

Absence of Epidemiological Evidence on Anorexia Nervosa among Adolescents in Pakistan

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Dear Editor,

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Subject: Absence of Epidemiological Evidence on Anorexia Nervosa Among Adolescents in Pakistan

I am writing the letter to bring attention to the lack of evidence present on the epidemiology of Anorexia nervosa which is one of the highly prevalent psychological disease in Pakistan's population. Anorexia nervosa is a condition which impacts both males and females of all ages and is linked to a higher risk of mortality [1]. This letter aims to address the critical literature gap identified during the process of a recently conducted systematic review and meta-analysis aimed on finding the prevalence and risk factors of anorexia nervosa among adolescents in Pakistan. This project was not completed due to lack of evidence to synthesize and summarize on the topic.

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During the conduct of Systematic review and Meta-analysis the extensive search was performed on the different databases, along with additional hand searching and forward and backward citation findings to ensure that no available evidence remains left. Still, this marks that incomplete relevant literature was found on the disease in adolescents in the Pakistani Population marking an important literature gap in the subject of disease epidemiology. This lack of evidence is very concerning in many ways. The lack of evidence may result in not quantifying the disease burden in the specific geographical region, which may not effectively develop the prevention strategy. Furthermore, the Clinical Management in Pakistan largely relies on the high-income countries model for this disease and hence may not work efficiently for the disease in the eastern region. Lastly, it may not allow the policy makers and health care planners to allocate the specific resources to manage this disease in Pakistan's geographical region.

Hence, this underscores the urgent need to take steps forward in determining epidemiology of Anorexia nervosa, which may require specific plan of action with different surveys and



evidence generated from cross sectional studies from Pakistan's geographical region in order to make the rich literature available on this disease. So that the policy makers can competently use the data in the development of targeted intervention strategies based on Pakistan's data. Hence, it is important to understand the requirement of the data on the epidemiology of anorexia nervosa among adolescents in Pakistan, and researchers are recommended to work on this specific area for the sake of a better future for society.

Sincerely,

The Authors

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