

Assessment 1

Supporting paper

Student name: Mihaita Munteanu

Student ID: 1913128

Module name: Mental Disorder and Psychopathology

Module code: BMHP6006

Lecturer name: Bianca Sanfilippo

Date: 14/04/2022

Table of content

<i>Introduction.....</i>	<i>3</i>
<i>Eating disorder definition and classification.....</i>	<i>4</i>
<i>History of eating disorders.....</i>	<i>5</i>
<i>Etiology /Physical Behavioral and Emotional Signs.....</i>	<i>6</i>
<i>Eating disorder treatment principles</i>	<i>6</i>
<i>Case study.....</i>	<i>7</i>
<i>Conclusion.....</i>	<i>7</i>
<i>References</i>	<i>8</i>
<i>Appendices.....</i>	<i>10</i>

Introduction

In today's world, mental disorders are our worst enemy. Due to stress, social and climatic conditions, we are more likely to develop mental disorders. Even worse is the fact that mental disorders, as opposed to physical disorders, cannot always be seen, which makes them harder to diagnose. A person who looks healthy may have mental disorders that can affect his daily behaviors, the power to decide in daily life, and the ability to communicate in an efficient mode with those around him. According to the WHO organization "Mental disorders are conditions that affect our thinking, feelings, moods, and behavior, they can also affect our ability to relate to others and to function every day." (WHO, 2019)

In his book 'Your A-Z on Mental Health' David Musyimi Ndeti describes possible categories which can cause mental disorder. A virus, bacteria or a brain parasite can cause biological a mental disorder. As well, physical damage of brain caused by an accident or as a secondary effect of different body diseases can be a cause of some of the mental disorders but the most mental diseases are caused by social and emotional factors (Ndeti, n.d.). One of the frequent questions about mental disorders is: Are mental disorders inherited or not? According to Professor David Musyimi Ndeti, some mental disorders such as eating disorders and behavioral disorders may have roots in the family tree, but this does not mean that it is mandatory. Many people with mental disorders come from families with no history of mental disorders (Ndeti, n.d.).

Many of the diseases are recognized as mental disorders and the most well-known are eating disorders, anxiety, depression, personality disorders, post-traumatic stress disorder and psychotic disorders (Casarella, 2021). All of these mental disorders are characterized as a combination of thoughts, perceptions, emotions, and behaviors. All mental disorders can have serious effects, but if we look at the statistics, eating disorders seem to be one of the main causes of mortality in our society. (Muhlheim, 2022) It is not new that people have problems with food, but the fact that this phenomenon has become so widespread must worry us all.

The fact that the society in which we live promotes artificially created standards of beauty, diets based on chemicals and starvation through various media and television channels leads to an increased impact on the population in special in adolescents and women (Henderson and Spettigue, 2004). The food industry, the beauty industry and the pharmaceutical industry promote losing weight, which makes people obsessed with their own bodies, which in most situations leads to eating disorders. Due to the fact that people with eating disorders do not always accept that they have a mental health problem, it makes the healing process more difficult. In many cases,

those affected are ashamed to admit that they need treatment to overcome the disease. Their biggest fear is not being excluded from society, preferring to hide the fact that they are sick (Witmer, 2020).

The aim of this paper is to understand what are eating disorders, aetiology and treatment are throughout history, as well as to analyze the principles of treatment and identify the physical, behavioural and emotional signs behind eating disorders. Moreover, in the second part, I will identify and analyze the eating disorders in Maria's case.

Eating disorder definition and classification

The eating disorder is classified in the ICD-10 manual. Behavioral syndromes associated with physiological disorders and physical factors (F50-F59) and have been described as a mental illness associated with people's addiction to use food control to deal with different feelings and emotions. The constant struggle between nutrition and physical appearance has become a life still driven by negative emotions. Acceptance in modern society is placed above its own health (NHS, 2021).

We've seen that Eating Disorders are mental health disorders that, if left untreated, can be life-threatening. According to the American Psychiatric Association, the most common eating disorders are anorexia nervosa, bulimia nervosa and binge eating disorder (Renzoni, 2021). Also according to the Journal of Affective Disorders, in most cases patients suffering from eating disorders have other mental disorders and the most frequent mental condition associated with eating disorder is depression (Mischoulon et al., 2011). Eating disorders focus on the perception of own body image. Dissatisfaction with the own body can trigger an eating disorder. The disorder will persist as long as the person is trying to achieve the desired weight. Affected people often refuse to admit they have a problem using denial as an obstacle to treatment.

Anorexia Nervosa is characterized by an obsession with weight loss and an exacerbated fear of gaining weight. People with this condition restrict their food intake and exercise compulsively to lose calories. At the psychological level, people with anorexia have a low level of self-esteem and often have depressive symptoms.

Bulimia nervosa is associated with the massive consumption of food by a person in a short period of time. People with bulimia nervosa tend to use vomiting pills and laxatives to get rid of food quickly. At the psychological level, people suffering from bulimia nervosa no longer have control over their diet and have a low level of self-esteem.

Binge eating disorder is newer in the family of eating disorders and is described as a disorder associated with depression and anxiety. People who suffer from binge eating eat unhealthily amount of food. They are ashamed to eat with others and they often eat secretly.

Globally, according to (The American Journal of Clinical Nutrition, 2019) eating disorders increased from 3.4% to 7.8% between 2000 and 2018. More than 70 million of people around the world live with eating disorders (Team, 2022). As Boris MacKey notes on June 14, 2021 in his article using as a source NICE in the UK about 3.5 million people suffer from eating disorders. The most affected categories are young adolescents and women. For the treatment and prevention of eating disorders the total cost to the NHS is £ 1.26 billion a year (MacKey, 2021).

History of eating disorders

Historical writings on eating disorders date back to the Middle Ages. At that time, eating disorders were not seen as a disease. Rudolph Bell in his book Holy Anorexia describes starvation as an act of spirituality. The first diagnosis of anorexia was revealed by Dr. Richard Morton in 1686 who described the patient as “a skeleton clad with skin” (Strum, 2021).

Compared to anorexia, bulimia was not a major topic of discussion until the early 1990's in the early days being described as a chronic phase of anorexia nervosa. One of the first cases of bulimia was that of Nadia described by Pierre Janet in 1903. The early 1930s brought enlightenment among the medical community who began to approve of the fact that eating disorders have more mental than physical causes. Hilde Bruch's 1978 book The Golden Cage is the first steppingstone in understanding the severity of eating disorders (Mentalhelp, 2022).

Excessive eating disorder was first recognized as a mental disorder in the 1990's. In 1959, psychiatrist Albert Stunkard called it “Night Eating Syndrome.” Albert Stunkard later returned, saying that overeating is not necessarily related to eating at night, it can be caused by various factors (Muhlheim, 2020).

As a treatment of eating disorders throughout history, the evidence shows that not always as mentioned above eating disorders have not been diagnosed as diseases. Also, in the beginning eating disorders were seen as physical disorders pituitary hormones been used for treatment. In the late 1930's it was concluded that eating the disorders were rather a mental disorder and not a physical illness, and the treatment of patients was changed from physical treatment to behavioral and psychological treatment. One of the most common practices for treating eating

disorders in children and adolescents in the 2000s has been to remove them from the family (Strum 2021). In our time eating disorders are treated as mental disorders, the treatments being focused on behavioral and psychological setting. As a treatment we can list behavioral cognitive therapy, family therapy, physical therapy, etc (Mental Health UK, 2022).

Etiology /Physical Behavioral and Emotional Signs

Etiologically, eating disorders cannot be associated with a single cause. The occurrence of eating disorders can be caused by various biological, psychological, and sociocultural factors. If Biological factors may be genetic the other factors that can trigger an eating disorder can occur at any time in life. An unfortunate event in life an accident, dissatisfaction with one's own body and the desire to have a perfect body can be categorized as risk factors (national eating disorders, 2022).

According to the NATIONAL EATING DISORDERS ASSOCIATION people suffering from eating disorders have different physical, behavioural and emotional signs than a healthy person. Physically they suffer from weight fluctuations, sleep problems, muscle weakness, stomach cramps, constipation, dizziness, or fainting, etc. At the behavioural level, major changes are taking place in the affected people. They eat small portions or refuse to eat, eat secretly, eat only "healthy" foods and over-exercise. Likewise, emotionally, there is an intense fear, fattening, fear of eating in public or with others and obsession for weight and diet (Juby, 2021).

Eating disorder treatment principles

As mentioned in the journal of eating disorders (treatment of eating disorders ANZAED principles and general clinical practice and Training standards). The treatment of a person diagnosed with eating disorders goes through several stages from diagnostic to cure. But in order for treatments to be effective in treating eating disorders, certain principles are essential. A quick diagnosis of the disease can shorten the duration of treatment, also a strong therapeutic alliance between services is undesirable. The care team must be multidisciplinary with a high level of knowledge in the prevention and treatment of eating disorders and the treatment should be prescribed only on the basis of clear evidence. It is imperative that each treatment be customized according to the patient's needs (Heruc et al., 2020).

Case study

Maria is a young woman who needs professional help for mental disorders. The description shows that Maria is professionally fulfilled, but she is not at all happy on a personal level because of her eating habits. It is very important to note that Maria suffered an attempted sexual assault in college, which may be the trigger for her mental health problems.

Maria also has a history of high blood pressure and cholesterol because of her overweight and recently increased back problems. So, looking at the case, you can see that Maria suffers from binge eating disorder associated with anxiety and depression. That she failed in her first attempt at psychological counseling in college made her ashamed of her trauma.

According to NICE in the UK, over 700,000 people have been diagnosed with eating disorders, with 90% women. A study conducted by The Avon Longitudinal Study of Parents and Children (ALSPAC) on a sample of 5,658 women found that people who been sexually assaulted in childhood and adolescence are more likely to develop binge eating disorder (Micali et al., 2017). As a recommendation for patients with overeating disorder, Cognitive-behavioral therapy for overeating disorder and Interpersonal Psychotherapy for overeating disorder are the therapies with the best results. The cure rate being over 85% stands by Arch Gen Psychiatry 2002. (Micali et al., 2002).

Conclusion

Eating disorders are complex mental illnesses with devastating consequences for the health and well-being of the individual if they are not identified and treated in time. Even when treated, they can cause side effects in a person's life. In many cases, eating disorders come with other mental disorders such as depression and anxiety. The treatment of these diseases is long-term, the patient's recovery requires time, patience, a multidisciplinary medical team consisting of psychologist, psychotherapist, nutritionist, with which the family, the patient's entourage and, most importantly, the patient himself by his will cure.

References

1. Casarella, J., 2021. *Types of Mental Illness*. [online] WebMD. Available at: <<https://www.webmd.com/mental-health/mental-health-types-illness>> [Accessed 13 April 2022].
2. Juby, B., 2021. *What are the signs of an eating disorder?*. [online] Medicalnewstoday.com. Available at: <<https://www.medicalnewstoday.com/articles/signs-of-an-eating-disorder>> [Accessed 14 April 2022].
3. Henderson, K. and Spettigue, W., 2004. *Eating Disorders and the Role of the Media*. [online] PubMed Central (PMC). Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2533817/#!po=6.25000> [Accessed 13 April 2022]
4. Heruc, G., Hurst, K., Casey, A., Fleming, K., Freeman, J., Fursland, A., Hart, S., Jeffrey, S., Knight, R., Robertson, M., Roberts, M., Shelton, B., Stiles, G., Sutherland, F., Thornton, C., Wallis, A. and Wade, T., 2020. ANZAED eating disorder treatment principles and general clinical practice and training standards. *Journal of Eating Disorders*, 8(1).
5. MacKey, B., 2021. *Eating disorder statistics UK - Rehab 4 Addiction*. [online] Rehab 4 Addiction. Available at: <<https://www.rehab4addiction.co.uk/blog/eating-disorder-statistics-uk>> [Accessed 14 April 2022].
6. Mental Health UK, M., 2022. *Treatments for eating disorders - Mental Health UK*. [online] Mental Health UK. Available at: <<https://mentalhealth-uk.org/help-and-information/conditions/eating-disorders/treatment/>> [Accessed 14 April 2022].
7. Micali, N., Martini, M., Thomas, J., Eddy, K., Kothari, R., Russell, E., Bulik, C. and Treasure, J., 2017. *Lifetime and 12-month prevalence of eating disorders amongst women in mid-life: a population-based study of diagnoses and risk factors*.
8. Muhlheim, L., 2022. *Why Intervention Is Necessary to Prevent Eating Disorder Deaths*. [online] Verywell Mind. Available at: <<https://www.verywellmind.com/yes-eating-disorders-can-be-deadly-1138269>> [Accessed 13 April 2022].
9. Musyimi Ndeti, D., 2022. *Your A-Z on Mental Health*. [online] Google Books. Available at: <<https://books.google.co.uk/books?hl=en&lr=&id=HXGhDAAAQBAJ&oi=fnd&pg=PT9&dq=mental+disorders+a-z&ots=2Uhj4nq8zV&sig=dOoHOY5nE1F1tpayu7p2CDphg9c#v=onepage&q=me>> [Accessed 14 April 2022].

10. nationaleatingdisorders, n., 2022. [online] Available at: <<https://www.nationaleatingdisorders.org/risk-factors>> [Accessed 14 April 2022].
11. NHS, N., 2021. *Overview – Eating disorders*. [online] nhs.uk. Available at: <<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/overview/>> [Accessed 13 April 2022].
12. Renzoni, C., 2021. *Eating Disorders Overview: Symptoms & Causes | The Recovery Village*. [online] The Recovery Village Drug and Alcohol Rehab. Available at: <<https://www.therecoveryvillage.com/mental-health/eating-disorders/>> [Accessed 13 April 2022].
13. Strum, J., 2021. *A History of Eating Disorders - The Recovery Village Drug and Alcohol Rehab*. [online] The Recovery Village Drug and Alcohol Rehab. Available at: <<https://www.therecoveryvillage.com/mental-health/eating-disorders/related/history-of-eating-disorders/>> [Accessed 14 April 2022].
14. Team, S., 2022. *Eating disorder statistics in the U.S. in 2020*. [online] The Checkup. Available at: <<https://www.singlecare.com/blog/news/eating-disorder-statistics/>> [Accessed 14 April 2022].
15. WHO, W., 2019. *Mental disorders*. [online] Who.int. Available at: <<https://www.who.int/news-room/fact-sheets/detail/mental-disorders>> [Accessed 13 April 2022].
16. Witmer, L., 2020. *Does Social Media Drive Eating Disorders?*. [online] Therapy Group of NYC. Available at: <<https://nyctherapy.com/therapists-nyc-blog/does-social-media-drive-eating-disorders/#:~:text=They%20found%20%E2%80%9Cplenty%20of%20evidence,the%20media%20to%20be%20thin>> [Accessed 13 April 2022]
17. WHO - World Health Organisation (2010) *ICD-10 - International Statistical Classification of Diseases and Related Health Problems 10th Revision* (Online). Available at: <https://icd.who.int/browse10/2010/en#/V> (date accessed: 1 March 2022)

Appendices

Assessment 1 Eating disorder



Student name: Mihaita Munteanu
Student ID: 1913128
Module name: Mental Disorders and Psychopathology
Module code: BMHP6006
Lecturer name: Bianca Sanfilippo
Date: 05/04/2022



Mental disorders are conditions that affect our thinking, feelings, moods, and behavior, they can also affect our ability to relate to others and to function every day.

There are many different types of mental disorders. Some common ones include:

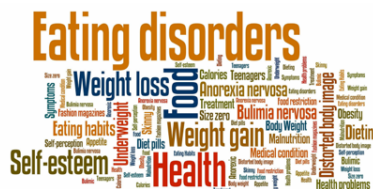
- Eating disorders
 - Anxiety disorders
 - Depression
 - Personality disorders
 - Post-traumatic stress disorder
 - Psychotic disorders
- (WHO, 2022)

EATING DISORDER

Eating disorder is classified in the ICD-10 manual. Behavioural syndromes associated with physiological disturbances and physical factors (F50-F59).
(ICD-10 Version:2019, 2022)

An eating disorder is a mental health condition where you use the control of food to cope with feelings and other situations.
(Overview – Eating disorders, 2021)

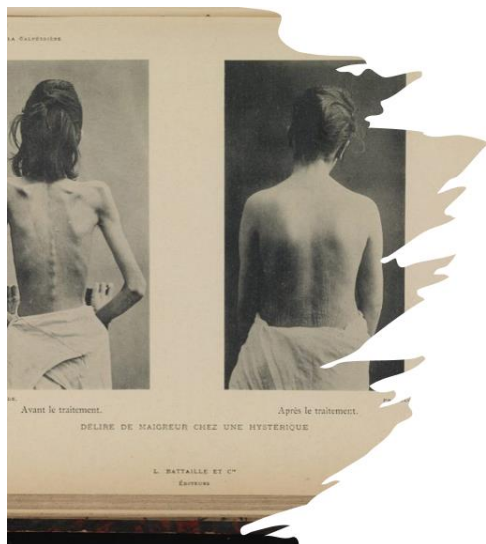
Eating disorders have a negative impact on a person's life and have serious medical, psychiatric and psychosocial consequences



Types of Eating disorders

- Between 1.25 and 3.4 million people in the UK are affected by an eating disorder
- 10% of people in the UK experience either anorexia, bulimia or binge eating disorder at some point in their lifetime
- Around 10% of people affected by an eating disorder suffer from anorexia nervosa
- 40% of people affected by an eating disorder suffer from bulimia nervosa
- The total cost to the NHS associated with eating disorders is £1.26 billion annually.

(Eating Disorder Statistics, 2022)

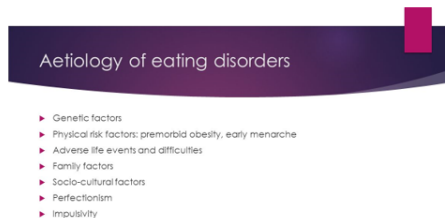


Eating disorder history

- Writing dating back to the Hellenistic period (323 BC-31 BC) and the Middle Ages (5th-15th centuries AD) look like humans or have been eating disorders since the Middle Ages.
- In 1689 the British physician Sir Richard Morton was given the first description in English of anorexia nervosa
- In 1978, Hilde Bruch in her book *Cage* reveals that eating disorders are a serious problem. She greatly influenced the understanding of modern anorexia nervosa.
- Bulimia nervosa was first described as a variant of anorexia in 1979 by British psychiatrist, Gerald Russell.
- In DSM III (1980), eating disorders are recognized as mental disorders and are associated with childhood and adolescence.
- In the 1990's, binge eating disorder was first recognized as a formal diagnosis
- The topic of eating disorders has, in recent years, increasingly been the subject of clinical and research interest.
- (Muhlheim, 2020)

Aetiology

- There is no known scientific / medical direct cause of eating disorders
- Eating disorders have a common etiologies factors including biological, psychological, developmental, and sociocultural.
- (Rikani et al., 2013)



Physical Behavioral and Emotional Signs

Physical	Behavioral	Emotional
Weight fluctuations Sleeping problems Constipation Dizziness /fainting Stomach cramps Acid reflux Muscle weakness	Eating tiny portions or refusing to eat Eating in secret Excessive exercising Consumption of only "safe" or "healthy" foods	Intense fear of gaining weight Fear of eating in public or with others Negative or distorted self-image Obsession with weight and dieting Irritability
(Byrd, 2022)		

• HISTORICAL TREATMENTS

- In medieval times age period self-starvation been seen like a religious act not like a disorder
- Early 1900s pituitary hormones been prescribed to treat eating disorders
- 20th Century, protecting children with eating disorder by moving away from family(Parentectomy)
- In the early 1930s and 1940s, eating disorders became recognized as psychological conditions in the mental health arena, and the focus of treatment shifted to a behavioral and psychological setting.
- (Strum, 2021)



(Bence, 2021)

Eating disorder treatment principles

- Early intervention is essential
- Full partnership and collaboration with people with eating disorders in all aspects of care and service delivery
- (Heruc et al., 2020)



Case study

Maria is a 38-year-old divorced woman, she is 5'4" and weighs 180 pounds. She has had many unsuccessful attempts to get specialized help give up excessive food consumption. The fear of being ridiculed for these failures prevents her from discussing her issue in public.. She is coming for help now at the recommendation of her physician after a recent visit where she reported increasing problems with back and knee pain due to her excess weight.

SYMPTOMS

Disordered Eating, Obesity/Overweight, Trauma

DIAGNOSES

1. Binge eating disorder

TREATMENTS

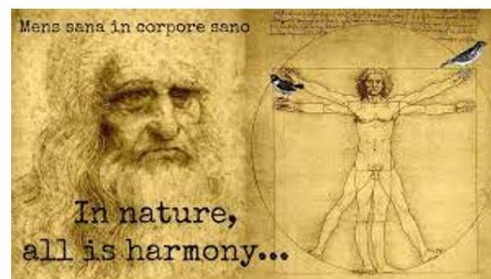
Cognitive Behavioral Therapy for Binge Eating Disorder

Interpersonal Psychotherapy for Binge Eating Disorder

(Maria (binge eating disorder) | Society of Clinical Psychology, 2022)

Conclusion

- Eating disorders are among the common illnesses that affect population across the world.
- Eating disorders are potentially life threatening, resulting in death for as many as 10 percent of those who develop them.
- Eating disorders are caused by a combination of biological, psychological and environmental factors.
- There are numerous treatment options for eating disorders that patients can take up depending on the symptoms they show.
- Support of friends and family members is one of the most important elements for achieving effective treatment of eating disorders
- mens sana in corpore sano



(Beam, 2022)

- Beam, L., 2022. The Original Renaissance Man: Leonardo Da Vinci - Faze. [online] Faze. Available at: <<https://faze.ca/original-renaissance-man-leonardo-da-vinci/>> [Accessed 1 April 2022].
- Bence, S., 2021. How Eating Disorders Are Treated. [online] Verywell Health. Available at: <<https://www.verywellhealth.com/eating-disorders-treatment-5112475>> [Accessed 1 April 2022].
- Heruc, G., Hurst, K., Casey, A., Fleming, K., Freeman, J., Fursland, A., Hart, S., Jeffrey, S., Knight, R., Robertson, M., Roberts, M., Shelton, B., Stiles, G., Sutherland, F., Thornton, C., Wallis, A. and Wade, T., 2020. ANZAED eating disorder treatment principles and general clinical practice and training standards. Journal of Eating Disorders, 8(1).
- Icd.who.int. 2022. ICD-10 Version:2019. [online] Available at: <<https://icd.who.int/browse10/2019/en#/F50.0>> [Accessed 1 April 2022].
- Muhlheim, L., 2020. When Did Eating Disorders First Appear?. [online] Verywell Mind. Available at: <<https://www.verywellmind.com/history-of-eating-disorders-4768486>> [Accessed 1 April 2022].
- nhs.uk. 2021. Overview – Eating disorders. [online] Available at: <<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/overview/>> [Accessed 30 March 2022].

- Priory. 2022. Eating Disorder Statistics. [online] Available at: <<https://www.priorygroup.com/eating-disorders/eating-disorder-statistics>> [Accessed 1 April 2022].
- Rikani, A., Choudhry, Z., Maqsood Choudhry, A., Ikram, H., Waheed Asghar, M., Kajal, D., Waheed, A. and Jahan Mobassarah, N., 2013. A critique of the literature on etiology of eating disorders. *Annals of Neurosciences*, 20(4).
- Society of Clinical Psychology | Division 12 of the American Psychological Association. 2022. *Maria (binge eating disorder) | Society of Clinical Psychology*. [online] Available at: <https://div12.org/case_study/maria-binge-eating-disorder/> [Accessed 1 April 2022].
- Strum, J., 2021. A History of Eating Disorders - The Recovery Village Drug and Alcohol Rehab. [online] The Recovery Village Drug and Alcohol Rehab. Available at: <<https://www.therecoveryvillage.com/mental-health/eating-disorders/related/history-of-eating-disorders/>> [Accessed 1 April 2022].
- WHO, W., 2022. Mental disorders. [online] Who.int. Available at: <<https://www.who.int/news-room/fact-sheets/detail/mental-disorders>> [Accessed 1 April 2022].