

# What Are Common Types of Eating Disorders?



Eating disorders are serious illnesses marked by severe disturbances to one's eating behaviors. Common types of eating disorders include:

## **Anorexia nervosa**

People with anorexia nervosa severely avoid or restrict food intake due to a distorted self-image or an intense fear of gaining weight.

## **Bulimia nervosa**

People with bulimia nervosa regularly binge eat and then engage in unhealthy behaviors to prevent weight gain, such as forced vomiting or the use of laxatives.

## **Binge-eating disorder**

People with binge-eating disorder regularly lose control of their eating and eat unusually large amounts of food.

## **Avoidant restrictive food intake disorder (ARFID)**

People with ARFID limit the amount and variety of food they eat due to their anxiety or fear of the consequences of eating or dislike of a food's characteristics.

People with these types of symptoms may have an eating disorder and should talk to a health care provider. Help is available.



**NIH**

National Institute  
of Mental Health

[nimh.nih.gov/eatingdisorders](https://nimh.nih.gov/eatingdisorders)

# Psychology Of Eating

**Leighann R. Chaffee, Stephanie P. da  
Silva**



## **Psychology Of Eating:**

Psychology of Eating Emily Crews Splane, Neil E. Rowland, Anaya Mitra, 2024-11-01 The Psychology of Eating is the essential multidisciplinary introduction to the psychology of eating looking at the biological genetic developmental and social determinants of how humans find and assimilate food Thoroughly revised and updated this new third edition brings multifaceted expertise to the topic of normal and dysfunctional food intake juxtaposing normal eating eating in environments of food scarcity and the phenomenon of abnormal eating prevalent in many modern day developed societies The book includes some discussion of eating disorders but takes a much broader approach to the psychology of eating Key updates in this edition include A new discussion of food allergies A fully updated chapter on eating disorders which includes discussion of binge eating Greater focus on junk food addiction and updated information on epigenetics and the microbiome Featuring student friendly materials such as learning objectives talking points glossaries and self assessment questions this book is essential reading for students of psychology eating behavior or health sciences It will also be useful reading for professionals in health psychology and anyone supporting those with eating disorders and obesity

**A Guide to the Psychology of Eating** Leighann R. Chaffee, Stephanie P. da Silva, 2022-01-13 Why are spicy cuisines characteristic of hot climates Does our stomach or our brain tell us when it is time to eat And how do we decide if bugs are food Employing a learner centered approach this introduction to the psychological mechanisms of consumption engages readers with questions and cross cultural examples to promote critical analysis and evidence based comprehension The discipline of psychology provides an important perspective to the study of eating given the remarkable complexity of our food environments including society and culture eating habits and relationships with food As everything psychological is simultaneously biological the role of evolutionary pressures and biopsychological forces are bases to explore complex processes within the book such as sensation and perception learning and cognition and human development The authors illuminate contemporary eating topics including the scope and consequences of overnutrition the aetiology of eating disorders societal focus on dieting and body image controversies in food policy and culture inspired cuisine Supplemental resources and exercises are provided in a pedagogically focused companion website

**The Psychology of Eating** Jane Ogden, 2011-09-20 With its primary focus on the psychology of eating from a social health and clinical perspective the second edition of The Psychology of Eating From Healthy to Disordered Behavior presents an overview of the latest research into a wide range of eating related behaviors Features the most up to date research relating to eating behavior Integrates psychological knowledge with several other disciplines Written in a lively accessible style Supplemented with illustrations and maps to make literature more approachable

The Psychology of Food Choice Richard Shepherd, Monique Raats, 2006-01-01 Written by leading international experts this book explores one of the central difficulties faced by nutritionists today how to improve people s health by getting them to change their dietary behaviour It provides an overview of the current understanding of consumer

food choice by exploring models of food choice the motivations of consumers biological learning and societal influences on food choice and food choices across the lifespan It concludes by examining the barriers to dietary change and how nutritionists can best impact upon dietary behaviour

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*Why We Eat what We Eat* Elizabeth D. Capaldi,1998

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*The Social Psychology of Eating* Patrizia Catellani,Valentina Carfora,2023-06-29 Our eating decisions are guided by several psychological dimensions cognitive emotional value based social and behavioural The social psychology of eating helps us understand these dimensions and how we can promote healthy and sustainable eating to improve people s wellbeing What is most important in deciding what we want to eat What drives people to go vegan Do we tend to eat more when we are nervous Does it change our behavior when we sit at the table with others Why do we put off starting the diet until the next week How does online and offline communication influence our eating behaviour Is it possible to help people

change their eating habits thanks to artificial intelligence These and other questions are answered in this book with up to date literature references and pointers to the most promising developments in the field An essential text for undergraduate and graduate students as well as researchers in the fields of psychology and nutrition     *The Psychology of Eating and Drinking* Alexandra W. Logue, 2004 Logue grounds her investigation into the complex interactions between human physiology environment eating habits in laboratory research up to date scientific information     **A Psychology of Food, Cooks, and Cooking** David Livert, 2023-11-13 In *A Psychology of Food Cooks and Cooking* David Livert employs current psychological research and theory to provide insights into the ubiquitous human behavior of cooking Livert s book provides a novel perspective reviewing current research on cooks and cooking in both psychology and food studies This book organizes and summarizes the large and diverse body of research and theory in psychology to better understand cooks and the behavior of cooking This volume uniquely applies psychological research and theory to both domestic and commercial kitchens taking advantage of Livert s two decades of research and scholarship on the intersection of social psychology and food preparation *A Psychology of Food Cooks and Cooking* illustrates the important insights that major psychological theories and concepts add to our understanding of cooks and cooking

Psychology Of Eating: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have captivated audiences this year. Psychology Of Eating : Colleen Hoover "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and suspenseful novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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