

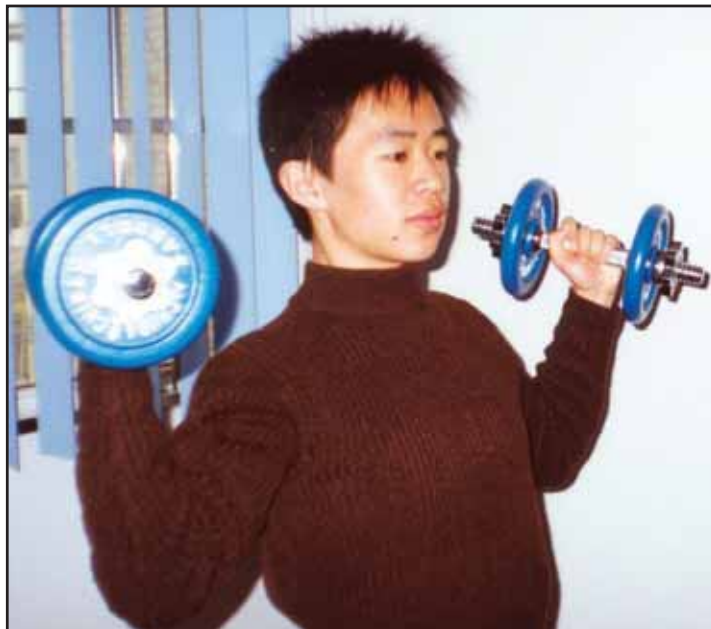
Craving the perfect body

“Depression and anxiety higher for Asian students”

Aussie lifestyle increases body image problem for Asian university students, according to recent findings.

Professor David Castle, chair of Psychiatry (St Vincent’s Hospital) within the Department of Psychiatry from the University of Melbourne recently presented findings of his research at a public lecture titled *The Relentless Pursuit of a Perfect Body Appearance: Psychiatry and Body Image*.

Professor Castle present the latest findings of a range of studies with secondary and tertiary students and



gym goers.

He discussed why there are increasing numbers of people suffering from a broad range of body disorders across all ages and

ethnic groups.

Findings included the prevalence of Body Dysmorphic Disorder (BDD) in Australian university students was significantly higher than that

found than in a comparison group living in China.

He also found that overall body image concern, depression and anxiety was generally higher for Asian students living in Australia, followed by local Australian students and then students living in China.

In one study of 100 male gym goers, one in twenty experience BDD, with male university students having higher rates of BDD than reported in general population studies.

He will also offered insights in the areas of anorexia, bulimia, ageing and the psychosocial aspect of cosmetic enhancement, fashion and the life of gym junkies.

Castle has broad clinical and research interests, encompassing schizophrenia and related disorders, bipolar disorder, cannabis abuse, OCD spectrum disorders and disorders of body image. He has published over 250 papers and chapters, and 15 books.

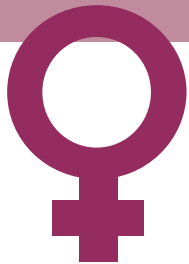
Drink spiking laws

The Victorian Government has announced it will introduce new drink spiking laws, making it a criminal offence to spike a person’s food or drink.

RMIT last year released the results of research on the prevalence of drink spiking, which found a significant number of young people have had their drinks spiked.

Psychologist Bridget McPherson and RMIT colleagues surveyed more than 800 people aged between 18 and 35. The study found one quarter of participants reported being victims of drink spiking, with the majority of incidents occurring in licensed venues. Drink-spikers said it was “easier to approach people for sex if they’re drunk or drug-affected”. Others listed “fun” as a motivation for drink spiking.

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