

Eating and Feeding Disorders

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1. Overview

- These disorders involve persistent disturbances in eating behavior that impair physical health or psychosocial functioning.

2. Anorexia Nervosa

- Restriction of food intake leading to significantly low body weight, intense fear of gaining weight, and distorted body image.

3. Bulimia Nervosa

- Recurrent episodes of binge eating followed by compensatory behaviors (vomiting, laxatives, excessive exercise).

4. Binge Eating Disorder

- Recurrent episodes of eating large amounts of food with a sense of loss of control, without compensatory behaviors.

5. Causes

- A mix of genetic vulnerability, sociocultural pressure around body image, perfectionism, and family dynamics.

6. Health Consequences

- Electrolyte imbalances, cardiac problems, and in severe cases, death - making early intervention essential.

7. Treatment

- Nutritional rehabilitation, CBT tailored for eating disorders, and family-based therapy (especially for adolescents).