

Types of eating disorders research paper sample

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Introduction

Initially, eating disorder was an issue that was never considered to be crucial with regard to health of an individual. Eating disorder in most cases comes as a result of mental illness, which can disrupt the diet that an individual takes on a daily basis. It is important to note that the diet of an individual greatly impacts on eating habits which can enhance eating disorders. Eating disorders can either be caused by excess consumption of food or very minimal intake of food. These habits are developed gradually and in the end come out as an obsession leaving severe damages to the individual affected. This disorder coexists with most of the mental illnesses for example, depression, anxiety disorder and substance abuse. It is thus vital to know the various types of eating disorders, the individuals that they mostly affect, their symptoms and how they can be managed (Morris, 2011).

The most affected gender

The relationship between gender and eating disorder is complex even though researchers suggest that the most affected gender with eating disorder is the female sex (although it can affect males as well) (Swain, 2006). The females are more affected by the growing fashion of slimness in the western culture. The females are also the most depressed population with biological issues like pregnancy and even menstrual periods (Swain, 2006). The most affected age is the adolescents and also the young adults or it may come later in the life development of an individual (Morris, 2011).

Types and symptoms of eating disorders

Anorexia Nervosa

The main characteristic of this disorder is the pursuit of an individual of growing thinner each day and the fear of growing obese (Garner, 1997). Even though an individual may be feeling hungry, he or she may refuse to take any food at the correct time. This may result to loss of body weight at about 15%. The most basic idea brought by this mental illness is based on self-perception of an individual being distorted. These individuals may feel like they fatter usual. The main effect of this disorder is that, the individuals affected may go for months without seeing their monthly periods, infertility and weight loss (Lask & Frampton, 2011).

Bulimia Nervosa and Binge Eating Disorder

This disorder is mainly characterized by too much indulgence in eating which later results into vomiting or purging all that has been taken out (Garner, 1997). The main type associated with it is high calorie foods in large amounts. The individual affected is in most cases out of control of the situation and experiences self-disgust (Bruch, 2001). After bingeing, the individual affected in most instances vomits to avoid gaining too much weight or create space for more binges. These individuals in most cases are close to their usual body weight when compared to anorexics (Sandoz, 2010). Binge eating disorder, on the other hand, is characterized by frequent eating habits due to uncontrollable appetite. During this period, an individual will always want to engage in bingeing. Binge eating can easily result into obesity, hypertension, heart disease and diabetes which are serious health problems (Lask & Frampton, 2011).

Treatment

Eating disorders can easily be treated if they are detected at their early stages. Early detection enables effective treatment. Although recovery can take a very long time, most of the individuals have always recovered.

Treatment in most instances uses the multidisciplinary approach. This can include the use physicians, psychologists, nurses, dieticians and social workers. The treatment involves procedures like giving education on diets, advices and the intervention of psychologist. Treatment of mental problems like depressions can also help in treating eating disorders (Sandoz, 2010; Garner, 1997).

Conclusion

It is therefore, important to know the various types of eating disorders and the symptoms that are related to them. Through this, treatment is made easier for the affected individual before hefty damages take place.

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