Frame 2. The main ethos/frameworks behind the five main factors in the development of ON

Intervention	Main ethos
Social Media	The use of social media is associated with an increase in ON symptoms, due to continuous exposure to restrictive diet content and body ideals. This influence reinforces obsessive behaviors and suggests the need for interventions to promote a more conscious use of networks, in addition to research that addresses prevention and treatment strategies focused on this context.
Restrictive eating patterns and self-compassion	ON is strongly associated with restrictive and controlled eating patterns. Self-compassion can moderate these behaviors, reducing dietary perfectionism and improving the quality of life of those affected by ON, while the relationship between ON and mindful eating reveals complexities that challenge previous understandings about strict dietary control.
Mindfulness	Mindfulness, in the context of eating, involves cultivating awareness of hunger, satiety, and the present-moment experience of eating. Interventions using mindfulness and conscious eating practices aim to encourage a more intuitive relationship with food, moving away from rigid eating patterns. Studies employ mindful eating techniques to reduce obsessive food behaviors by focusing on emotional regulation and enhancing self-compassion, positioning mindfulness as a potential protective factor against ON.
Compulsive exercises	Compulsive exercise and ON are interconnected, with the obsession with health and the search for an idealized body contributing to the intensification of both behaviors. This cycle of mutual reinforcement can lead to physical complications, injuries and emotional suffering, with emotional dysregulation being a central factor in maintaining these dysfunctional patterns.
Attachment theory	Attachment theory highlights that insecure attachment styles, such as avoidant and anxious, are associated with the development of ON, with low self-esteem and difficulties in emotional regulation acting as important mediators. Interventions focused on strengthening secure attachment and improving emotional regulation may be crucial for preventing and treating ON, especially among adolescents and women.

BMI	BMI as an indicator of difficulties in maintaining appropriate body weight, which may drive individuals to adopt restrictive diets.

Source: The authors

Notes: This frame outlines the primary frameworks and concepts underlying five key factors contributing to the development of orthorexia nervosa (ON). It emphasizes the role of social media, restrictive eating patterns, mindfulness, compulsive exercise, attachment theory, and BMI in influencing ON tendencies. These frameworks highlight the complex interplay between psychological, behavioral, and sociocultural elements, suggesting potential intervention strategies aimed at prevention and treatment.