



## ► **Bulimia nervosa** ◀

Bulimia is another type of eating disorder that a person eats a large amount of food at one meal and then clears up for fear of high-calorie intake, that is, vomiting or using a variety of millets and diuretics or doing strenuous exercise to overeat.

To compensate in some way.

Unlike people with anorexia, these people are normal weight but just like anorexia nervosa, they are very afraid of gaining weight. They consider themselves obese people who want to lose weight and because they are usually ashamed and disgusted with themselves, they are very good at hiding overeating behaviors. (He feels overwhelmed every time he can not stop eating and control the amount of food he eats. After cleansing and emptying their stomachs, they are relieved of tension and negative emotions.

### ***Common symptoms of bulimia nervosa:***

They eat a lot of food at every meal and have no control over it

Frequent and inappropriate cleaning behaviors to prevent weight gain

Their self-esteem is highly dependent on their weight and body shape

Fear of gaining weight while normal weight

### **What are the treatments for eating disorders?**

ACT method

CBT-E / CBT method

Family therapy



Serotonin and dopamine transporters can also be affected. However, this field needs further research.

## ► **Anorexia nervosa (loss of appetite)** ◀

Anorexia is probably the most common eating disorder. It generally occurs in adolescence or early adolescence and targets women more than men. People with anorexia nervosa often think they are overweight, even if they are dangerously underweight. They constantly measure their weight, avoid certain foods, and severely limit calorie intake.

Common symptoms of anorexia nervosa:

They are significantly underweight compared to their friends of the same height and age

Follows very strict dietary patterns

Severe fear of gaining weight or persistent behaviors to avoid it, despite being underweight

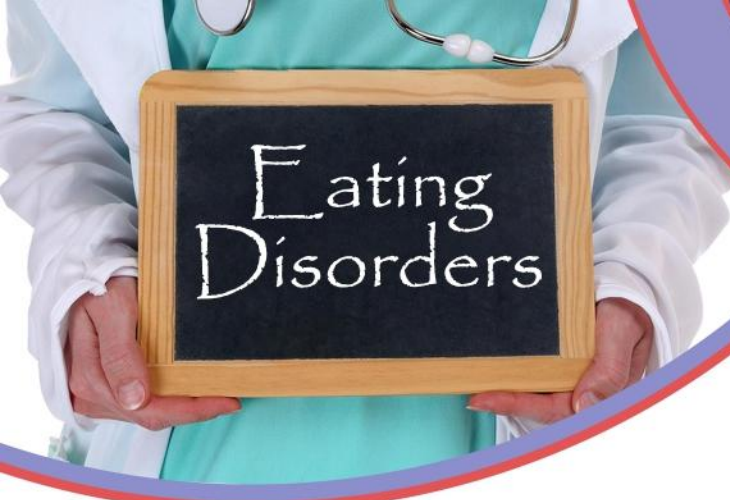
Stubbornly trying to lose weight and aversion to a balanced and healthy weight

Their self-esteem is strongly influenced by their body shape and weight

# Eating disorders

(anorexia nervosa and bulimia nervosa)

EATING DISORDERS



## ► Eating disorders ◀ (anorexia nervosa and bulimia nervosa)

An eating disorder is a condition that causes to have unhealthy eating habits. Types of these disorders include anorexia nervosa, in which they often tried to lose weight despite being underweight. Bulimia nervosa is a disorder that a person eats a lot and then performs "cleansing" behaviors to compensate for the calories consumed?, an overeating disorder is defined when people eat terribly and become overweight. In binge eating disorder, a person tends to eat non-food items such as dirt or chalk and nocturnal eating syndrome, and other eating disorders. Each of these causes severe damage to the body and may even cause death.

### ► What are the causes of eating and eating disorders ◀

Researchers believe that eating disorders may have a variety of causes as follows.

**Genetics:** According to research on twins who were separated at birth and adopted by different families, the evidence showed that the disorder was inherited.



► **Personality characteristics:** Mental disorders, perfectionism, and impulsivity are three personality traits that are often associated with the possibility of developing one of the eating disorders.

► **Personal and cultural preferences:** Other factors include putting too much pressure on yourself to lose weight, cultural tendencies to lose weight, and cyber activities. Severe eating disorders are less common in cultures that are not yet familiar with Western weight loss ideas.

► **Biological differences and brain structure:** Researchers have recently suggested that biological differences and brain structures may play a role in the development of the disorder.

This type of research shows that on average if one of the twins has an eating disorder, they are 50% more likely to get it.