

PSYC3025 Summary

1. Eating disorders (EDs)

1.1. Types of EDs & their Features

EDs

- Shared but idiosyncratic features
- Highest mortality rate of any disorder (~10%)
- 12% adolescents have 1+ EDs
- High diagnostic cross-over b EDs
- Majority EDs **comorbid** w other anxiety/mood disorders

Anorexia Nervosa (AN) – DSM-5

- Criteria:
 - A. Restricted energy intake** → significantly low body weight
 - B. Intense fear of gaining weight**
 - C. Undue influence** of body weight/shape on self-evaluation
- Subtypes: Restricting, Binge/purging

AN – Features

- **Ego-syntonic**
 - Consistent with one's ideal self image
- Prevalence
 - 1% of population within lifetime
 - 10x more prevalent in females
- Onset
 - Early/mid adolescence
- Chronic course
 - 10% mortality rate
- Physical health implications
 - Low metabolic rate, low heart rate, constipation, dehydration, lanugo, reproductive damage, amenorrhoea, osteoporosis, etc.

Bulimia Nervosa (BN) – DSM-5

- Criteria:
 - A. Recurrent episodes of binge eating**
 - Lack control, large amount, secretive/emotional, neg affect
 - A. Recurrent inappropriate **compensatory behaviours** to prevent weight gain**
 - B. Episodes occur 1/wk for >3months**
 - C. Self-evaluation unduly influenced** by body shape/weight
 - D. Disturbance not exclusively during episodes of AN**