



## **DISORDERED EATING AND ATTACHMENT**

### **ADDITIONAL NOTES**

#### **ANOREXIA NERVOSA**

- Refusal to maintain body weight over a minimal normal weight for height & age (15% below expected weight)
- Intense fear of gaining weight or becoming fat, even though underweight
- Disturbed body image – *body dysmorphic disorder*
- Feeling fat when emaciated or experiencing one body part as too fat
- Absence of at least 3 menstrual cycles when otherwise expected to occur
- Restricting type (no binge-eating/purging) vs Purging Type (like Bulimia)



#### **BULIMIA NERVOSA**

- Recurrent episodes of binge eating involving lack of control during binges
- Regular self-induced vomiting, use of laxatives/diuretics, strict dieting/fasting or vigorous exercise to prevent weight gain
- Minimum of 2 binge eating episodes a week for at least 3 months
- Persistent anxiety about body shape and weight.

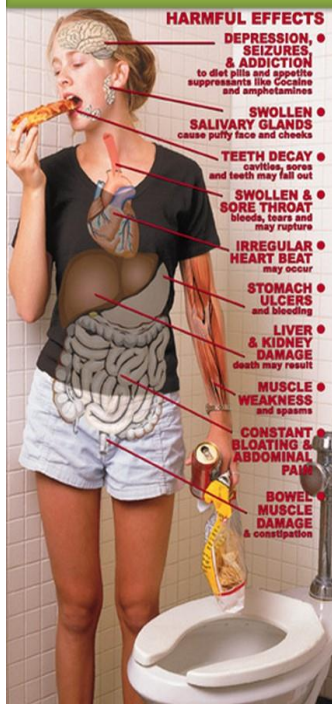


#### **BINGE EATING DISORDER (COMPULSIVE EATING)**

- Obsessive-Compulsive addictive relationship with food
- Binge-eating – out of control - like Bulimia, but no attempt to purge
- Often frenzied eating when not hungry – way past point of feeling full



## EFFECTS OF COMMON EATING DISORDERS



*While some of these problems may be reversible, others will cause permanent damage and may lead to death.*

### ANOREXIA & BULIMIA

- Exhaustion
- Loss of Appetite
- Growth of fine, downy hair over body
- Yellowing, dry skin and fingernails
- Dry brittle hair / hair loss
- Cold hands and feet
- Electrolyte imbalance eg calcium, magnesium, potassium, and sodium – affects nerve/muscle function
- Monthly periods stop
- Shrinking of the internal organs
- Infertility
- Heart problems
- Dementia

## PRO-ANA AND PRO-MIA WEBSITES / SOCIAL MEDIA

### The Thin Commandments (THINSPIRATION)

1. If you aren't thin you aren't attractive.
2. Being thin is more important than being healthy.
3. You must buy small clothes, cut your hair, take diet pills, starve yourself, do anything to make yourself look thinner.
4. Thou shall not eat without feeling guilty.
5. Thou shall not eat fattening food without punishing oneself afterwards.
6. Thou shall count calories and restrict intake accordingly.
7. What the scale says is the most important thing.
8. Losing weight is good / gaining weight is bad.F
9. You can never be too thin.
10. Being thin and not eating are signs of true will power and success.

## PRO-ANA AND PRO-MIA TIPS AND TRICKS

1. When going out to a party, etc, put on perfectly applied lip gloss, so you're really aware of not ruining it. You don't want to eat anything so you don't ruin it.
2. When you're really hungry grab some ice cubes and munch on them. It gives you the feeling that you're eating, just without the fat, calories and sugar, and it fills you up.
3. In between each mouthful of food take a sip of your drink. It fills you up quicker and slows your eating so you stay in control.
4. Keep weight goals. If you don't have goals you just stay FAT.
5. Drinking ice cold water and taking cold showers burns up to 40 negative calories because your body needs to keep your body heat up.
6. Buy a pair of trousers that are the size you want to be and spend good money on them too. Try them on every day, and the sooner you get to fitting into them and wearing them the more determined you've become. Plus if you've spent a lot of money on them then it would be a HUGE waste if you never got to wear them.
7. Eat in a solitary place, not in front of the TV or computer. You're more likely not to eat as much if you have to stop what you're doing or watching.
8. If you're badly wanting to eat, and you're around other people, listen to them eating. It's the most disgusting thing you can hear, it'll stop you from wanting to eat pretty quickly.
9. Comment on how nice certain fatty food is and how you ate it not so long ago, even if you wouldn't actually touch it with a barge pole. This way people will never guess that you're starving yourself to thinness!
10. If starvation gives your nails a bluish tinge, wear nail polish or get acrylics (especially when you go to the doctors).



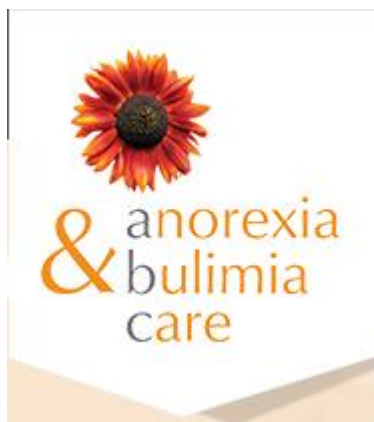


<https://www.beateatingdisorders.org.uk>

You can also talk in confidence to an adviser from Beat by calling their adult helpline on 0808 801 0677 or youth helpline on 0808 801 0711.



<https://www.oagb.org.uk/contact-us/>



 **CALL OUR HELPLINE: 03000 11 12 13**  
OPTION 1: SUPPORT LINE    OPTION 2: FAMILY AND FRIENDS

## Links to Helpful YouTube Videos

Airbrushed Model      <https://youtu.be/1dZhEUcpSs0>

Anorexia in the mirror      [https://youtu.be/8VoAj\\_6iKTo](https://youtu.be/8VoAj_6iKTo)

Empty      <https://youtu.be/P65pajLA9io>

## THE FOOD QUESTIONNAIRE

### WHAT WAS THE ROLE OF FOOD IN YOUR FAMILY?



1. Who was the **main cook** in the household? What kind of **skills** did they have, and what **atmosphere** did they create when preparing food/baking/cooking?
2. What were your **favourite foods** as a child? What were your **least favourite**?
3. Was food ever used as a **reward or punishment** in your home? Were you ever given food as a 'treat' for being good? Or were you ever forced to eat what you couldn't (eg food you had left at one meal served up cold at the next).
4. What do you remember about **school food**? Did you eat with other children? What was the atmosphere around the school meal table?
5. What do you remember about **celebration food**, eg birthdays, Christmas etc? What **feelings** do you have about this?
6. What **atmosphere** did meals have for your family?

7. Draw a picture of your **family meal table**.

Who sat where?

Write in a FEELING title for your picture.

Draw **speech bubbles** coming out of each person to show the 'message' that came from them, either their actual words, or what you sensed they were thinking.

What is the overall **feeling message** of the scene?

8. What is your **current relationship** with food? What does it represent for you and how do you 'use it'?