

# Anorexia nervosa and dissociative amnesia

[Health & Medicine](#)



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The paper "Anorexia Nervosa and Dissociative Amnesia" is a great example of an assignment on health sciences & medicine. Anorexia Nervosa:

#### Etiology of Disorder

The patient reports an obsession with their weight although they are underweight for their weight and height (Criteria A). They have a fear of gaining weight (Criteria B) and they have experienced amenorrhea (Criteria C). In addition, she reports that she has a fear of getting fat and no matter what they do they cannot lose the weight they want. The patient also said they have difficulty remembering things, they get depressed sometimes and they just do not like to eat. All of these fit into the psychological challenges that people with Anorexia Nervosa have as they go through the disorder. In addition, people with Anorexia Nervosa have pressures from society about being thin, have a perfectionist trait and may have difficulty with parents and finding their own autonomy. There is also a biological component that may mean the disorder is inherited or that they have an obsessive gene.

#### Treatment

The best treatment for this disorder is the combination of psychotherapy, medication and family therapy (University of Maryland, 2009). This will help the individual find the support they need to help them overcome the disorder. Generally, the best type of therapy is Cognitive Behavior Therapy because it will assist the individual in finding a better body image. This patient will also have to change their lifestyle to bring themselves into a better way of looking at themselves. Some of the things they will need to change include their eating habits, sticking to meal plans and treatment, developing a support system and cutting back on exercise (e. g. cutting three hours a day to 20 minutes to an hour).

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## Dissociative Amnesia

### Etiology of Disorder

The patient says they are often depressed because they cannot remember three years of their childhood and this has happened because of a traumatic event. (criteria A) they do not appear at this time to have any other disorders that may be causing this situation (criteria B) and the patient reports having trouble at home with their family and at work; they seem to be upset and angry (criteria C).

### Treatment

The treatment for this disorder is therapy that is designed to help the individual remember what they have lost. Sometimes a medication is used to help the individual recover their memories if hypnosis and psychotherapy can help them recover from the trauma that may be uncovered (PsychNet, 2003).