

“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 _____
- Eating disorders are not a sign that a person has a problem with food, these are only the symptoms of underlying _____
- The three of the most common eating disorders are
 - *anorexia nervosa*, *bulimia nervosa*, and *binge-eating disorder*

Eating Disorders

- ◆ Each disorder has different diagnostic criteria, but they all share the _____

- ◆ These are often comorbid with other disorders such as depression, substance abuse, and anxiety disorders (NIMH, 2002).



How would YOU define
anorexia?

Anorexia Nervosa:

The relentless pursuit of thinness

This eating disorder is characterized by



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

- ◆ People with this disorder demonstrate drastic weight loss. Loss of _____
- ◆ 20% of people struggling with this disorder will die as a result with slightly more than 5% dying within 10 years
- _____
- ◆ Mortality rates for _____
for any psychological disorder.

“There’s no such thing as too thin”

- Anorexia is not limited by only a refusal to eat, _____ is common practice in anorexia.

- _____



- This disorder is one of the most commonly diagnosed psychiatric diagnoses in young women (_____)
- 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



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

- This is demonstrated by an inappropriate evaluation of one’s weight (Body Dysmorphic) denial of seriousness of current low weight
- The DSM IV states weight must be 15% below average, but it is often _____% below average by the time they enter TX



Jane has Anorexia

- Why? _____

- staying the same weight or gaining weight will cause

What will this do to your body?

- There are many medical consequences that result from anorexia:
 - Amenorrhea - _____
 - 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 _____ and the individual engages in a variety of ritualistic behaviors to rid these thoughts (Keel et al., 2003).
- Substance abuse is also common in anorexia and is a strong predictor of mortality, particularly by suicide.

Bulimia Nervosa

- Which one of these women do you THINK has bulimia?



• _____

Bulimia Nervosa

- Bulimia is one _____
- The hallmark of this disorder is bingeing on large amounts of junk food.





It's all about the binge...

- Bulimia is characterized by consuming large amounts of food, 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 compensate for the binge eating and potential weight gain, almost always by _____

- Often relying on _____

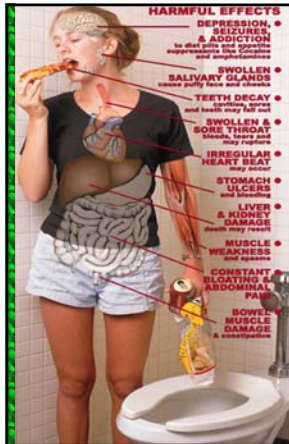


Who is affected by this disorder?

- An overwhelming majority of individuals with bulimia are young, mid-upper class, white women.
 - The typical age of onset is 16-19 years, but pending bulimic behaviors can appear earlier.
- Research suggests that 6-8% of young women (especially on college campuses) meet criteria for bulimia (Schlundt and Johnson, 1990).
 - As many as 9% if 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 homosexual/bisexual (Rothblum, 2002).
 - 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:

- Inflammation of the esophagus, salivary glands, and jaw

- Damaged family and social relationships

Comparisons

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

- The major difference seems to be whether the individual is successful at losing the weight.

- People with anorexia are _____

- People with bulimia are _____

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

- Anorexia and Bulimia are highly culturally specific, most prevalent in Western cultures.

- 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 (9188) 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

_____ women have lower rates than Caucasians.

- But are equal among Hispanic females and more prevalent among native-Americans (Crago, 1997).

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- Generally, surveys reveal that African American adolescent girls have fewer weight concerns, a positive self-image and less body dissatisfaction
 - They also perceive themselves thinner than they are compared to reports by Caucasian girls (Celio, 2002).

Next Class...

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- How can these disorders be treated?