

Case B: Maya, 19

First-year Nutrition student

Maya is a 19-year-old first-year Nutrition student. Her GP referred her after Maya's mother raised concerns during a routine appointment. Maya attends the appointment alone and seems reluctant to be there.

Maya reports that most evenings, usually after finishing university work, she eats very large amounts of food in a short period of time. She describes feeling out of control during these episodes, as though she cannot stop. Afterwards she feels disgusted, ashamed and physically uncomfortable. Maya states clearly that she does not make herself sick and does not use laxatives. She exercises occasionally but not compulsively. Her weight has increased slightly over the past three months.

She has withdrawn from social activities in her student flat, particularly anything involving shared meals. She says she does not want people to see how she eats. She has not told any friends about what is happening. Maya does not identify herself as having an eating disorder. She describes the problem as no self-control.

Question 1

What signs and symptoms are present in this scenario? List as many as you can.

Question 2

What condition or conditions might this presentation be consistent with? What is the key distinguishing feature from a similar condition?

Question 3

Maya describes her problem as 'no self-control'. What does the evidence tell us about that explanation, and why does it matter clinically?

Question 4

Who would you refer Maya to, and why? Think about what is realistic in your programme's professional context.
