Chapter 10

Eating Disorders

- Types of eating disorders
  - Anorexia nervosa
    - Restricting
    - Binge-eating/purging
  - Bulimia nervosa
  - Binge-eating disorder
- Muscle dysphoria: extreme dissatisfaction with one’s muscularity
- Disordered eating often accompanied by depression, substance abuse, and suicidal ideation
- Influencing factors
  - Societal emphasis on thinness
  - Unrealistic images in magazines
- Obesity in the US
  - 68% of adults were overweight as of 2012
  - 36% of Cincinnatians are obese

Summary of Eating Disorders

<table>
<thead>
<tr>
<th>Disorder</th>
<th>DSM-5 Criteria</th>
<th>Prevalence &amp; gender dif.</th>
<th>Age of onset</th>
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</thead>
<tbody>
<tr>
<td>Anorexia nervosa types: restricting, binge-eating/purging</td>
<td>Restricted calorie intake resulting in body weight significantly below the minimum normal weight for one’s age and height; intense fear of gaining weight or becoming fat, which does not diminish even with weight loss; body image distortion or self-evaluation unduly influenced by weight</td>
<td>0.5-0.9%; about 90% are female in clinical samples</td>
<td>Usually after puberty or in early adulthood</td>
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<tr>
<td>Bulimia nervosa</td>
<td>Recurrent episodes of binge eating and compensatory behaviors (one or more times per week for 3 or more months); loss of control over eating behavior when bingeing; use of vomiting, exercise, laxatives, or fasting to control weight; self-evaluation unduly influenced by weight or body shape</td>
<td>1-2.6%; about 90% are female</td>
<td>Late adolescence or early adulthood</td>
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<tr>
<td>Binge-eating disorder (BED)</td>
<td>Recurrent episodes of binge eating (1 or more binges a week for 3 or more months); loss of control when bingeing; eating until uncomfortably full or when not hungry; no regular use of inappropriate compensatory activities to control weight; marked distress (guilt, embarrassment, depression) over bingeing</td>
<td>0.7-4%; 1.5x more prevalent in females than in males; about 20-40% in weight-control clinics have this disorder</td>
<td>Late adolescence or early 20s</td>
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