“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?

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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 is one ______________________

- The hallmark of this disorder is binging 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.
  - 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).
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...

- How can these disorders be treated?