

Body Image & Eating Disorders



What Are Eating

Disorders?

Eating disorders include extreme thoughts, emotions, & behaviors surrounding weight, food, & body shape. There is a pronounced disruption in eating behaviors & weight management as well as intense anxiety about body weight & size. Eating disorders are often a dangerous response to stress. They are serious emotional & physical problems that can have life-threatening consequences for females & males. The most common eating disorders are described below:

Anorexia Nervosa

- Restricted eating, self-starvation & excessive weight loss
- Intense fear of & obsession with weight gain & the idea of becoming ?fat?
- Persistent behavior to prevent weight gain
- Self-esteem overly related to body image
- Body image is distorted- person may feel fat despite being underweight
- Inability to appreciate the severity of the situation

Bulimia Nervosa

- Cycle of binge eating followed by purging
- Binge eating involves eating large amounts of food in a short period of time
- Feeling out of control during the binge
- Purging may include: Self-induced vomiting, abusing laxatives / diuretics, fasting, abusing diet pills, or excessively exercising
- Extreme concern with body weight & shape

Binge Eating Disorder

- Recurrent binge eating episodes which involve periods of uncontrolled, impulsive, or continuous eating beyond the point of feeling comfortably full
- Sense of lack of control over eating during the episode (e.g. feeling like you can't stop)
- Binge eating episodes often associated with:
 - Eating more rapidly than usual
 - Eating large amounts of food when not physically hungry
 - Eating alone due to embarrassment
 - Feeling disgusted, depressed or guilty after a binge
- May involve fasts, repetitive (yo-yo) dieting & feelings of shame or self-hatred

Other Eating Disorders

- Other Eating Disorders can include some combination of the signs and symptoms of anorexia, bulimia, and/or binge eating disorder. While these behaviors may not be clinically considered a full syndrome eating disorder, they can still be physically dangerous & emotionally draining.

The *Endless* Binge & Restrict Cycle



www.bodylovewellness.com

*Adapted from the DSM-5 & National Eating Disorders Association (2015):
www.NationalEatingDisorders.org [1].*

Adapted from: <http://www.beutifulmagazine.com/wp-content/uploads/2013/05/the-endless-b...> [2]

Source URL: <https://campushealth.unc.edu/health-topics/body-image-eating-disorders>

Links

[1] <http://www.NationalEatingDisorders.org>

[2] <http://www.beutifulmagazine.com/wp-content/uploads/2013/05/the-endless-binge-restrict-cycle-infographic-by-body-love-wellness-light-background.jpg>