

A Brief Overview of the Anorexia Nervosa and Bulimia Nervosa during Adolescence A Primer for Elementary School Teachers, Counselors, and Administrator

Introduction

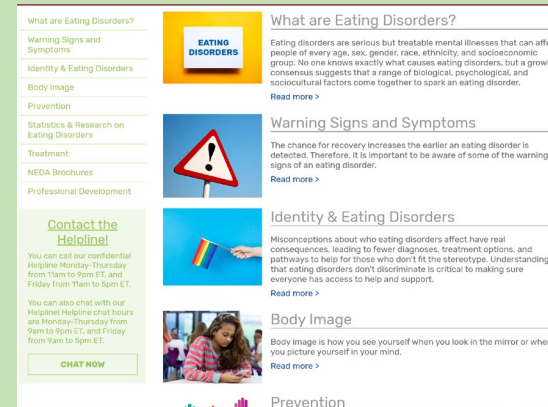
Anorexia Nervosa and Bulimia Nervosa are two prevalent eating disorders that impact an adolescent's lifestyle. Anorexia is defined as an adolescents' constant dieting and exercise to lose weight. (Abu-Baker & Alshdefat, 2020) Bulimia Nervosa is described as an adolescent binge eating of food and then throwing that food up. (Brausch & Perkins, 2019) The two disorders are similar in which they both deal with an adolescent's dissatisfied body image of themselves. Baker (2019, p. 1566) defined body dissatisfaction as, "referring to the negative evaluation of one's body" However, there are differences between the two disorders. Le Grange (2010, p. 116) wrote that teenagers with Bulimia Nervosa are "inclined to deny the severity of their symptoms and as a consequence appear unable to appreciate the seriousness of their eating disorder." Teens suffering from Anorexia Nervosa and Bulimia Nervosa's physical health is not the only aspect that is compromised.

Issues

- The main problem related to Anorexia Nervosa and Bulimia Nervosa is physical health.
- Calogero, (2015, p. 999) wrote that "media-idealized images have the most harmful and substantial impact on vulnerable individuals, regardless of media characteristics or gender."
- Adolescence with eating disorders are more prone to attempting suicide. (Brausch & Perkins, 2019) Brauch and Perkins (2019, p. 914) write that "those with anorexia nervosa are between 18 and 31 times more likely to attempt suicide."

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Prevention

Prevention is an important aspect to help reduce the amount of male and females. If we get in front of the problem, then we can help save adolescence from the hurt and pain eating disorders may bring. There are a number of prevention programs that are being used to help adolescence.

These prevention programs can help adolescences before the problem start:

1. Body Project
2. Media Smart Targeted program

Intervention

After prevention, intervention is the next best option, if the problem is already present. These intervention methods are for adolescences who have Anorexia Nervosa or Bulimia Nervosa. These interventions are to help cope with and obliterate these disorders:

1. Family therapy
2. Cognitive Behavioral Therapy

Resources

Armstrong, Stephanie Covington. (2009) **Not All Black Girls Know How to Eat: A Story of Bulimia**. Lawrence Hill Books

Mattocks, Bev. (2014) **Please Eat: A Mother's Struggle to Free Her Teenage Son from Anorexia**. Creative Copy

National Eating Disorders Association (**NEDA**)

The Academy for Eating Disorders (**AED**)

References

- Abu-Baker, R., & Alshdefat, A. (2020). Family therapy for adolescent with anorexia nervosa – A literature review. *Drug Invention Today*, 14(4), 648–651.
- Brausch, A. M. & Perkins, N. M., (2019). Body dissatisfaction and symptoms of Bulimia Nervosa prospectively predict suicide ideation in adolescents. *International Journal of Eating Disorders*, 52(8), 941–949. <https://doi.org/10.1002/eat.23116>
- Calogero, R., Carrà, G., Clerici, M., Dakanalis, A., Fida, R., Riva, G., & Zanetti, M. (2015). The developmental effects of media-ideal internalization and self-objectification processes on adolescents' negative body-feelings, dietary restraint, and binge eating. *European Child & Adolescent Psychiatry*, 24(8), 997–1010. <https://doi.org/10.1007/s00787-014-0649-1>