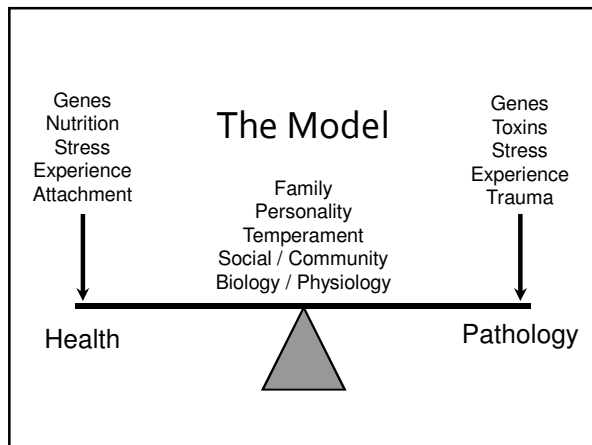


Outline

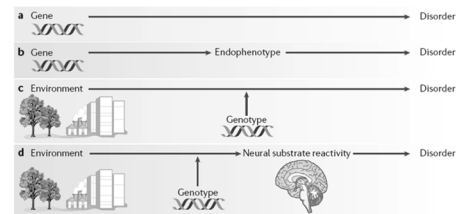
- A Model for Developmental Psychopathology

Developmental Psychopathology

- Takes the perspective that all psychopathology has a developmental trajectory
- Must incorporate an understanding of the individual's history into their experience of the present morbidity
- Considers risk and resiliency factors
- Views family history as a major factor (ie. mood disorders)
- Context, environment and experience are all dynamic components



Social-Environment Interactions



From Caspi & Moffitt "Gene-environment interactions in psychiatry: joining forces with neuroscience" *Nature Reviews: Neuroscience*, 2006

Eating Disorders

- Anorexia nervosa
- Bulimia nervosa
- Binge Eating Disorder

A Troubling Trend

- Anorexia has shown a steady rise
- Connected with the Western lifestyle
- Television? beauty standards? Ideal?

How did EDs come about?

- Anne Becker is an anthropologist-psychiatrist who directs the Eating Disorders Program at MGH.
- While studying the influence of TV on Fiji she found an amazing shift.
- Fiji women, and its society more generally, valued large women.
- The feeling was because food in their subsistence economy was unstable, that women who were large were better able to weather times of scarcity.
- As Western TV entered, Fijian culture saw the first cases of eating disorders.

Anorexia nervosa

- Low body weight (No specific weight needed but consider under 85% of expected)
- Fear of gaining weight or becoming fat despite being underweight
- Disturbance in the way that one's weight is perceived
- Amenorrhea (absent menses) – removed in DSM 5

Bulimia nervosa

- Recurrent binge eating
- Compensatory behaviors
 - vomiting, laxatives, diuretics, enemas, medications, fasting, excess exercise
- At least 1x/week for 3 months
- Concern about body shape & size
- Not during periods of anorexia

Mortality

Time	Anorexia	Bulimia
After 10 years	6.6%	1%
After 30 years	18%	??

Women & Girls

Internet Challenges

Mulan's Diet

- Day 1
Rice (1 Cup - 216 cal)
- Day 2
Green Tea (0 cal)
- Day 3
Spring Roll (79 cal)
- Day 4
Fried Wontons (3 Wontons - 162 cal)
- Day 5
Green Tea (0 cal)
- Day 6
Hot and Sour Soup (2 Cups - 326 cal)
- Day 7
Rice (1 Cup - 216 cal)

"Drink green tea every day to boost your metabolism"

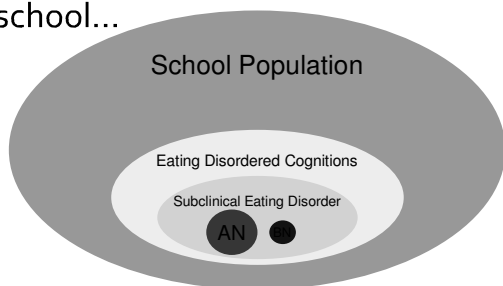
Men & Boys

Internet Challenges

Male Eating Disorders

- Many providers believe that these disorders are exclusive to women & girls
 - Or think only gay men are susceptible.
- Increasing male body expectations have pushed this into a wider culture
- Eating Disorders programs report that up to 40% of their population are men & boys.
 - These young men think they are "healthy" because they have defined and visible muscles.
 - Seeking very low body fat percentages
- Doctors are often complicit in encouraging these beliefs by saying that low heart rates and low body fat are good.

At school...



The Anorexic Profile

- High achieving
- Multiple activities, clubs, organizations
- Meticulous
- Able to overcome pain and illness
- Girls > Boys
- Athletes especially gymnastics, ballet, wrestling, track, swimming
- Excess exercise
- Controls the family especially around food and diet
- Vegetarian / Vegan

The Bulimic Profile

- 50% of Anorexics will convert to Bulimia
- High or low achieving
- Stress activated
- Secretive, Hidden illness
- Abuse of emetics, purgatives or laxatives
- Athletes
- "Failed Anorexics"
- Often accompanied by depressive symptoms
- At high risk for suicide

When to consider medical hospitalization

- Body weight less than 75% of average body weight for age, sex & height (use BMI) 80/50
- Dehydration
- Cardiac dysrhythmia
- Orthostatic blood pressure (>10) or rate (>20) changes
- Blood pressure less than
- Heart rate under 50 bpm
- Hypokalemia
- Hypophosphatemia
- Hypomagnesemia
- Hypothermia (less than 96F)

Adapted from guidelines of the Society for Adolescent Medicine (SAM) and the American Academy of Child & Adolescent Psychiatry (AACAP)

Interventions

- Medications likely have little or no benefit for most eating disorders
- Family-focused therapy has good outcomes for adolescents
 - Parents need to be empowered to reassert control
- Individual therapy or residential for adults
- Long road to recovery
- Physicians have a key role in monitoring physical health & labs
 - Bone & Mineral Health (Dexa Scans)
 - Cardiomyopathy (EKGs)
 - Dental Health (Enamel loss—dentists are key)
 - Electrolyte abnormalities—hypochloremic metabolic alkalosis

Things to remember

- Earlier consultation is better
- Have patience - our interventions take time
- The insurance systems are different than medical side of coverage
- Safety is the first thing that is needed