



DSPACE

<https://dspace.org/>

Acculturative stress and eating disorders in black adolescent females in KwaZulu-Natal, South Africa

Morris, Pamela Frances

2009-11-24T10:25:06Z

<http://hdl.handle.net/10539/7465>

**ACCULTURATIVE STRESS AND EATING
DISORDERS IN BLACK ADOLESCENT FEMALES
IN KWAZULU-NATAL, SOUTH AFRICA.**

Pamela Frances Morris

**A thesis submitted to the Faculty of Health Sciences,
University of the Witwatersrand, in fulfillment of the
requirements for the degree of Doctor of Philosophy.**

Johannesburg

June 2008

DECLARATION

I Pamela Frances Morris declare that this thesis is my own work. It is being submitted for the degree of Doctor of Philosophy in Psychiatry in the Faculty of Health Sciences at the University of the Witwatersrand, Johannesburg.

It has not been submitted before for any degree or examination at this or any other University.

Signed _____ on this day of _____

DEDICATION

This thesis is dedicated to:

- my late parents who always encouraged me to reach for my dreams;
- my mother who, by her example, taught me how to 'juggle' the conflicting expectations of motherhood, a career and a lifelong pursuit of academic growth;
- to my wonderful husband who, over 34 years of marriage has always given me the space to be who I needed to be and has continued to give his unconditional, patient and loving support through whatever I have needed to do as a mother, clinician and 'eternal' student;
- my three amazing children who have grown up to be truly remarkable human beings and who have always challenged me to continue growing;
- my three very special granddaughters, who are the future. I hope that the world we leave for you will discard the superficial metaphor of 'the body' and allow you to celebrate your 'internal self' as women of substance. 'Never leave yourself'.

ACKNOWLEDGEMENTS

The author wishes to thank the following people who assisted in this study:

- 1) Prof Christopher Szabo, Head of Clinical Psychiatry, in the division of Psychiatry, University of the Witwatersrand, for agreeing to take me on as a distance student, tolerating my numerous E-mails and providing valuable supervision in this project.
- 2) Statisticians Cathy Connelly and Belinda Phipson from the Medical Research Council, Durban, and particularly Tonya Esterhuizen from the University of KwaZulu-Natal Medical School, for her efficient and organized analyses of my results.
- 3) The KwaZulu-Natal Department of Education, for their permission to conduct this study in KwaZulu-Natal Schools.
- 4) The head teachers, counselors and teachers of all the schools sampled, for their consent to conduct this study in their schools and who were unbelievably helpful towards the study.
- 5) My research assistant, Zim Shembe, who assisted with translations and the administration of research instruments.
- 6) The 227 schoolgirls who took the trouble to obtain parental consent and take part in the qualitative and quantitative parts of this research study.