**Bulimia Nervosa**

Bulimia Nervosa is an “eating disorder involving recurrent episodes of uncontrolled excessive (binge) eating followed by compensatory actions to reduce the caloric, or energy, impact of the food or to rid the body of the food itself” (Barlow, Durand, du Plessis, & Visser, 2017, p. 319).

**A. Recurrent episodes of binge-eating.** An episode of binge-eating is characterized by both of the following:

1. Eating, in a discrete period of time (e.g. within any two-hour period), an amount of food that is definitely larger than most people would eat during a similar period of time and under similar circumstances.

2. A sense of lack of control over eating during the episode (e.g. a feeling what one cannot stop eating or control what or how much one is eating).

**B. Recurrent inappropriate compensatory behaviour in order to prevent weight gain, such as self-induced vomiting; misuse of laxatives, diuretics or other medications; fasting; or excessive exercise.**

**C. The binge-eating and inappropriate compensatory behaviours both occur, on average, at least once a week for three months.**

**D. Self-evaluation is unduly influenced by body shape and weight.**

**E. The disturbance does not occur exclusively during episodes of anorexia nervosa.**