

ABSTRACT

Anorexia Nervosa (6B80), as classified in the International Classification of Diseases, 11th Revision (ICD-11), is a serious psychiatric eating disorder characterized by persistent restriction of energy intake, intense fear of gaining weight, and a distorted perception of body weight and shape.

The present study was conducted to assess the knowledge regarding Anorexia Nervosa among undergraduate students of the B.Sc. Animation and Multimedia Department at Brainware University.

A descriptive research design was adopted, and 112 undergraduate students were selected through purposive sampling. Data were collected using a self-structured questionnaire designed to evaluate the participants' knowledge regarding the causes, symptoms, complications, prevention, and management of Anorexia Nervosa.

The collected data were analysed using descriptive statistics. The findings revealed that 26.8% of the respondents had excellent knowledge, 25.8% had good knowledge, 35.7% demonstrated satisfactory knowledge, and 10.7% had poor knowledge regarding Anorexia Nervosa. The study concludes that the majority of undergraduate students possessed satisfactory to good knowledge about Anorexia Nervosa. However, the presence of a smaller proportion of students with poor knowledge indicates the need for educational interventions and awareness programs to improve understanding of eating disorders and promote early recognition and prevention among young adults.