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”