

CHAPTER 10: EATING DISORDERS

KEY TERMS

Alternative delivery systems

Treatment methods that allow access to services for sufferers who might not receive other forms of treatment. These include treatment and support via telephone therapy, email, the internet, computer-software CD-ROMs and virtual reality techniques.

Amenorrhoea

The abnormal failure to menstruate.

Anorexia nervosa (AN)

An eating disorder, the main features of which include a refusal to maintain a minimal body weight, a pathological fear of gaining weight and a distorted body image in which sufferers continue to insist they are overweight.

Binge-eating disorder (BED)

An eating disorder characterized by recurrent episodes of binge eating without the purging or fasting that is associated with bulimia nervosa.

Binge-eating/purging type AN

A type of eating disorder in which the sufferer regularly engages in purging activities to help control weight gain.

Body dissatisfaction (BD)

The gap between one's actual and ideal weight and shape.

Body mass index (BMI)

A way of measuring a healthy weight range, derived by using both height and weight measurements.

Bulimia nervosa (BN)

An eating disorder, the main features of which are recurrent episodes of binge eating followed by periods of purging or fasting.

Childhood sexual abuse

The sexual maltreatment of a child.

Cognitive Behaviour Therapy (CBT)

An intervention for changing both thoughts and behaviour. CBT represents an umbrella term for many different therapies that share the common aim of changing both cognitions and behaviour.

Dieting

A restricted regime of eating, followed in order to lose weight or for medical reasons.

Dopamine transporter genes

A transporter gene allows drugs to enter cells or, in some cases, acts to keep them out. Women diagnosed with anorexia and bulimia exhibit greater expression of the dopamine transporter gene DAT suggesting that they might be more susceptible to the rewarding and pleasurable effects of eating.

Endogenous opioids

A compound that the body releases to reduce pain sensation.

Enmeshment

A characteristic of family systems theory in which parents are intrusive, overinvolved in their children's affairs, and dismissive of their children's emotions and emotional needs.

Fames canina

An eating disorder characterized by large food intake followed by vomiting reported in the seventeenth century.

Familial factors

The idea that certain disorders may be a result of the direct influence of family attitudes and dynamics on the behaviour of those in the family.

Family systems theory

A theory which argues that the sufferer may be embedded in a dysfunctional family structure that actively promotes psychopathology.

Family therapy

A form of intervention involving family members that is helpful as a means of dealing with psychopathology that may result from the relationship dynamics within the family.

Fluoxetine (Prozac)

A selective serotonin reuptake inhibitor (SSRI) which reduces the uptake of serotonin in the brain and is taken to treat depression.

Food preload tests

Laboratory procedures developed to provide an objective behavioural measure of the tendency to binge eat.

Holy anorexia

Self-starvation reported in classical and medieval times, often as a means of achieving heightened spirituality amongst religious devotees.

Lack of conflict resolution

A characteristic of family systems theory where families avoid conflict or are in a continual state of conflict.

Lateral hypothalamus

A part of the hypothalamus. Lesions to the lateral hypothalamus cause appetite loss resulting in a self-starvation syndrome which is behaviourally similar to that found in anorexia.

Low self-esteem

A person's negative, subjective appraisal of himself or herself.

Maudsley approach

Family-based, staged therapy for eating disorders.

Media influence

A term describing a person's changes in or temptations to change attitude, behaviour and morals as directly influenced by the media.

Negative affect

Refers to the full spectrum of negative emotions.

Neuroendocrine dysfunction

Hormonal dysfunction or life stressors causing hormonal dysfunction.

Non-purging Sub-Type BN

Occurs when a person engages in regular fasting or excessive exercise, but does not demonstrate purging behaviours.

Overprotection

A characteristic of family systems theory where members of the family are over concerned with parenting and with one another's welfare, and this can often be viewed by the child as coercive parental control.

Peer influences

A term describing a person's changes in or temptations to change attitude, behaviour and morals as directly influenced by his or her peer group.

Pharmacological treatments

Drug-based treatments for psychopathology.

Prevention programmes

Intervention programmes that attempt to prevent the onset of a psychopathology before the first symptoms are detected.

Purging sub-type BN

Occurs when a person regularly induces vomiting or misuses laxatives, enemas or diuretics to compensate for episodes of binge eating.

Restricted type AN

A type of anorexia nervosa in which self-starvation is not associated with concurrent purging (e.g. self-inducing vomiting or use of laxatives).

Rigidity

A characteristic of family systems theory where there is a tendency to maintain the status quo within the family.

Self-help groups

Group therapy which brings together people who share a common problem in an attempt to share information and help and support one another

Serotonin metabolites

The products produced by the breakdown of serotonin.

Transdiagnostic cognitive behavioural model

A model of eating disorders which argues that a dysfunctional system of self-evaluation is central to the maintenance of all eating disorders, and that self-worth is defined in terms of control over eating, weight and shape, which in turn leads to dietary restraint.