

Eating Disorder

Defined by abnormal eating behaviour. People with eating disorder may binge and purge with laxatives.

Anorexia Nervosa

Individuals who suffer from anorexia nervosa have severe loss of weight, refuse to gain weight, and have a distorted body image. They will take extreme measures to prevent weight gain.

Signs & Symptoms:-

- Not maintaining a minimum body weight
- Fear intensely of weight gain or obesity despite under weight
- Self-perception of body is abnormal – unduly emphasize weight or shape in self-evaluation, deny seriousness of low weight, has a distorted perception of own body shape / weight
- Missed at least 3 consecutive menstrual period due to weight loss

=> Mainly in girls and young women. Onset is usually during teenager's age.

Bulimic Nervosa

There are periods of binge eating of enormous amount of food. There after, self-induced vomiting, excessive exercising, using of laxative or diuretics kicked in. This illness is not limited to under weight individuals; in fact, it is probably more common in individuals of normal weight.

Signs & Symptoms:-

- Repeatedly eats in binges. More food is consumed than most people would.
- Sufferers feel that the eating is out of control
- Inappropriate means to control weight gain are used repeatedly
- Binge eating and inappropriate weight control occurred at least twice a month for at least 3 consecutive months
- Weight and Body Shape unduly affect self-evaluation

Reference:-

Morrison, J. (2001). DSM-IV Made Easy: The Clinician's Guide to Diagnosis. New York: The Guilford Press

For more detailed description and criteria of each mental illness, pls refer to the book mentioned above or <http://www.psychologynet.com>