Group psychotherapy proposal: Eating disorders

Student’s Name

CRS 101

Professor’s Name

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Full Title of Annotated Bibliography

Fairburn, C., & Beglin, S. (2020). Assessment of eating disorders: Interview or self‐report questionnaire? Retrieved 17 January 2020, from [https://onlinelibrary.wiley.com/doi/abs/10.1002/1098-108X(199412)16:4%3C363::AID-EAT2260160405%3E3.0.CO;2-%23](https://onlinelibrary.wiley.com/doi/abs/10.1002/1098-108X%28199412%2916%3A4%3C363%3A%3AAID-EAT2260160405%3E3.0.CO;2-%23)

This article discusses the two methods that are generally used for assessing the features of eating disorders. A self-report questionnaire based on interview was compared with an investigator-based interview and the results were used to come to some interesting conclusions. As conclusion, the self-report questionnaire performed better when assessing more complex features such as binge eating and shape.

Stefini, A., Salzer, S., Reich, G., Horn, H., Winkelmann, K., & Bents, H. et al. (2020). Cognitive-Behavioral and Psychodynamic Therapy in Female Adolescents With Bulimia Nervosa: A Randomized Controlled Trial. Retrieved 17 January 2020

This article discusses in detail the similarities and differences between cognitive-behavioral therapy (CBT) and psychodynamic therapy (PDT) for the treatment of bulimia nervosa (BN) which is an eating disorder. Bulimia Nervosa is an eating disorder which is generally characterized by excessive food eating and then purging it out. The article details an experimenting that the therapies have on female adolescents and concluded that the effects of both therapies in the recovery process is similar.

Eating Disorders | Psychology Today. (2020). Retrieved 17 January 2020, from https://www.psychologytoday.com/intl/conditions/eating-disorders

This article details the general causes and effects of eating disorders. It also goes into the discussion of what types of eating disorders are out there and what the main symptoms of them are. The differences between these eating disorders are also given their fair share of discussion. Their solutions have also been proposed in the article as that is the primary purpose of such an article.

Bruch, H. (2020). Eating disorders. Obesity, anorexia nervosa, and the person within. Retrieved 17 January 2020, from https://www.cabdirect.org/cabdirect/abstract/19741422333

This article focuses on the psychiatric effects that eating too much food or too little food can have on a normal human being. It also aims to put an authentic critique out there, of the different types of dietary plans that are being advertised and are being made trendy. In the last part of the book, the author discusses the details of dietary problems such as obesity which raises due to eating disorders. The solutions for such dietary disorders have also been discussed and the habits that need to be adopted when trying to fight obesity are detailed as well.

Eating Disorders and Obesity. (2020). Retrieved 17 January 2020, from <https://books.google.com.pk/books?hl=en&lr=&id=rNbdAGVNIh0C&oi=fnd&pg=PA233&dq=eating+disorders&ots=IFbE_lblM5&sig=r-oVSAh6EQABDPE0oE3vxM4ZmPI&redir_esc=y#v=onepage&q=eating%20disorders&f=false>

This book deals with the global distribution of eating behaviors, and which kind of eating behaviors lead to eating disorders. The book also goes into the cultural nuances that play a part in the types of eating habits that the residents of that culture develop and how these people deal with these issues. The issue of obesity is also discussed in detail as it is a cross-cultural eating disorder usually found in people who are monetarily well off and are willing to do a day job.

Eating disorders. (2020). Retrieved 17 January 2020, from <https://www.apa.org/helpcenter/eating>

This article is based on a detailed study on the eating disorders that are prevalent in the American society. The root causes of such problems are also given their fair share of time. The different types of issues revolve around the central problem of Obesity which has become somewhat of an epidemic in the American peninsula. These issues when combined with the increasing trends of office work has only worsened the situation. This article also attempts to provide solutions to the issue and make the life of everyone a little easier.