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## Eating Disorders

Eating disorders are typically pathological disturbance, and behavior to food. These conditions come in 3 different forms, binge-eating disorder, anorexia nervosa, and bulimia nervosa, both last conditions ending in nervosa, which means loss of appetite. In a culture we are today that advertises “healthy eating” and throws buzz words around like “Dieting” and “Weight loss” it can grasp the attention of a lot of people who are suffering and takes advantage of it. There's a lot of misconceptions about eating disorders, for example that you must be underweighted to have one or be classified, or it's only common with young people, but really it affects everyone.

Binge-eating, which is a compulsive disorder that causes overeating, the person after will be affected emotionally and feel embarrassed or guilty” Binge eating disorder is the most common eating disorder in the United States, and it affects people of all racial and ethnic groups. About 1.25% of adult women and 0.42% of adult men have binge eating disorder.<sup>1</sup> About 1.6% of teens age 13 to 18 years old are affected” (Swanson SA, Crow SJ, Le Grange D, Swendsen J, Merikangas KR, 2011) As you can see in this article, the data shows almost every age group is affected by binge eating and it's the leading eating disorder. Anorexia is lowering caloric intake which leads to low body weights. Anorexia is usually depicted with excessive exercise, for example if the individual ate a meal, they might feel anxiety and will want to work out. Bulimia, in some cases it happens after binge eating. It follows the steps of overeating or restrictive eating, the difference is the individual would induce vomiting.

In this podcast called “The silent epidemic of eating disorder” by Cheri Levinson, they discuss eating disorders in depth, one point they brought up was genetic components and how it may affect the individual, and what the triggers may be, which can be comments about the individual body, or any other critical comment. This shows the eating disorders aren't just a cognitive onset, they're a combination of culture and society that ties in together with genetics. Another fascinating topic that the podcast covers is the relationship between eating disorders and anxiety, in this quote “we know that eating disorders co-occur with anxiety disorders up to 95% of the time.(Levinson, 2023) Shows that the majority of people who suffer from eating disorders also have anxiety with it and not just anxiety, it can be depression, or stress, but there's going to be a factor co-occurring with the eating disorders. Eating disorders have a relation to a lot of disorders such as anxiety disorders, and obsessive-compulsive disorder.

As stated, before eating disorders are factored in with other underlying issues, in this article named “Depression and Difficulty Expressing Feelings Are Associated with Eating Disorders for Women Coming from Abusive Families” Which touches on behavioral and psychodynamic. Many young female adults, who have suffered abusive adolescents, can be at or are at risk of having an eating disorder, a correlation between family conflict, and/ or neglect indirectly affects the individuals. This proves more of a point that mental health issues can be the leading cause of eating disorders in not just younger people but humans in general. In general, I believe this connects with the development of self that we learned in one of our modules. The

making of adolescent brain chemistry which can be summed up to genetics, surroundings, and life experience at adolescence can determine the individual's chances of developing an eating disorder, although being professionals don't know where exactly people develop it, they can pinpoint correlations.

The stigma of eating disorders is vast in different media. Movies and Tv shows portray eating disorders as just dieting, or that eating disorders only affect middle income white females, and that the person is just seeking attention when that's not the case, this stigma is very hurtful and covered in falsehood. This stigmatization can affect the individual from seeking help from friends and family members and cause further damage. This can lead to harmful stereotypes and judgment on people and deter them more away from help and make the individuals feel isolated from getting help. Society can have an impact on the individual's self-esteem, people glamorize different body types for example in modeling or fashion, making younger people believe that's how someone has to look, and this stigma can be negatively reinforced by peers. In our module "Psychological Disorders and learning" we discussed mental health issues, and different concepts like behaviorism. We also discussed stigma and stereotypes about these mental health issues.

Eating disorders manifest in many ways. We may not know the root cause of it, but we do have an understanding that the development of eating disorders can be connected to adolescents' trauma, and depression. Having this base knowledge can help us in the future to help out more individuals.

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