

“Mirror, mirror on the wall, who's the fattest one of all?”



Chapter 8- Eating Disorders

CLASS OBJECTIVES:

- ✿ What are eating disorders?
- ✿ What is the difference between Bulimia Nervosa and Anorexia Nervosa?
- ✿ What are the diagnostic characteristics of each disorder?

Test Your Knowledge!

True or False?

- ✱ Eating disorders have the highest mortality rate of any mental illness. _____
- ✱ Eating disorders can be completely “cured.” _____
- ✱ Almost 50% of people with eating disorders meet the criteria for depression. _____
- ✱ Women and girls of all ethnic groups susceptible to eating disorders. _____
- ✱ Men don't get eating disorders. _____

Eating Disorders

✱ Approximately 24 million people of all ages and genders suffer from an eating disorder in the U.S.

- Eating disorders have increased dramatically in Western countries from 1960-1995 (Hock, 2002).

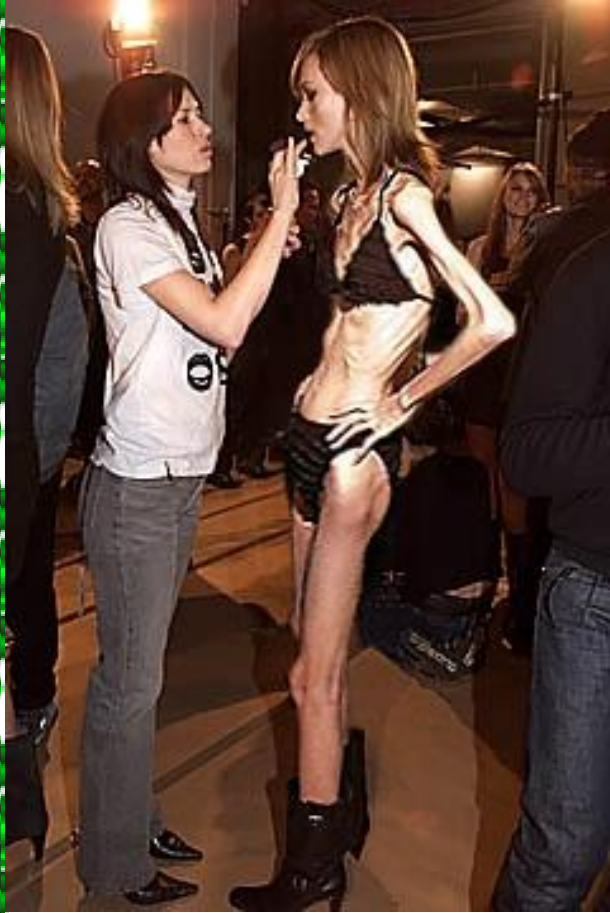
✱ Eating disorders are not a sign that a person has a problem with food, these are only the symptoms of underlying problems in that person's life.

✱ The three of the most common eating disorders are

Eating Disorders

- ✿ Each disorder has different diagnostic criteria, but _____
- ✿ These are often comorbid with other disorders such as depression, substance abuse, and anxiety disorders (NIMH, 2002).





Anorexia Nervosa:
The relentless pursuit of
thinness

They are so successful at losing weight that they put their lives in danger.

✿ People with this disorder demonstrate drastic weight loss. _____
_____.

✿ 20% of people struggling with this disorder will die as a result with slightly more than 5% dying within 10 years
- _____

_____.



“There’s no such thing as too thin”

- ✱ This disorder is one of the most commonly diagnosed psychiatric diagnoses
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- ✱ This disorder commonly begins in adolescents who are or believe themselves to be overweight.

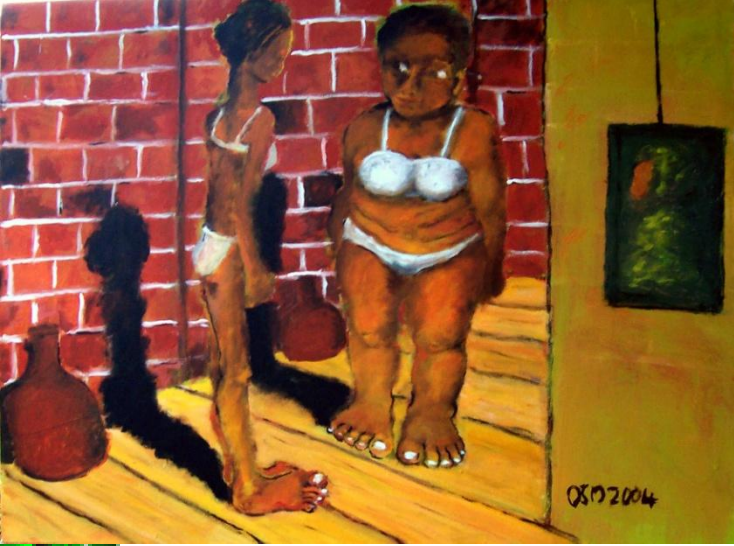
- Initial dieting escalates to an obsessive preoccupation





There are 2 types of anorexia:

Approximately half of those diagnosed with anorexia engage in binge eating and purging (Agras, 1987).



✿ People with anorexia may have some form of cognitive distortions.

✿ This is demonstrated by an inappropriate evaluation of _____



Jane has Anorexia

Jane is 5'8 and weighs 110 lbs. The recommended weight for her height is 130-160 lbs.

✿ Is Jane satisfied with her weight loss?



There are many medical consequences that result from anorexia:

- Amenorrhea -loss of menstrual cycle resulting from semi-starvation
- Brittle hair and nails, dry skin
- Sensitivity and intolerance to cold
- Cardiovascular problems- chronically low BP and HR
- Electrolyte imbalance

Comorbidity

- ✿ One anxiety disorder that frequently occurs with anorexia is _____.
- ✿ In anorexia, the intrusive thoughts are focused on gaining weight and the individual engages in a variety of ritualistic behaviors to rid these thoughts (Keel et al., 2003).

- ✿ _____

_____.

Which one of these women do you THINK
has Bulimia Nervosa?



Bulimia Nervosa

- ✱ Bulimia is one of the most common psychological disorders on college campuses.
- ✱ The hallmark of this disorder is bingeing on large amounts of junk food.





It's all about the binge...

- ✿ Bulimia is characterized by out of
-
-
-

which can vary from person to person (Franko, 1993).

- ✿ Just as important as the *amount* of food is that the eating is “*out of control*”, which is a criterion integral in defining binge eating.

More criteria for bulimia



- ✿ Another important criterion is that the individual attempts to
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-
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- Often relying on self-induced vomiting, excessive exercise, fasting or the abuse of laxatives and diuretics.



Who is affected by this disorder?

✿ An overwhelming majority of individuals with bulimia are young, _____

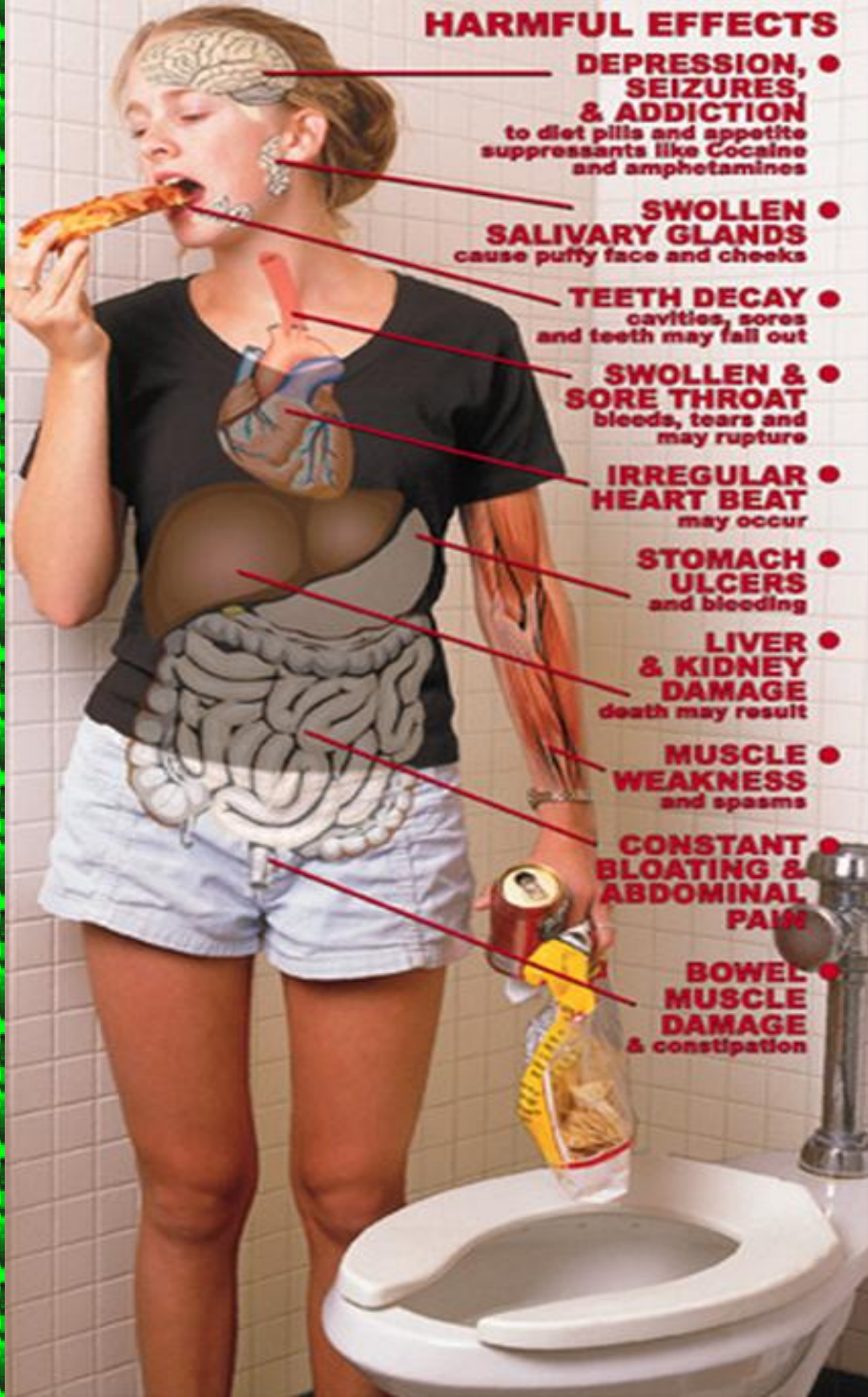
- The typical age of onset is 16-19 years, but pending bulimic behaviors can appear earlier.

✿ Research suggests _____

- As many as 9% of high school girls meet criteria

Not Just the Ladies...

- ✿ The remaining 5-10% are men who have later onset and a large percentage (42%) of those are usually _____
- Male athletes who require weight regulation, such as wrestling are another large group of males with eating disorders.



✱ Bulimia causes serious physical and emotional effects:

- Electrolyte imbalance
- Inflammation of the esophagus, salivary glands, and jaw
- Problems with teeth, gums, and lips
- Damaged family and social relationships

Comparisons

- ✿ Both anorexia and bulimia are characterized by a morbid fear of gaining weight and losing control.



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- People with anorexia are proud of their diets and their extraordinary control.
 - People with bulimia are ashamed of both the problem and the lack of control (Brownell, 1995).

Can this disorder “rub-off” on someone who immigrates?

- ✱
- ✱ There are many documented cases of eating disorders occurring in immigrants who move to western countries, with no instances of eating disorder until they moved.
 - Nasser’s (1988) study of Egyptian women with no history of eating disorders showed that 12% of these women developed while living outside Egypt.

The Influence of Culture

- ✱ The prevalence of eating disorders varies amongst most north American minority populations, but African Americans and Asian women have lower rates than Caucasians.
 - But are equal among Hispanic females and more prevalent among native-Americans (Crago, 1997).

Are African-American women being sent a different Message?



The Same Message?





Next Class...

- ✿ How does culture influence body image?