



Types of Eating Disorders

Anorexia Nervosa

Anorexia is an eating disorder characterized by an abnormally low body weight, an intense fear of gaining weight and a distorted perception of weight.

Anorexia symptoms include:

- Over evaluation of shape and weight and control.
- Judging self-worth largely and even exclusively in terms of shape and weight and the ability to control
- Active maintenance of low body weight – less than 85% of that expected or a body mass index of 17.5 or below
- Inadequate food intake
- Fear of weight gain
- Obsession over weight and food
- Inability to understand the severity of the situation

Bulimia Nervosa

A serious, potentially life-threatening eating disorder. People with bulimia may secretly binge — eating large amounts of food with a loss of control over the eating — and then purge, trying to get rid of the extra calories in an unhealthy way.

Bulimia Symptoms include:

- Over evaluation of shape and weight
- Recurrent binge eating and a sense of loss of control at the time.
- Extreme weight control behaviour - sustained dietary restriction, recurrent self-induced vomiting or laxative misuse.
- Feeling out of control during binge eating episodes
- Self-esteem and self-worth related to body image

Binge Eating Disorder

Binge-eating disorder is a serious eating disorder in which you frequently consume unusually large amounts of food and feel unable to stop eating.

Almost everyone overeats on occasion, such as having seconds or thirds of a holiday meal. But for some people, excessive overeating that feels out of control and becomes a regular occurrence crosses the line to binge-eating disorder.

Binge Eating Disorder Symptoms include:

- Episodes of eating large amounts of food without behaviours of attempting to prevent weight gain such as vomiting or taking laxatives
- Feeling out of control during binge eating episodes
- Feeling shame or guilt because of the binge eating
- Eating when not hungry, eating alone due to being embarrassed about the behaviour or eating to the point of being uncomfortable and overly full.

Eating Disorder Not Otherwise specified

Eating Disorder Not Otherwise specified is an eating disorder that causes significant distress or impairment, but does not meet the criteria for another feeding or eating disorder.

Examples include:

- Atypical anorexia nervosa (weight is not below normal)
- Bulimia nervosa (with less frequent behaviors)
- Binge-eating disorder (with less frequent occurrences)
- Purging disorder (purging without binge eating)
- Night eating syndrome (excessive nighttime food consumption)

Orthorexia

Those who battle with orthorexia will show a variety of signs and symptoms. In many instances, they might exhibit behaviors that push past the norm in terms of living a healthy life, and instead cause them to suffer from a number of physical, mental, and emotional effects. Orthorexia is a type of disorder that characterized by healthy eating habits that have been taken to dangerous levels.

- Engaging in emotional eating
- Self-esteem is based on eating healthy foods
- Increasingly critical and more rigid about eating

- Feeling as if certain foods are dangerous
- Feeling guilt or ashamed when unable to maintain diet standards
- Losing interest in activities once enjoyed because they are solely involved in eating healthy
- Thinking critically of others who don't follow a strict diet
- Spends extreme amounts of time and money in meal planning and food preparation
- Total elimination of entire food groups in an attempt to eat clean
- Avoidance of social events involving food due to fear of being unable to comply with diet
- Has severe anxiety about how food is prepared

Avoidant/restrictive food intake disorder

An Eating disorder or feeding disturbance that affects young children and adolescents as well as adults. ARFID symptoms vary widely and can evolve with the developmental context of the individual. Common symptoms may include avoidant sensory triggers, restrictive eating habits and fear-based eating experiences.

Common symptoms of ARFID include:

- avoidance or restriction of food intake that prevents the person from eating sufficient calories or nutrients
- eating habits that interfere with normal social functions, such as eating with others
- weight loss or poor development for age and height
- nutrient deficiencies or dependence on supplements or tube feeding



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