newsroom. University Students of Nuevo León, 2024). In the previously conducted research, at least 46.3% reported having a body image distortion, feeling fat even though other people told them they were thin, which we can associate with the influence of social media or even seeking perfectionism in their personality.

CONCLUSIONS

The research conducted at the Valle de Chalco University Center reveals a critical reality in the training of nursing professionals: their high vulnerability to mental health disorders related to eating and emotional well-being. Although the majority of students (69.5%) report low levels of anxiety, an alarming 64.6% of the student population falls into the risk group for developing an eating disorder according to the SCOFF instrument. This disparity suggests that, while generalized clinical anxiety may not be the dominant factor for everyone, there are specific triggers related to control and self-perception that seriously compromise their well-being.

A key finding is body image distortion, where 46.3% of participants perceive themselves as overweight even when their environment indicates otherwise, which points directly to eating disorders. This

phenomenon is intrinsically linked to the pressure of aesthetic ideals promoted by social media and the perfectionism inherent in the academic environment of the health sciences. Statistical correlation confirms that anxiety in these young people manifests acutely through concern about loss of control over intake and the feeling that food dominates their daily lives.

REFERENCES

- Arija-Val, V., Santi-Cano, M. J., Novalbos-Ruiz, J. P., Canals, J., & Rodríguez-Martín, A. (2022). Caracterización, epidemiología y tendencias de los trastornos de la conducta alimentaria. *Nutrición Hospitalaria*, 39(2), 8-15. <https://doi.org/10.20960/nh.04173>
- Asociación Americana de Psiquiatría. (2013). *Manual diagnóstico y estadístico de los trastornos mentales: DSM-5* (5ª ed.). American Psychiatric Publishing.
- Bados, A. (2022). *Tratando pánico y agorafobia*. Ediciones Pirámide.
- Bautista-Jacobo, A., Quintana-Zavala, M. O., Vázquez-Bautista, M. A., & González-Lomelí, D. (2023). Ansiedad, estrés y calidad de sueño asociados a COVID-19 en universitarios del noroeste de México. *Horizonte Sanitario*, 22(2), 305-316. <https://doi.org/10.19136/hs.a22n2.5322>
- Canals, J., & Arija-Val, V. (2022). Factores de riesgo y estrategias de prevención en los trastornos de la conducta alimentaria. *Nutrición Hospitalaria*, 39(2), 17-26. <https://doi.org/10.20960/nh.04174>
- Casanova-Garrigós, G., Torrubia-Pérez, E., Cañellas Reverté, N., Capera Fernández, J., Mora-López, G., & Albacar-Riobóo, N. (2025). Influencia de las redes sociales en la imagen corporal de adolescentes: una revisión integrativa. *Enfermería Global*, 24(75), e622331. http://scielo.isciii.es/scielo.php?script=sci_arttext&pid=S1695-61412025000100017
- Castelao-Naval, O., Blanco-Fernández, A., Meseguer-Barros, C. M., Thuissard-Vasallo, I. J., Cerdá, B., & Larrosa, M. (2019). Estilo de vida y riesgo de trastorno alimentario atípico en estudiantes universitarios: realidad versus percepción. *Enfermería Clínica*, 29(5), 280-290.
- Chilcón Mego, A. D. P. (2025). *Ansiedad y hábitos alimentarios en los estudiantes de enfermería de la Universidad Nacional de Cajamarca-Filial Jaén, 2024* [Tesis de licenciatura, Universidad Nacional de Cajamarca].
- Fonseca, D. J., Barreto, H. S., Alfonso, M. J., Neiza, C. N., & Cárdenas, J. A. (2023). Factores de riesgo en la Bulimia Nerviosa (BN): elementos claves de seguridad en el cuidado de la salud. Una revisión de la literatura. *Revista Mexicana de Trastornos Alimentarios*, 13(1), 85-107. <https://doi.org/10.22201/fesi.20071523e.2023.1.760>
- Galmiche, M., Déchelott, P., Lambert, G., & Tavalacci, M. P. (2019). Prevalencia de los trastornos alimentarios durante el período 2000-2018: una revisión sistemática de la literatura. *American Journal of Clinical Nutrition (Ed. esp.)*, 40(5), 1402-1413. <https://doi.org/10.1093/ajcn/nqy342>
- Gaviria Guzmán, A. (2024). *Análisis de las manifestaciones de ansiedad en relación a los hábitos alimenticios en estudiantes de tercer y cuarto semestre de enfermería y medicina de la Unidad Central del Valle del Cauca* [Tesis de grado, Unidad Central del Valle del Cauca].
- Gómez, J. (2022). Conducta Alimentaria de Riesgo: Definiciones, DDHH y de Salud Mental. *Facultad de Psicología (B. Aires)*, 2618-2238, 18-22.

- Gómez, N. A. N., Piedrahita, L. M. S., & Rojas, R. M. (2025). Validez concurrente de la escala de evaluación de la imagen corporal para trastornos de la conducta alimentaria en estudiantes universitarios. *Revista Mexicana de Trastornos Alimentarios*, 15(2), 7.
- Gutiérrez, H. C., Gutiérrez, M. C., Gamarra, J. G., Jiménez, S. R., & Flores, B. E. (2023). Asociación entre ansiedad y hábitos alimenticios. *Revista Internacional de Cultura Visual*, 14(3), 6-12. <https://doi.org/10.37467/revvisual.v14.4972>
- Guzmán, A. G. (2024). *Análisis de las manifestaciones de ansiedad en relación a los hábitos alimenticios en estudiantes de tercer y cuarto semestre de enfermería y medicina de la Unidad Central del Valle del Cauca* [Tesis de maestría, Unidad Central del Valle del Cauca].
- Jacobo, A. B., Lomeli, D. G., Valencia, D. G., & Bautista, M. V. (2023). Trastornos de la conducta alimentaria y ansiedad en estudiantes durante la pandemia por COVID-19: Un estudio transversal. *Nutrición Clínica y Dietética Hospitalaria*, 43(2), 97-105. <https://doi.org/10.12873/432bautista>
- Juárez-Gutiérrez, V., & Enriquez-Bolom, R. E. (2023). Ensayo: Anorexia nerviosa, un asesino silencioso. *XIKUA Boletín Científico de la Escuela Superior de Tlahuelilpan*, 11(22), 44-49. <https://doi.org/10.29057/xikua.v11i22.10907>
- Landa, R. V. S., & Manzano, F. R. G. (2023). Ansiedad y calidad de vida en estudiantes universitarios. *LATAM Revista Latinoamericana de Ciencias Sociales y Humanidades*, 4(2), 173. <https://doi.org/10.56124/latam.v4i2.651>
- Lozano-Muñoz, N., Borralló-Riego, A., & Guerra-Martín, M. D. (2024). Efectividad de las intervenciones para mitigar la influencia de las redes sociales en la anorexia y bulimia nerviosa: una revisión sistemática. *Anales del Sistema Sanitario de Navarra*, 47(1), e1074. <https://doi.org/10.23938/assn.1074>
- Montoro-Pérez, N., Montejano-Lozoya, R., Martín-Baena, D., Talavera-Ortega, M., & Gómez-Romero, M. R. (2024). Psychometric properties of the Eating Attitudes Test-26 in Spanish schoolchildren. *Anales de Pediatría (English Edition)*, 100(4), 241-250. <https://doi.org/10.1016/j.anpede.2024.02.008>
- Organización Mundial de la Salud. (2025). *Trastornos de ansiedad*. <https://www.who.int/es/news-room/fact-sheets/detail/anxiety-disorders>
- Ortega, D. O., Hernández, M. G. P., & Tapia, J. M. (2023). Repercusión del estrés y ansiedad en el rendimiento académico en estudiantes de la Licenciatura en Enfermería. *Revista Metropolitana de Ciencias Aplicadas*, 6(Extra 2), 209-216.
- Pardo, L. M. A., Obando, L. A. B., Reasco, X. A. M., & Gordillo, E. S. P. (2025). Factores predisponentes de los trastornos de ansiedad en los estudiantes enfermería. *Polo del Conocimiento*, 10(6), 1075-1089.
- Pintado, B. D., Montañó, H. A., & Tovar, G. J. (2022). Trastorno de Ansiedad Generalizada. Un estudio de caso desde la terapia cognitivo conductual. *Revista Electrónica de Psicología Iztacala*, 25(4), 1420-1435. <https://www.revistas.unam.mx/index.php/repi/article/view/84306>
- Quiñones-Negrete, M., Arhuis-Inca, W., Pérez-Moran, G., Coronado-Fernandez, J., & Cjuno, J. (2022). Síntomas de ansiedad, conductas agresivas y trastornos alimentarios en adolescentes del norte de Perú. *Apuntes Universitarios*, 12(1), 92-107. <https://doi.org/10.17162/au.v11i5.917>

- Redacción. (2024). *Universitarios de Nuevo León: ¿Cuánto tiempo pasan en redes sociales?* POSTA México. <https://www.posta.com.mx/nuevo-leon/universitarios-de-nuevo-leon-cuanto-tiempo-pasan-en-redes-sociales/vl1612447>
- Rendón, K. C. R., de la Cruz, A. H., & Gómez, C. D. C. S. (2024). Nivel de ansiedad en estudiantes de primer semestre de la Licenciatura en Enfermería. En *Bienestar integral* (pp. 186-195). SPIUJAT. <https://www.spiujat.mx/pdf/Bienestar%20integral.pdf#page=186>
- Salazar González, G. M., Domínguez Hernández, A., & Déniz Feo, C. N. (2025). *Trastornos alimenticios y ansiedad: Un vínculo bidireccional en la salud mental* [Trabajo de fin de grado, Universidad de La Laguna]. <https://riull.ull.es/xmlui/bitstream/handle/915/42446/Trastornos%20alimenticios%20y%20ansiedad%20Un%20vinculo%20bidireccional%20en%20la%20salud%20mental.pdf>
- Silva López, J. A., & Carvajal Chango, G. K. (2025). Riesgo de trastorno dismórfico corporal en estudiantes de la carrera de enfermería de una Universidad pública ecuatoriana. *Revista Científica Multidisciplinar G-Nerando*, 6(1), 1030-1045. <https://doi.org/10.60100/rcmg.v6i1.454>
- Torrente-Martínez, M. J., & Cabrera-Méndez, M. (2024). Revisión bibliográfica sobre el uso de redes sociales en la comunicación de universidades. *Infonomy*, 2(2), e24022. <https://doi.org/10.37333/infonomy.v2i2.24022>
- Torres, G. A. M., Peralta, N. A. G., Velez, A. A. R., & Rodriguez, K. A. L. (2025). Redes, ideales y cuerpos fracturados: anorexia nerviosa en jóvenes universitarios desde una revisión sistemática de sus determinantes socioculturales. *South Florida Journal of Development*, 6(6), e5442. <https://doi.org/10.46932/sfjdv6n6-029>
- Vega Martiñón, C. P. (2023). *El trastorno de ansiedad generalizada desde un enfoque neuropsicológico* [Tesis de licenciatura, Universidad Nacional Autónoma de México].