

# Eating Disorders

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[www.eatingresearch.com](http://www.eatingresearch.com)



## Talk Map

- Eating disorders: over or under eating excessively
- Defining eating disorders using the DSM IV
- What treatments do we have for eating disorders?
- Are some people more prone to eating disorders than others?
- Are eating disorders such as AN and BN universal, or only found in Western cultures?

## Eating Disorders – Prevalence and Symptoms

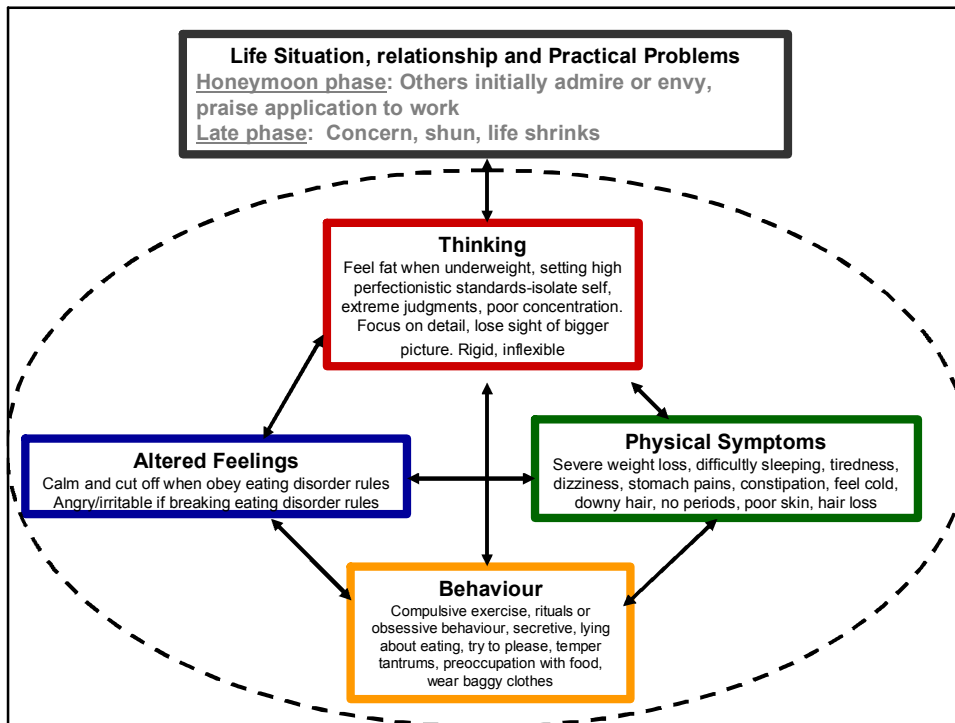
- 4.8-12.5% of the female population affected by a clinical eating disorder during their lifetime. (Wade et al, 2006)
- Eating disorders exist at a sub clinical level in up to 33% of female university students (Nelson et al, 1999)
- Highest mortality rate of any psychiatric disorder
- What are AN and BN and how do they differ?

## Anorexia Nervosa

- Defined in 1860
- Low body weight – BMI below 18, avoid eating, excessive exercise.
- Intense fear of putting on weight and becoming fat
- Denial and distorted body image
- **Restricting Type**
- **Binge Eating/Purging Type**
- High mortality (up to 20%) & disability

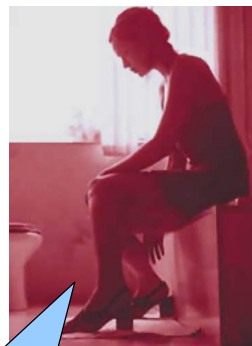


I had a voice in my head that criticised me. It told me I was dreadful and did not deserve food. It became harder to ignore the voice.

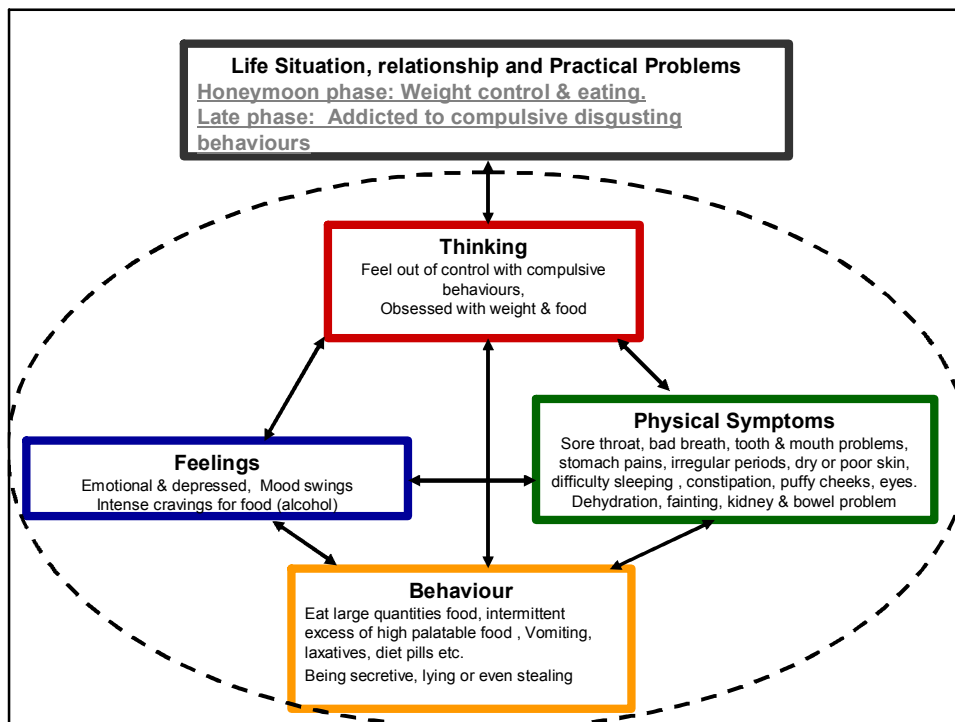


## Bulimia Nervosa

- Defined by Russell in 1979
- Episodes of binge eating
- Compensation behaviours
- Worries about body weight and shape
- **Purging Type**
- **Non-purging Type**



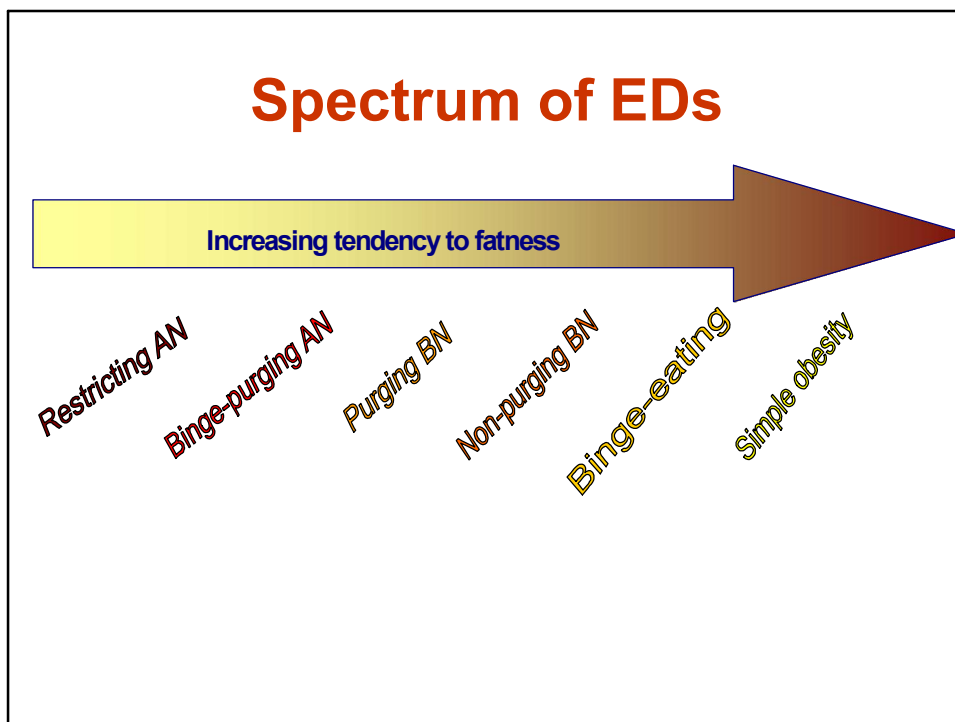
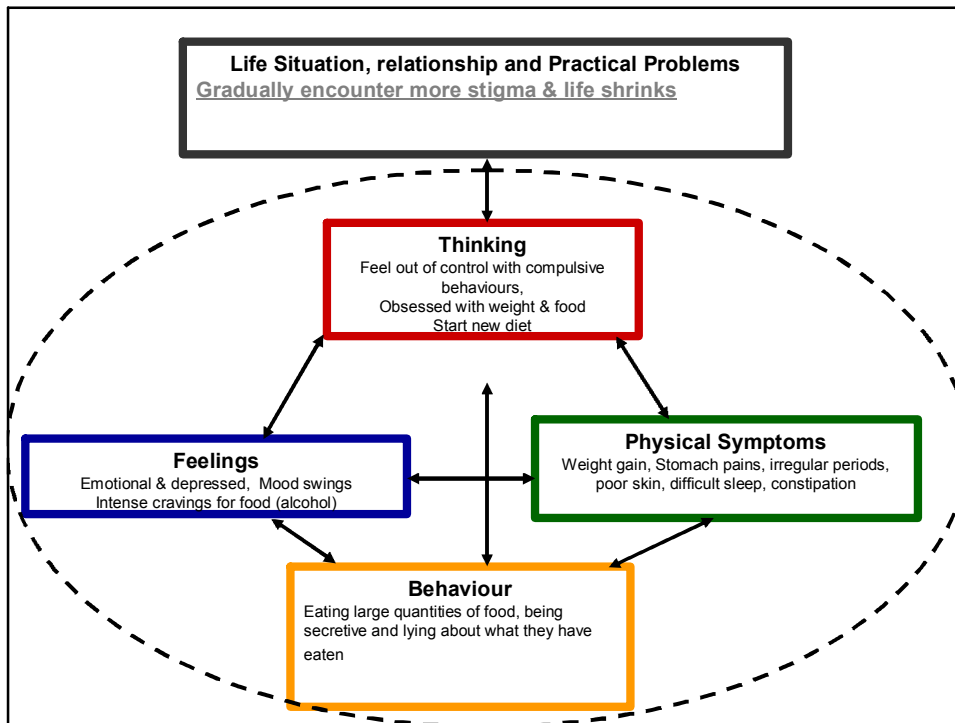
I used to go to the kitchen and eat as much as I could as quickly as possible to fill the hole I felt inside. I felt horrid afterwards and would make myself sick



## Binge Eating Disorder

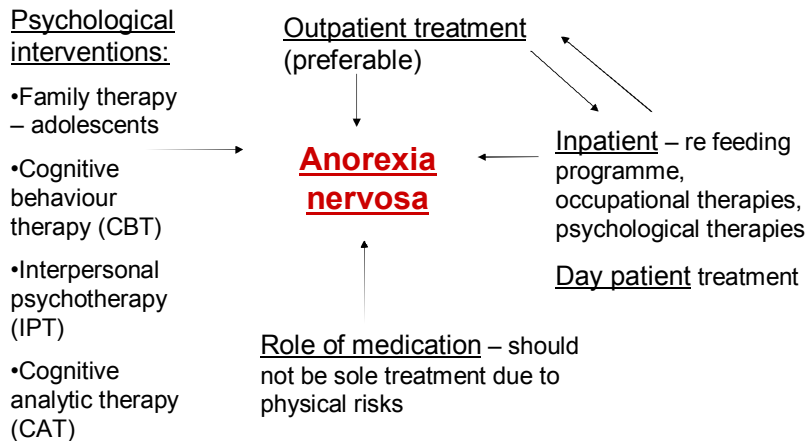
- Recurrent distressing binges
- No food restriction or compensatory behaviours
- Obesity
- More recently defined – 1990s
- Men & women affected equally
- Peak age onset: 13-15 and early 20s

I spent all my time thinking of food. I would wake in the night and want to eat



# Eating Disorder Treatment

- NICE Guidelines for anorexia nervosa:



# Eating Disorder Treatment

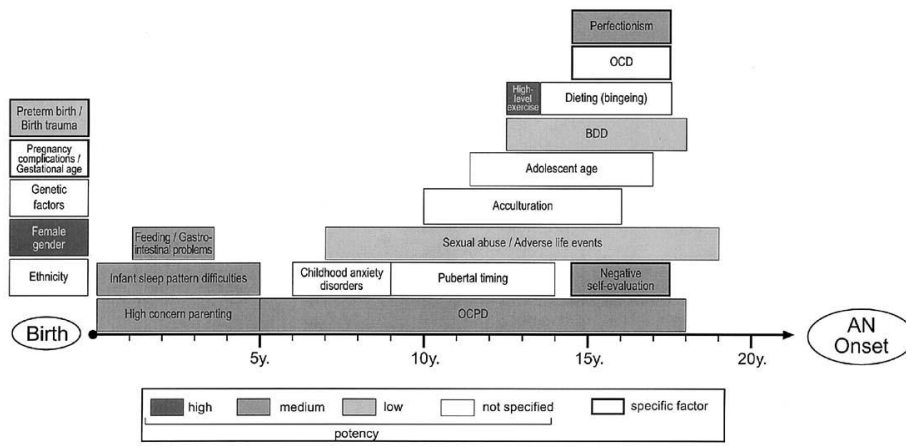
- Nice Guidelines for bulimia nervosa:
- Outpatient setting preferable
- Self help programme
- CBT for bulimia nervosa: 16-20 sessions over 4-5 months
- Antidepressants can be beneficial
- Assess fluids and electrolytes
- Consider risks – substance abuse

## Eating Disorder Treatment

- Nice Guidelines: Binge eating disorder and other forms of disordered eating:
- Little evidence on treatment
- Follow guidance on treatment which most closely resembles eating disorder

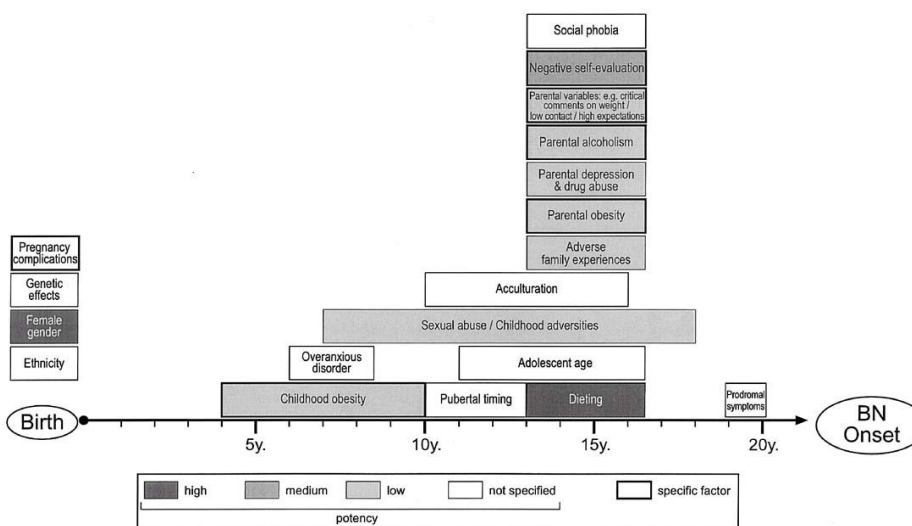
Are some people more prone to eating disorders than others?

## Risk Factors: Anorexia Nervosa



Jacobi et al., 2004

## Risk Factors: Bulimia Nervosa



Jacobi et al., 2004

## Biological Basis

- Lask, 2005 – Must be a biological basis, otherwise everyone would be anorexic
- Disrupted serotonin levels
- Female brains process information differently
- Synaptic pruning

- Are eating disorders such as AN and BN universal, or only found in Western cultures?

## **Culture (change), westernisation & urbanisation**

### **More traditional societies:**

Hong Kong: AN without morbid fear of fatness (Sing, 1995)

Ghana: Religiously motivated morbid self-starvation (Bennett et al., 2004)

Pakistan: No BN (Mumford et al.)

### **Urbanisation:**

- NL: more BN in cities (Hoek et al., 1995)
- Japan: (Ohezaki et al., 1990; Suematsu et al., 1995)

### **Culture Change:**

- AN in Greeks in Germany (Fichter et al., 1988)
- BN in British Asians – “culture clash” (Mumford & Whitehouse, 1988)

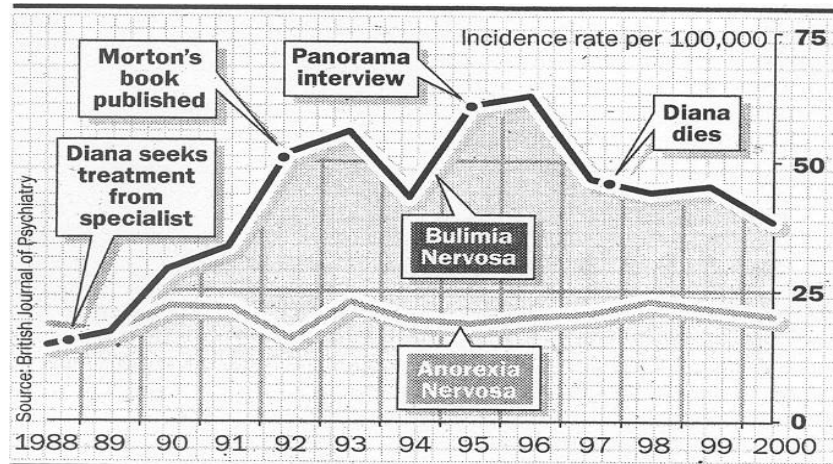
### **Answer:**

- **Yes bulimia nervosa is culture bound**
- **No anorexia nervosa is not culture bound**

*Keel & Klump, 2003*

## Is Prevalence Increasing or is Reporting Improving?

Times Article Jan 2005, Currin et al, 2005



which is now destructive to associated comorbidity

## Conclusions

- AN and BN differ in history, epidemiology, symptoms, physical & psychosocial morbidity.
- Genetic & developmental factors interact with environmental triggers to put people at risk
- BN found in Western cultures with abundant food & a culture of thinness
- AN is not as culture dependant

## For Further Information

- [www.eatingresearch.com](http://www.eatingresearch.com) – Eating Disorder Unit website
- [www.NICE.org](http://www.NICE.org) – Nice Guidelines
- [www.b-eat.co.uk](http://www.b-eat.co.uk) – Eating Disorder Charity
- Email me: [amy.harrison@iop.kcl.ac.uk](mailto:amy.harrison@iop.kcl.ac.uk)
  
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- 'Caring for a loved one with an eating disorder: A skills-based manual of the new Maudsley method' 2007 J Treasure, G Smith, A Crane Routledge