



Causes of Anorexia Nervosa Eating Disorder

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who make changes in their eating habits may experience some problems. These people, who can experience changes in their weight, this time suffer from other psychological disorders. People who change their diets quickly and unhealthy often begin to have one of the types of eating disorders. This situation will drag the person towards depression if help is not sought. So, one disease causes another.

Eating disorders present with symptoms that vary from person to person. According to the eating disorder categories, the disease is diagnosed according to whichever category the symptoms are more appropriate. Once you've been diagnosed with an eating disorder, there's a lot you need to do. Feeling ready is just one of them. Because some difficulties may be experienced while overcoming eating disorders. It is a somewhat painful process. However, it needs to be treated. Otherwise, this situation can progress until the person ends his life. You need to be patient while undergoing psychological treatment.

1- Introduction

In this article, anorexia nervosa eating disorder, which is one of the eating disorders, is discussed in depth from every aspect. People are part of society. Everyone takes part in the society at some point and contributes to the formation of the society. Each of the people in the society live for different goals and purposes. And they have different views and feelings. Some people are too perfectionist while others are too relaxed. It has to do with the psychology of the person. The things that enable them to enter this psychology vary depending on many reasons such as people's goals, purpose of life, views, and the countries they live in. Therefore, all kinds of people in any society can have all kinds of psychological disorders. For example, perfectionist people may have excess weight, perhaps due to genetic or environmental factors. However, they cannot feel happy at a weight they do not want, and they do not want to continue their lives in this way. The reason for this varies depending on many similar reasons such as being perfectionists. However, the person who is comfortable in this matter does not worry about his weight, but psychological problems arise due to too much comfort. Therefore, the balance must be established. Because the physical and mental health of a person consists of separate balances. Disruption of these balances causes diseases. In this article, a detailed



research on anorexia nervosa eating disorder, which is caused by the inability to achieve this balance, is included.

2- Eating Disorders

Nutrition is among the most important vital activities after respiration. From the moment a baby is born, it should acquire regular and balanced nutritional habits to meet the basic energy needs of the body, to maintain a healthy cellular development and to form the foundations of the health integrity that it should have in adult life. This is extremely important. A person's healthy eating behavior starts from infancy and is fully gained in the period until school age. In case of any disease that affects the fluid-electrolyte balance of the body, it depends on many factors such as the mental and psychosocial capacity of the child, the attitude of the social environment, the cultural characteristics of the society and the approach of people who have taken the role of parent or caregiver about eating. varies. Nutrition is a necessary quality for a healthy life, but obsession with this view leads to various eating disorders and extremely serious physical and/or mental health problems, especially in childhood.

According to the said factors related to this diet, unhealthy conditions cause eating disorders. Eating disorder is one of the most important psychiatric problems in which the urge to eat is shaped not by physical hunger, but by perception and thought patterns in the mind, and eating habits are generally deteriorated. A person with an eating disorder usually puts himself in a state of psychological stress due to having negative ideas about the body's external features such as weight or shape, and this stress situation causes different perspectives towards the eating attitude. In the DSM V, published by the American Psychiatric Association, 8 different types of eating disorders are mentioned, but among all eating disorders, the two most common types are anorexia nervosa and bulimia nervosa. Which, in general, occurs because of unhealthy steps taken to change the appearance. Eating disorders can be detailed as follows.

a.) Anorexia Nervosa

Eating disorder is the most common type of eating disorder that has been increasing rapidly in recent times. In this type of eating disorder, the state of extreme fear of getting fat is dominant



and the person wants to have a weak body because he is too caught up in these thoughts. This causes people to starve themselves for very long periods of time. In anorexia nervosa, which continues with a deterioration in body image, the person always perceives himself as overweight, no matter how weak he gets, always aims to starve himself and exhibits some behaviors to reduce his body weight. Eating disorder, which generally occurs around the age of 15, not only affects the developmental period negatively, but also causes the person to lose 50% of their body weight, serious problems related to blood pressure, decreased bone density and many other physical health problems. In addition, it has many psychological effects. In this case, direct psychological treatment is required.

b.) Bulimia Nervosa

Another common disorder associated with eating behavior is bulimia nervosa. In this type of the disease, there are serious disorders related to the perception of one's own body, and the person has an abnormal fear of gaining weight together with the desire to be extremely thin. This fear creates great stress in that person and puts him under such pressure that he cannot continue his normal life. Unlike anorexia nervosa, the person cannot suppress the desire to overeat and experiences binge eating attacks. These attacks, especially at night, cause great trouble if there is no one around who can help him because he cannot stop himself. In this picture, in which the perception of the feeling of satiety is impaired, the patient eats much more than a healthy person can eat in a much shorter time, and then, with the trigger of weight gain anxiety, he presses his finger to his throat and initiates the vomiting reflex; In this way, he empties the stomach and throws away every food he eats from the body. As the uncontrolled eating and vomiting episodes become repetitive, the body loses weight rapidly because it cannot get enough energy, and physical health as well as psychological health deteriorates to a large extent.

c.) Pica

The person's regular use of soil, paper, make-up material, etc., which has no nutritional value, for at least one or two months. It is one of the types of eating disorders characterized by eating substances such as This eating behavior, which is an eating disorder that occurs in all age types,



does not occur depending on age, and generally tends to occur in the context of other mental disorders. Therefore, it requires a detailed clinical examination. It is easy to diagnose this disease, but it is much more difficult to find the underlying cause and cure it. It is easily visible because the person eats clearly non-nutritive things. But since the reason for doing this is because of the things he throws into himself, finding the underlying traumas is a very challenging process and requires psychological help.

d.) Retraction disorder

Eating disorder behavior is defined by the DSM-V in psychology as the withdrawal (vomiting) of the consumed foods completely independent of a concomitant digestive system disease or another health problem, and the frequent repetition of this vomiting situation for at least one month. This act of vomiting is purely psychological. In no way can it be said that it is due to an intestinal or stomach disorder. This action takes place according to the orders given by the person's brain. Psychological help should be sought as soon as possible from the first moment it is noticed.

e.) Avoidant/restricted Eating Disorder

Avoidant/ Restricted eating disorder has many symptoms. It can be called a nutritional habit in which at least one of these symptoms (severely) is experienced and adequate nutrition or energy cannot be met continuously. However, it is quite unhealthy. It should not be a diet. There may be situations such as little or no interest in food, discomfort with the taste and appearance or smell of food, and disgust with food. The symptoms are psychological, not due to cultural practices or problems such as lack of access to food, but completely independent of them.

f.) Binge Eating Disorder

This type of binge eating disorder is defined by the American Psychiatric Association in the DSM-V as "the behavior of eating a significant amount of food in a specified time period (for example, within any 2-hour period) than most people can eat under the same conditions, in the



same period of time". During this whole process, the person who has the disease clearly understands that his control about eating has been lost and expresses that he cannot control himself to the relevant people. To diagnose binge eating disorder, it is said that the person thought to have this eating disorder should repeat this behavior at least once a week for 3 months and 12 times in 3 months.

3- Anorexia Nervosa

Anorexia nervosa is the name given to a nutritional disorder characterized by abnormally low body weight, intense fear of gaining weight, being in very low energy, and a false perception of weight. Individuals suffering from this Anorexia nervosa eating disorder, also known as anorexia or loss of appetite, tend to make significant, unhealthy, and most importantly rapid changes in their own lives to control their weight and body shape.

Individuals with anorexia nervosa often make severe restrictions on the amount of food they eat or eat every few days to prevent weight gain or continue to lose weight. They may vomit after eating to control the caloric intake the body needs, or they may abuse other purposes such as laxatives, diet pills, diuretics, or enemas. In addition, they may try to lose weight by exercising excessively. A feeling of tiredness comes along with it in their bodies. For individuals suffering from anorexia nervosa, the amount of weight they lose is never enough and they continue to fear gaining weight. For this, they eat less each time or increase the time between their meals.

It's not about liking food based on anorexia. Medical professionals have observed that it is an extremely unhealthy and, in many cases, life-threatening distraction method of dealing with emotional problems. Individuals suffering from anorexia nervosa often equate weakness with self-worth, so they want to become even weaker.

Anorexia nervosa, just like other eating disorders, has features that can take over an individual's life and it can be very difficult for the individual to overcome it. However, thanks to the correct and healthy treatment process, the individual can better understand who he is and can return to his old and healthy eating habits. It can also quickly reverse some of the serious complications of anorexia. Environmental support will be an important element at this stage.



Anorexia affects both the body and the mind quite a lot. Cases that start with dieting and then go out of control are also common. The person begins to constantly think about food, diet, and weight. He thinks he is thinking of himself because he has a distorted body image, but he harms himself. Everyone tells the person that they are too thin, but when an individual with anorexia looks in the mirror, they see someone fat. The attitude that people display with words such as "you are too weak" towards the person with anorexia triggers the person. Therefore, anorexia usually begins in adolescence. There was a lot of bullying at that time. It is more common in women than men. Early diagnosis and treatment are much more effective. But it also carries a risk of becoming a lifelong problem if not treated early on. Untreated anorexia patients can suffer from starvation to death and diseases such as osteoporosis (bone loss), kidney damage, and heart ailments. Some anorexia patients may die from these problems.

4- Anorexia Nervosa Eating Disorder Symptoms

Diagnosing anorexia nervosa eating disorder can be difficult in some cases. Therefore, if these symptoms persist after a period after the onset of symptoms, then it will be easy to make this diagnosis. People with anorexia often vehemently deny that they have a problem because they generally think that what they are doing is normal. They do not see or believe what they are doing, not eating is healthy for them. It's often up to their loved ones to get them to get help. If you suspect someone has their condition, you can look for some symptoms. People with anorexia:

- They are much weaker than a normal or healthy individual
- They have a great fear and anxiety about gaining weight.
- They always refuse to stay at that weight because their normal weight is too much.
- Even if they are very thin, they always think they are overweight.
- They build their lives on weight loss
- Obsessions with food, weight, exercise (in some cases) and diet
- They over-limit the amount of food, constantly choosing them according to their calories
- They exercise a lot, even if they are sick or very tired.
- They vomit, use laxatives, or abuse drugs such as diuretics to prevent weight gain



Personality traits of those prone to anorexia:

- low self-esteem
- Worrying, shyness, or difficulty in expressing negative feelings such as anger, sadness, or fear
- Avoiding dealing with obstacles that come their way
- The need to please others
- Perfectionism or never-ending striving to be the best in everything one does, dissatisfaction
- The need for constant self-control
- The need for people's attention
- Problematic relationship with parent (although they still have an apparently close relationship)
- Difficulty leaving family or being alone
- Growing up in a family with high expectations
- Fear and reluctance to grow up or develop sexually (including bodily changes during puberty)

- Struggling with trigger phrases that make you more independent or self-sufficient
- Identity problems, unsure of who one is and what needs to happen in life
- In addition, people with anorexia may also experience:
- Mood disorders, especially susceptibility to depression
- Behaviors that are immature for their age
- Difficulty getting along with other people, inability to communicate, due to a persistent feeling of unnecessary irritability or inability to socialize
- hosting obsessive features

5- Causes of Anorexia Nervosa Eating Disorder



Eating disorders are shaped according to symptoms that vary from person to person. It is accepted that there are 8 types of eating disorders in the world. Some of them are increasing day by day, especially due to the problems of changing societies recently. Especially anorexia nervosa and bulimia nervosa eating disorders have increased significantly. The cause of these eating disorders is usually related to the person's dislike of their own appearance. This is usually a situation that arises due to comparing oneself with the appearance of others or criticism of others. Anorexia Nervosa is the most common type of eating disorder that has been heard recently. Perceptions such as "Body Perception" created by social media and additionally "Perception of Beauty" can create different traumas in people. These perceptions can cause a person to dislike himself and cause him to have a difficult time psychologically. Of course, as with any eating disorder, Anorexia Nervosa is not just related to an eating disorder. Many things are effective in the emergence of Anorexia Nervosa eating disorder, but it mostly arises and develops due to environmental factors. These environmental factors can be listed as follows.

a.) Bullying

More than 70% of school-age children report being bullied. In addition, another 30% of school-age children admit to bullying others. Most people believe that bullying only happens at school. However, this bullying situation is not limited to school alone. Children can be bullied at home by peers, coaches, siblings, and sometimes even their parents. When victims of bullying have symptoms of depression, low self-esteem, anxiety, and PTSD, or when bullying goes further, these symptoms can include suicidal ideation. Children who are bullied may feel shame, guilt, fear, or sadness more intensely than usual. These are almost the same symptoms experienced by those struggling with eating disorders. In other words, the symptoms of Anorexia Nervosa eating disorder appear especially in people who are bullied about their appearance.

Genetics, a child's social environment, and psychological factors can all contribute to the development of eating disorders, but some adolescents may be at an even higher risk of developing anorexic, bulimia, or binge eating when they are the victim of bullying. It will not be too difficult to explain that bullying affects people more than they seem. Because, in addition to the visible side in bullying, there are also invisible problems called the problems that the person experiences internally. These problems also cause eating disorders such as Anorexia



Nervosa. For this reason, the first thing parents should do when they realize that their children are facing such bullying should be to get help.

b.) Feeling Inadequate

The feeling of inadequacy is closely related to how people see themselves and especially their social environment. Even if the person is physically the strongest person in the world, when he feels inadequate, he experiences unnecessary excitement in front of the weakest person in the world. Because he sees himself as inadequate and small. In other words, if that person considers himself small in any area, he will experience unnecessary excitement and stress in that area. This is evident from the behavior of the person.

In short, the feeling of inadequacy is caused by the person's subconsciously belittling himself, the biggest symptom is the continual continuation of unnecessary excitement, stress, and the resulting agitation. Most of our emotions begin to form between the ages of 0 and 7, that is, in our childhood years. The formation of the feeling of inadequacy is based on these ages. The feeling of inadequacy may occur due to many reasons, but the most important reason for the formation of the feeling of inadequacy is constant criticism. Family and friends are the most influential in the formation of this feeling. It is very natural for children who have been raised with criticisms such as "You can't lose weight, you can't lose weight, you eat too much, it's impossible for you to be healthy anyway, you will never be at the weight you want, no one will like you because of your weight, no one will want to be your friend". Because a small child's greatest desire in life is to be approved and loved by his family and friends. For the child to have a healthy psychology in his later years, he needs the love and approval that should be given by both his family and friends. However, in many societies, children are raised by their families and friends with a very shallow perspective.

For example, the child is not shown love because they think that the child who is shown love will cause trouble for them. "The child may later become spoiled and become the head of the family." There is such a ridiculous belief system. In the same way, it is meaningless for some families, according to many societies, to say to the child even positive sentences such as appreciation, approval, the word well done. That is, there is no need to appreciate the child, to



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make him love himself, if he is weak, he must be already. If he is overweight, no pity, he will never lose weight, no one will like him.

In short, the reasons for the feeling of inadequacy are the main source of the feeling of inadequacy, such as being constantly criticized by the family and the environment since childhood, and lack of love.

c.) Perfectionism

Perfectionism is the name given to a set of emotions, thoughts and behaviors that are based on the idea that the perfect is attainable and that what is done after doing the perfect is meaningless. This perfectionist thinks that nothing he does is good enough and is driven by an exhausting ambition to do better each time. He begins to spend all his energy chasing an unrealistic goal, namely, to be perfect. This impossible goal already puts an intense pressure on the person and reduces his productivity. In other words, it makes it difficult for him to reach "perfection". A person who cannot use his inner resources properly will inevitably face failure as a result.

Perfectionism has a structure that can show itself in all areas of life. For people with this tendency, even very small and insignificant things can become very important. For example, filling out a form can take hours. Or even when arranging a room in the simplest way, it tries to do everything down to the smallest detail.

A student with perfectionist features may think about everything for days and turn it in too late for the homework that is expected to be completed in a few hours, because he does not find anything he has written well and complete enough. Similarly, he may experience intense exam anxiety because he thinks that whatever he does will not be enough for him. Perfectionism should not be confused with striving to do your best. Doing your best is trying to bring out the best instead of worrying about whether the result is bad or not, but perfectionism is that every stage is very stressful because it is so feared that the result will be bad. It is an attitude towards development and progress that people try to do their job in the best way within the limits of their skills and competencies. There is no harsh intolerance towards error and oneself in this attitude. The purpose of those who strive to achieve their best is to fulfill their own wishes and desires, not to meet the expectations of others or to receive approval and acceptance from them, not to receive love. The effort they show to be successful or reach their goals is sufficient for



them. They do not make general negative conclusions about their own worth, even if they eventually fail or do not fully achieve their goals. But what perfectionists do is like stubbornly running towards unattainable goals. It beats and forces the person and triggers the perception of inadequacy.

d.) Impatience

Patience is one of the most important attitudes and behaviors that a person should show in life. Patience is waiting for something to be better over time rather than wanting it to happen right away. We can explain this situation as follows. Especially when it comes to "Bullying", which is considered as an environmental factor, the person does not like his own appearance and wants to change something. The person can also take the decision to change something to take revenge. He expects them to happen soon. He especially wants to have a weaker body in terms of weight. He displays an impatient attitude because he wants to prove to people that he can do this as soon as possible. However, if he diets, he can lose weight and change his appearance in a healthier way, albeit in a slightly longer time. However, the person does not accept this and wants to start losing weight directly at that moment. For this reason, he stops eating or reduces it very much. After the person continues this situation for a while, this condition turns into anorexia nervosa, which is a psychological disorder.

6- Recovering from Anorexia Nervosa Eating Disorder

The first thing to do before starting the treatment of Anorexia Nervosa disease should be to make sure that this is Anorexia Nervosa eating disorder. You should consult a doctor for this. If your doctor suspects that an individual has anorexia nervosa, there will typically be several physical tests he or she must do to make a diagnosis. Once the decision is made, he begins to perform several tests and examinations to rule out the medical causes of weight loss, as well as to check for related complications. First, physical examination is performed. The individual's height and weight are measured. Basic vital signs such as heart rate, blood pressure and body temperature are measured, skin and nails are checked for signs of possible problems; the heart and liver and the abdomen are examined. In this way, external inspection can be done easily. Then, other tests and examinations are started.



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To control the electrolyte and protein values that should be present in the body, various laboratory tests are started to be performed to examine the functioning of the liver, kidney, and thyroid gland with a complete blood count. These are the tests that must be done for a clearer result.

The doctor or a mental health professional (therapist) asks several predetermined questions that help identify the illness, to learn about the individual's thoughts, feelings, and eating habits. In addition, in some cases, it may be requested to fill out a psychological self-evaluation questionnaire, of course, this is a situation that may vary from hospital to hospital.

The doctor may order an X-ray to check the individual's bone density, the presence of cracked or broken bones, or the presence of other heart problems. Electrocardiogram measurement can be done to look for possible heart irregularities that the individual may experience. Then, according to all the test results, the person can be diagnosed with anorexia nervosa eating disorder.

Treatment is started as the last step. The first and main purpose of anorexia nervosa treatment is to return to the old weight in a healthy way or the weight that a normal person should have. An individual cannot get rid of anorexia only with therapy and drugs without first reaching a healthy weight and learning to eat healthy. During the process of regaining this weight, the necessary treatment is usually carried out by a team of doctors, psychotherapists and dietitians experienced in eating disorders. Continuity of treatment and regular nutrition education are extremely important for the continuity of the individual's recovery. During this treatment process, the individual may need to be hospitalized, receive medical care, receive psychotherapy, and use medication. In some cases, this may not be necessary at all.

The biggest difficulty in the treatment of anorexia is the individual's avoidance or unwillingness of treatment. In addition, the individual's thinking that you do not need treatment, fear of gaining weight, seeing anorexia nervosa as a lifestyle choice rather than a disease, and seeing it as a diet are other obstacles to treatment. Individuals suffering from anorexia nervosa can recover with regular effort. However, there is also a risk of relapse of the disease during periods of high stress or triggering situations. Continuing therapy and making regular appointments during such periods of tension can help the individual stay healthy.



Individuals whose life is in immediate danger may need intervention in the emergency department of the hospital, as there is a possibility that problems such as heart rhythm disorder, dehydration, electrolyte imbalances or a psychiatric threat may occur. Longer hospitalization may be required for more severe medical complications, serious psychiatric problems, and severe malnutrition or refusal to eat. Avoiding this situation greatly prolongs the healing process of the person.

There are clinics that specialize in the treatment of individuals with eating disorders. These clinics can offer more intensive treatment methods for longer periods of time to individuals who need special eating disorder programs. In more severe cases, individuals suffering from anorexia nervosa may need to be fed with a nasogastric tube, a tube that runs from the nose to the stomach, at the beginning of treatment. The family factor is the only treatment that has proven beneficial in treating young people suffering from anorexia. Support from family and friends can make people work to fully heal themselves. No drug has yet been found that works well to treat anorexia. However, a person can heal himself in the fastest and best way by meditating and staying away from harmful habits.

While not against anorexia, antidepressants or other psychiatric medications are available that can help treat other psychological health disorders such as depression or anxiety that can accompany anorexia. Individuals suffering from anorexia nervosa may find it more difficult to care for themselves. Accordingly, the individual should stick to the treatment plan, continue the therapy sessions constantly, and should not make any diet other than the meal plans, even if he is uncomfortable. It is recommended to consult a doctor about appropriate vitamin and mineral supplements. In addition to treatment, it will be quite healthy to get vitamins and minerals primarily from food. It can be taken separately when it is not enough. The individual should not distance himself from his family, friends, and relatives. If these are followed, they can increase the individual's sense of well-being and promote relaxation.

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