

Psychological factors in eating disorders essay

[Experience](#), [Belief](#)



EATING DISORDERS

Introduction

This presentation is on eating disorders. As a counselor on eating disorder, the presentation will consist of the physiological factors that cause people to eat or not to eat. In addition, the discussion will include the description of the physiological factors for hunger and satiety. In this part, the physiological myths that are on hunger and satiety plus those that are there for physiological factors that contribute to hunger and satiety will be discussed. Moreover, the presentation will try to answer several questions that are there concerning issues dealing with anorexia and obesity disorders that are brought about by eating trends. The discussion will inform clients and what they need to know about eating disorders.

Physiological Factors

There are several physiological factors that make people take or not to eat. Physiological studies and research have been undertaken to make people understand hunger and why we need to eat. It is, therefore; significant to point out that eating or not eating can result to some disorders. In addition, there are also some physiological factors that are involved in eating or not eating. Some of the myths that are involved in eating are not true. For example, there is a general belief that blood glucose levels can affect hunger and satiety. This belief has been proven to be false from investigations that has been done previously. The truth of the matter is that the glucose levels in general remain stable, and they do not fluctuate as often stated (Annette, 1997).

The belief that glucose levels are related to hunger has also been researched. There is the belief that in case of a drop in energy levels, there is also a drop in blood glucose. These drops in effect trigger hunger in humans. Therefore, people eat to restore these energy levels back to the required standards. In case, this myth was true then people would eat to maintain some levels of energy. In addition, eating will give some weight because of the energy that is compensated. This will give the body the energy that it needs for daily activities.

In addition, another myth exists of the hypothalamus. The myth is also on both hunger and satiety. The common belief is that hypothalamus controls satiety and feeding. However, research has proved that hypothalamus does not control eating, rather it controls energy metabolism. Many people have the belief that hunger is mostly caused by having an empty stomach. Furthermore, some belief is that satiety is caused by the same feeling of having a full stomach. Instead, this has been shown by research as not being true. The studies have, however, shown that even those people whose stomachs have been removed from their bodies can still experience satiety and hunger for that matter. The research and studies that have been done indicate that the gastrointestinal tract, in fact, is the main source of satiety feeling in people. The studies found that the gastrointestinal system and the stomach released some chemicals by the name peptides. These chemicals are the ones that interact with neurotransmitters and hormones in the brain for the feelings (Amy, 2011). Moreover, it is the peptide that is responsible for appetite increment that is synthesized at the brain part called hypothalamus to produce the feeling of satiety.

These studies on disorders have helped in discovering the satiety and hunger peptides. In addition, the studies have helped in reestablishing interest in the role of the hypothalamus in satiety, and hunger. Furthermore, the role of neurons has also been reestablished in satiety and hunger. In addition, research has also helped in establishing that serotonin has a significant role in eating, reducing hunger, and weight.

The research shows that there are several factors that are responsible for the feelings of satiety and hunger. There are messages that are sent to the body through the use of peptides. These messages are sent from places like gastrointestinal tract and stomach, among others. The messages are the ones that help in making people understand and feel if they are full or hungry. Therefore, when the body sends the message to inform whether one is hungry or full, a person will want to eat less or more.

Eating Disorders

Some of the conditions that relate to eating disorders include: anorexia and obesity. These conditions are caused by either overeating or under eating, or other eating disorders. Overeating can cause obesity as an eating disorder. Most people believe that obesity is caused by a genetic factor. This can be true as genetics also play a role in one being obese. However, it is the environment that mostly affects and shapes the eating habits of most people. In addition, the culture of people can make them eat processed, unhealthy, and fatty foods. These kinds of foods promote the increase in weight. In return, they increase the chances of a person to develop weight related problems. Moreover, the families have a significant role in the environment and eating habits. Most people learn how to eat, the amount to

eat, and how often to eat from within the family. Consuming more energy giving foods can be as a result of craving for food rich in calories. Research shows that most people have strong responses on the smell or sight of the food they eat (Fairburn, 2007). These factors can make people eat more or less. Therefore, obesity can be as a result of the genes, differences in the body, and the environment that people stay.

The physical activities of the people can be related to eating disorders. This can cause an increase or decrease of weight in individuals. Some people like to sit most of the time, others go to the gym, while, others like moving around more often. Moreover, the bodies of different people are not alike or the same. Some people use excess energy, while others use little energy and efficiently for the same activities. The environment as mentioned has some effect on eating disorders. In addition, there are cases where there is higher than the expected insulin response to food. This causes interest in food for individuals. At the same time, this can cause a feeling of disgust to some types of food like sweet and fatty food. This can make a person eat more or less. In addition, the incentive to eat less or more can be a factor to the eating disorders. Eating less can cause or have physiological effects on a person. Many people become nauseous when they do not eat for some time, and later as they try to eat. Therefore, it is significant to try and eat small amounts of food. This can help a person avoid sickness when they try to eat.

Conclusion

The physiological myths and theories involved in satiety and hunger are many. These myths have been used to explain the issues of eating disorders. The myths have been separated, from research and studies, to give facts

and separate mere hearsays. This has helped to explain eating disorders associated with hunger and satiety. Obesity, and have been explained. In addition, it has been explained how eating disorder causes illnesses and disturbance to the diet of an individual.

References

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