

## **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>*