

Chapter 8a –
Eating Disorders

The Nature of Bulimia Nervosa

Clinical Description

- Binging
 - Eat large amounts of food
 - Eating is out of control
- Compensatory Behaviors
 - Purging via self-induced vomiting
 - Laxatives, diuretics, exercise
 - Fasting between binges

Clinical Description

- 2 types
 - Purging Type
 - Nonpurging type

- Ineffectiveness of Purging
 - Purging is an inefficient means to reduce weight
 - Vomiting reduces about 50% of the calories that were just consumed, less if it is delayed at all
 - Laxatives & related procedures have very little effect as they act so long after the binge

- Medical Consequences
 - Salivary gland enlargement
 - Eroded dental enamel
 - Electrolyte imbalance
 - Can result in potentially fatal cardiac arrhythmia & renal failure
 - Potentially serious intestinal problems
 - Severe constipation or even permanent colon damage
 - Calluses on fingers and hands

- Associated Psychological Disorders
- Facts and Statistics

The Nature of Anorexia Nervosa

Clinical Description

- Morbid fear of
 - Gaining weight
 - Losing control over eating
- Deliberate weight loss
 - 15% below expected normal weight per DSM
- Proud of their diets & extraordinary control
- Life-threatening consequences

Two Subtypes

- Restricting Type
 - Excessive dieting
- Binge-Eating-Purging Type
 - Rely on purging
 - Unlike individuals with bulimia, they binge on small amounts of food & purge more consistently

Medical Consequences

- Amenorrhea
- Dry skin
- Brittle hair or nails
- Sensitivity to cold
- Lanugo
 - Downy hair on limbs & cheeks
- Cardiovascular problems
 - Chronically low blood pressure & heart rate
- With vomiting, electrolyte imbalance with resulting cardiac & kidney problems
- Death

•Associated Psychological Disorders

•Facts and Statistics

The Nature of Binge-Eating Disorder (BED)

Clinical Description

- Experience marked distress due to binge eating, but do not engage in extreme compensatory behaviors
- In appendix of DSM-IV-TR
- Often found in weight-control programs

Causes of Eating Disorders

- Social and cultural factors
- Media
- When food is restricted severely
- More common in certain sports that place great emphasis on being thin
 - Family Influences
 - Biological Influences
 - Psychological Influences
 - Integrative Model

The Treatment of Eating Disorders

–Drug Treatments

–Psychosocial Treatments

- Bulimia Nervosa
- Binge Eating Disorder
- Anorexia Nervosa

Other Eating Disorders

Rumination Disorder

- Regurgitating and re-swallowing partially digested food

Pica

- Repeated eating of non-nutritive substances

Feeding Disorder

- Usually in infants and very young
- “Failure to thrive syndrome”