Abuse
• **Family environment** -
  Avoidance of conflict
  Slim ideal verbalised
  High expectations
  Sibling rivalry
  Strong family identity
  Stressful Circumstances
  Negative comments/criticism
• **Culture** -
  Peer expectations
  Media

Isobelle Caro – new French law requires medical certificate to prove model BMI 18+

Do diets work?
99.5% of people who diet regain weight and more.
Multibillion pound industry
Obesity?

Precipitating factors
Adolescent crises –
Transition to new roles, expectations and responsibilities
E.g. New School
Leaving home to go to university
Physical changes of puberty
Relationships with opposite sex
Interpersonal conflict

Perpetuating factors
Reinforcement & valued functions:
Positive comments about appearance (A.N. & B.N.)
Feelings of control (A.N.)
Feelings of protection & safety (A.N.)
Sense of identity – rules, goals, values (A.N.).

Starvation Syndrome – (Keys et al, 1950) Psychological consequences of starvation:
Increased preoccupation with food
Change in speed of eating
Unusual concoctions of food
Impaired concentration, alertness, comprehension
Irritability, perfectionism
Reduced sense of humour
Feelings of social inadequacy
Social withdrawal
Reduced sexual interest
OCD, depression, anxiety

Perpetuating Factors
Sense of achievement about weight/ shape (A.N & B.N.).