Eating Disorders

[Name of the Writer]

[Name of the institution]

[Date]

Eating Disorders

Some people face some eating disturbances that are related to the insufficient o excessive intake of their food that damages their physical as well as mental health. The most prevalent kinds of eating disorders consist of Anorexia, Bulimia Nervosa and Binge Eating disorder that adversely affects the health of both males and females. There are many factors that contribute to the development of these eating disorders in individuals mainly of which are the biological factors. Studies have found a strong contribution of inheritance in forming these issues in a person (Sahoo et al.,2015). However, there are some other factors as well which are not equally highlighted by the literature but possess a strong influence on the expansion of these eating disorders. People having these eating disorders are very afraid to face the negative experience related to their physical; appearance (Smolak & Chun‐Kennedy, 2015). They lose the self-confidence by the poor remarks of their peers and feel pressurized to change their body type. Due to this reason, their self-esteem lowers and they fall into depression.

There are generally two main types of Anorexia nervosa which are more common in youth. The first type is the restricting type in which the person voluntarily stops eating food in a conscious state whereas the second type is the Binge eating type. In this type, the person ends up eating an uncontrollable amount of food. The person in this type suffers through vomiting, enemas and etc. Eating disorders of any type are treatable if showed serious concern by the patient and he is motivated to take serious effective steps (Grilo, 2018). The treatment includes the restoration of weight, managing the psychological stress, proper medication, psychotherapy, cognitive behavioral therapy, family-based therapy, and individual therapy etc. Early diagnosis is required for the speedy recovery from these eating disorders.

Eating disorders and obesity are very similar in a way that both changes the structure of the body and disturbs the eating pattern of the person (Brownell & Walsh, 2017). Obesity can be called a mental disorder because is the result of anxiety, stress, and depression which a person experiences due to any reason (Quek et al.,2017). There is also no denying that obesity can give rise to mental health problems by overthinking about the societal pressures faced with gaining excessive weight.

**References**

Smolak, L., & Chun‐Kennedy, C. (2015). Sociocultural influences on the development of eating disorders and obesity. *Eating disorders and obesity: A counselor's guide to prevention and treatment*, 1-20.

Brownell, K. D., & Walsh, B. T. (Eds.). (2017). *Eating disorders and obesity: A comprehensive handbook*. Guilford Publications.

Grilo, C. M. (2018). Treatment of binge eating disorder. In *Annual Review of Eating Disorders* (pp. 23-34). CRC Press.

Sahoo, K., Sahoo, B., Choudhury, A. K., Sofi, N. Y., Kumar, R., & Bhadoria, A. S. (2015). Childhood obesity: causes and consequences. *Journal of family medicine and primary care*, *4*(2), 187.

Quek, Y. H., Tam, W. W., Zhang, M. W., & Ho, R. C. (2017). Exploring the association between childhood and adolescent obesity and depression: a meta‐analysis. *Obesity Reviews*, *18*(7), 742-754.