



Eating Disorders



Definitions

Pica is defined by the repeated ingestion of inedible and non-nutritious substances. This behavior must be present for at least a month.

Rumination Disorder is present when a person repeatedly regurgitates his/her food. This food can then be chewed up, swallowed or spat out. This behavior must be present for at least one month.

A person experiences **Avoidant/Restrictive Food Intake Disorder** when he/she maintains an inability to appropriately meet his/her nutritional and/or energy needs. He/she may have a lack of interest in food, may avoid certain foods due to sensory difficulties, or may be afraid of feeling disgusted with eating.

This difficulty can lead to significant weight loss, a significant nutritional deficit, a need to receive food by tube, or a significant impairment in daily functioning.

Anorexia Nervosa is characterized by dietary restrictions that lead to a weight that is significantly below the minimum standard, taking into account age, gender, developmental stage and physical health. It is associated with an intense fear of gaining weight or engaging in behaviors that interfere with weight gain.

A person diagnosed with Anorexia Nervosa may have altered awareness of his/her weight and underestimate the severity of his/her thinness.

A person diagnosed with **Bulimia** performs recurrent binge-eating behaviors, consuming a much greater amount of food than the norm in a limited period of time and feeling a loss of control over eating behavior during the crisis. The person then performs inadequate and recurring compensatory behaviors to prevent weight gain.

Binge eating and compensatory behaviors occur at least once a week for 3 months.

The self-esteem of a person with this eating disorder is greatly influenced by his/her weight and body shape.

Binge-Eating Disorder has similarities to Bulimia. In fact, a person has recurrent binge-eating moments, but doesn't have compensatory behaviors on a recurring basis.

Binge eating causes significant distress and is associated with at least three characteristics (eating much faster than usual, eating to the point of painful stomach pain, eating large amounts of food without feeling hungry, eating alone out of embarrassment, or feeling disgusted with ones self, depressed or very guilty).

Reference : American Psychiatric Association. (2016). Mini DSM-5 : Critères diagnostiques. États-Unis, Elsevier Masson.

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Please note that some information or resources may have changed since the last update (2021/08/17).





For Loved-Ones : Signs To Look Out For

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| -Repeated diets | -Anxiety during meals |
| -Recurrent vomiting or use of laxatives | -Presentation of excuses to avoid eating |
| -Food changes | -Important attention paid to physical appearance and body image |
| -Avoidance of social situations involving food | -Sudden weight change |
| -Dizziness | -Fatigue |
| -Change of menstrual cycle | -Etc. |
| -Fear of gaining weight | |
| -Irritability | |

Reference :

<https://www.eatingdisorders.org.au/eating-disorders-a-z/eating-disorders-explained/>



Internet

<https://anebquebec.com/>

<https://www.feast-ed.org/>

<https://www.anorexie-et-boulimie.fr/articles-2-patients-et-famille.htm>

<https://www.hopeseds.org/>

Livres / Books

Alexander, J. (2010). *My Kid Is Back : Empowering Parents To Beat Anorexia Nervosa*. Routledge.

De Sève, M.-C. (2010). *Troubles alimentaires : Guide de survie pour les parents, les proches et les aidants naturels*. Les Éditions Quebecor.

Germain, V. (2015). *Clara : Les désordres alimentaires à l'adolescence*. Midi Trente Éditions.

Herrin, M. (2007). *The Parent's Guide To Eating Disorders : Supporting Self-Esteem, Healthy Eating, And Positive Body Image At Home*. Gurze Books.

Lock, J. (2015). *Help Your Teenager Beat An Eating Disorder*. The Guilford Press.

Nelson, T. (2008). *What's Eating You? : A Workbook For Teens With Anorexia, Bulimia And Other Eating Disorders*. Instant Help Solutions.

Schab, L.M. (2010). *The Bulimia Workbook For Teens : Activities To Help You Stop Bingeing And Purging*. Instant Help Solutions.

Ressources / Resources

ANEB (Anorexie et Boulimie Québec) : ligne d'écoute/hotline : 1-800-630-0907, 514-630-0907, <https://anebquebec.com/>

Ligne Parents (24/7) : 1-800-361-5085,

<https://www.ligneparents.com/LigneParents>

8-1-1: Info-Sociale, <https://www.quebec.ca/sante/trouver-une-ressource/consulter-un-professionnel/info-social-811/>

Tel-Jeunes (24/7): 1-800-263-2266, text 514-600-1002,

chat : <https://www.teljeunes.com/Tel-jeunes>

Jeunesse, J'écoute - Kids Help Phone (24/7): 1-800-668-6868, text : 686868,

<https://kidshelpphone.ca/>

Suicide Action Montréal (24/7): 1-866-277-3553,

<https://suicideactionmontreal.org/>

L'Autre Maison Crisis Center (24/7): 514-768-7225,

<https://centredecrise.ca/lautre-maison>

West Island Crisis Center (24/7): 514-684-6160, <https://centredecriseoi.com/>

Amis de la santé mentale - Friends for Mental Health: 514-636-6885,

<https://info@asmfmh.org>

