

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.



Psychology Of Eating

**Emily Crews Splane, Neil E.
Rowland, Anaya Mitra**



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

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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

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