

1. My understanding of eating disorders is that you either eat too much food, or you do not eat enough and are extremely skinny. With these types of disorders comes with it affecting your mental health. You think that you are too overweight and hate the way your body looks but continue to overeat because you're depressed. With eating so much medical conditions also come affecting other parts of your health. As for not eating, you think the same way. You think you are too fat, so you do not eat enough food and eat under the calories your body needs a day, so you lose so much weight but in an unhealthy way.

2. I think anorexia is when you're too skinny and your weight is significantly below what you should be weighing. You eat under 2,000 calories a day. As for bulimia nervosa, it is when a person eats but then after they are done eating, they induce themselves to vomit what they just ate due to them feeling fat and not liking how their body image looks. They can be skinny and still feel fat, so they induce vomiting. They put their fingers all the way back in their throat and induce themselves to vomit.

3. Clinical manifestations for anorexia nervosa is an individual purposely takes in too little nourishment, resulting in body weight that is very low and below that of other people of similar age and gender. Individual is very fearful of gaining weight or repeatedly seeks to prevent weight gain despite low body weight (primary motivation)
Individual has a distorted body perception, places inappropriate emphasis on weight or shape in judgments of herself or himself or fails to appreciate the serious implications of her or his low weight. For binge eating disorder Recurrent binge eating episodes. Unusual fast eating, Absence of hunger, Uncomfortable fullness, Secret eating due to a sense of shame, Subsequent feelings of self-disgust, depression or severe guilt, Significant distress, Binge eating episodes take place at least weekly over the course of 3 months, and Absence of excessive compensatory behaviors. For bulimia nervosa Repeated binge-eating episodes, Repeated performance of ill-advised compensatory behaviors (forced vomiting) to prevent weight gain, Symptoms take place at least weekly for a period of 3 months, and Inappropriate influence of weight and shape on appraisal of oneself

For anorexia nervosa the person hardly eats because they are afraid of gaining weight, even if they are already skinny. They have a distorted body image, they think they are fat even when they are underweight and you see more extreme weight loss, low heart rate, low blood pressure, and feeling cold. Bulimia Nervosa, the person eats a lot in a short time and then tries to get rid of the food by vomiting, over exercising, and using laxatives. Their weight is more normal, but they might have damaged teeth, swollen cheeks, and sore throat. For binge eating disorder the person eats a large amount of food and quickly feels out of control but does not vomit or get rid of the food. They are most overweight and have guilt, shame, and sadness after eating. This can lead to hypertension, diabetes, and other medical conditions.

4. The three modalities are cognitive behavior therapy, family-based therapy, self-guided treatment, and specialist supportive clinical management. In the book it talks about the

modalities being behavior therapy, individual therapy, family treatment: The Maudsley. The book and the article have similar behavior and individual therapy. The difference is the Maudsley approach the phases are different for example in the article the first step is Phase 1: empowers parents in promoting healthy eating behaviors and to restore patient's weight and the book it says the patient is actively engaged in establishing rules and guidelines around eating and does not just focus in restoring the weight like in the article.

5. Yes, my perceptions have changed. For example, what I first wrote about what I thought I knew about the disorders is not all correct. I had put that bulimia nervosa was a person who just, made themselves vomit after eating too much. By reading the article and book I was able to realize that vomiting is not the only method but by using laxatives and exercising. I did not know the names exactly for this disease as well I just knew what some symptoms were but did not have the medical name for it. I know that there is three which is bulimia nervosa, anorexia nervosa, and binge eating disorder.

6. Yes, I have learned a lot. I always wondered what treatments were for this type of issue. Reading the article, I found out depending on what disorder it is you can do different therapies. Three of them are cognitive behavior therapy which you focus on the patients' distorted cognitions and the problems of why they behave that way. They also have family-based therapy and self-guided treatments. I also learned that there is no medications approved for anorexia nervosa but there's has been research that Olanzapine helped this condition.