

Ester Nicolaidou

Warning Signs

ANOREXIA	BULIMIA	BINGE EATING DISORDER
Significant weight loss	Overeating without appearing to gain weight	Always on or off diets
Cessation of delayed onset of menstruation	Hoarding food	Always going to diet tomorrow
Body image disturbance – complaining of being	Leaving the table after meals to go to the bathroom	Large weight gain
Fad dieting with poor nutrition	Spending long periods of time in the bathroom	Disappearance of food
Continued dieting when a declared weight goal has been reached	Showering or radio noise in the bathroom	finding wrappers hidden behind chairs, under beds, etc.
Excessive exercise	Missing food, pretending it is not him/her	Weight gain while appearing to eat sensibly
Making a fuss if fat on food	Denial that anything is wrong	Depression and moodiness

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Moodiness/impatience/ rudeness / secretiveness	Messy toilets	Erratic eating habits, eg. missing meals especially breakfast in one who used to eat it.
Social inclusion	Depression / anger /	
Intense fear of gaining weight	Night bird behaviour	
Excuses about eating elsewhere	Finding wrappers	
Denial	Weight fluctuations	
Baggy clothes	Anxious to get people out of the way / out of the kitchen	

Anorexia Nervosa

- DSM IV Classification and Diagnostic Criteria for AN
 - A. Refusal to maintain body weight at or above a minimal normal weight for age and height
 - B. Intense fear of gaining weight or becoming fat, even though underweight
 - C. Disturbance in the way in which one's body wt or shape is experienced, undue influence of body wt or shape on self-evaluation, or denial of the seriousness of the current low body wt

D. Inpostmenarcheal female, amenorrhea
i.e. absence of at least three consecutive
menstrual cycles

Specific:

Restricting type

Binge Eating/ Purging Type