

1. Factitious disorder, or Munchausen syndrome is a disorder where someone fabricates or exaggerates physical or psychological symptoms because they enjoy being in “the sick role.” Their symptoms can be fake, or sometimes induced. For example, they may take something that causes them to vomit.

Munchausen can happen as a single episode but often generally individuals have recurrent hospitalizations and are very knowledgeable about the symptoms they’re trying to pass off as real. People with factitious disorder are generally motivated by the sympathy and attention they receive when they’re pretending to be sick. The motivation can be subconscious. The person may not even realize why they’re fabricating symptoms. Usually not faking the symptoms for money, time off from work, access to medication or any other obvious reward. While this condition can happen to anyone, it’s most commonly seen in a dynamic where a mother is faking symptoms in her own child, a disorder called Munchausen by proxy, or factitious disorder by proxy. In this case, the one with the disorder, the mom is doing it so she can be the center of attention and praised for doting, caring, and loving her child who is “suffering.” When the mother and child are alone, the mother will abuse the child physically and emotionally to induce the fake symptoms in the child to keep the ruse going. Women who have been physically abused earlier in life or have not processed it are most likely to be the candidate for factitious disorder. It could also be a mother on her own who’s been abandoned by her husband and is suffering from feelings of rejection and loneliness.

9. People with Type A personality are ambitious and have a strong drive to succeed. Because of that they tend to be workaholics. They typically want to be high achievers. They’re constantly working and getting things done. They push themselves to be the best they can be. They tend to be very competitive. They have thorough plans for most aspects of their lives and like to schedule everything. They’re productive. Everything to them seems urgent. They’re organized. They’re always on the go, walking and talking and are more likely to be impatient, even hostile or easily irritated.

Type B personalities are not as concerned with finishing first and being the best. They’re not actively trying to be successful, but rather just enjoy it as it comes. They prefer to “play it by ear,” and more

leisurely explore their various possibilities and ways of achieving their goals. They're more creative and predictable with steady personalities. For them, life is more about the journey than instant wins and results. They're typically more laid back, easy going, personable and sociable. People who identify as Type B seem to have their own systems of organization, less fastidious, a kind of "controlled chaos" and are likely to indicate they have high life satisfaction on personality tests. They're considered to be creative and "big picture thinkers" meaning they look more at the outcomes than sweating every minor detail. They tend not to ruminate on problems to avoid creating a cycle of stress.

A personality type can influence whether one has a psychophysiological disorder like heart disease.

Early research of type A and B personalities found that Type A people were almost twice as likely to develop coronary heart disease than Type B people. The findings were later determined to be misleading and controversial, however. Most people don't fit neatly into either category, but rather exhibit traits of both personality types.

10. African Americans are typically more exposed to the kinds of "stressors" or unhealthy social conditions that can set the stage for psychophysiological disorders to develop. Many live in poverty, or near poverty conditions. Poorer people experience higher rates of unemployment, overcrowding, crime and incarceration. Stressors like these can negatively interact with one's biological and personality traits affecting physical and mental health. African Americans have a higher rates of high blood pressure, diabetes and asthma. They are also more likely to die of heart disease and stroke than White Americans. They are also less likely to receive adequate medical care for economic reasons.

Experiences of racial discrimination are a type of stressful life experience that helps to explain the racial differences in health that exist at every level of income and education. Discrimination is an independent predictor of premature death. Stressful when people are aware that they're being treated unfairly and poorly. Some of the most potent and pathogenic aspects of discrimination are the little indignities that

take place on a day to day basis, receiving poorer service, people acting like you're not smart, for example.

African Americans are less likely to engage in the health care system because of racism. Traumatic experiences in childhood. Blacks are being failed because members of community are not getting involved with the decisions affecting them. Trauma is the biggest influencer of black mental health. They are also carrying hundreds of years of oppression around including slavery, Jim Crow, Civil Rights, Tuskegee experiment. Many don't get treatment because of a stigma and pressure to be "a resilient people." They suppress emotions and feelings. Hip Hop culture can also play a role because a higher percentage of black Americans is involved in hip hop culture. The music genre, unfortunately, does not usually encourage healthy ways to respond to trauma. The messages pushed are to drink, or take out your anger in another unhealthy way leading to repressed anger and rage.

16. Jennifer's psychiatrist thinks she's suffering from a host of mental disorders. She exhibits obsessive compulsive and negative thinking patterns. She obsesses about her appearance and on that of others, including details about what they wear, even down to their handwriting. After obsessing about her own appearance and compulsively applying, washing off and reapplying makeup, she compulsively tries to emulate what people she admires do, believing that if she can copy those traits, and buy what they own, she can be like them. She obsesses about, and ruminates on, every perceived, or real, "imperfection" and plays people's reactions to coming into contact over and over in her mind, again, ruminating, over even people who cat call her trying to sort out if their high opinions of her are merited. These types of ways of thinking and acting are causing her great dysfunction, distress, and are destroying her life. Despite her comfortable background and aptitude, her thinking is crippling her to such a degree she felt she had to drop out of school to take a part time food services job. The money she scrapes together there, she spends on microdermabrasion treatments, to try and move toward her impossible goal of perfection.

The air-brushed beauty ideal of female attractiveness in western society that's being pushed in advertising and various forms of media, is undoubtedly contributing to Jennifer's obsession with her appearance. This

is prevalent in all facets of society, but particularly white upper classes. Studies have shown that African Americans are more likely to prize personality traits over physicality.

Jennifer has a cognitive distortion that causes her to think wrong thoughts about herself and others. See p

22. Three types of societal pressure that exhibit society's obsession with thinness include social media, the entire entertainment industry, particularly movies, and fashion magazines.

Many in our society, particularly the younger generations, spend hours on social media every day viewing images from friends, colleagues, and celebrities that are carefully crafted to exhibit some kind of modern westernized ideal of some aspect of life that may be out of reach, unattainable, or unrealistic for most people, thus creating or fostering insecurities and anxieties in those who view them. The societal pressure doesn't end with the images. There is societal pressure to prove popularity through racking up likes, shares, comments. Viewing people's places, parties, comments and likes has been shown to

In most movies, the hero or heroine are almost always someone who is physically beautiful, thin, and unflawed by westernized physical standards.

Fashion magazines with air brushed models that are usually considerably under average weight

27. The goal is to help the client stop her binge purge patterns and start healthy eating and living habits by removing the causes of the destructive behavioral patterns. A behavioral clinician would educate the client about their condition, healthy foods and eating habits, in addition to using various techniques. To get the client in tune with what's happening and causing their destructive patterns, a behavioral clinician may instruct them to keep diaries to document their eating behavior, and changes in feelings of hunger, and other sensations and feelings they're experiencing. This will help the client get an idea of what emotions, situations, and feelings are behind their impulses to binge and purge.

A therapist could become actively involved in the day to day processes through internet or text communication. The therapist may create a set schedule where the patient can report about their daily thoughts, emotions, and purging habits, to receive instant feedback of encouragement and advice.

Exposure and response prevention techniques are also used by behavioral clinicians with patients suffering from bulimia nervosa, which entails exposing the patient to situations that normally arouse patients' anxiety triggering bouts of bingeing and purging. The therapist would sit through the situations with the client and show them there's nothing truly threatening to be anxious about, and show them how to let that urge to vomit moment pass without responding to it, to show them that eating is not an event that needs to be undone.

33. David mentions "wanting to have a six pack" after being bombarded with media images of men with the so-called perfect bodies, with washboard abs. He wanted to achieve that look, but many people who start off in that direction go overboard. His interest became an obsession.

From a Christian perspective, I believe many times people who suffer from anorexia are in a very real spiritual battle. We have an enemy who has an army and they specialize in whispering lies that we think are reality, our own thoughts, that are real and truthful. This sounds cartoonish, but it is an absolute reality that demons can be involved in these cases. I've heard instances where an anorexic woman reports hearing voices that tell her she's fat, worthless, even cussing at her, but it never for a moment dawns on her that there may be "something else going on here." Demons specialize in telling us we're worthless, nothing and we need to do this or that, kill ourselves to make it all right. This is even too far out for most Christians to believe. He obviously can see the situation for what it is, but because of the lies that are being fed to him spiritually, he is struggling to pull out of it. Those lies feel like a part of him and they feel like the truth.

Eating disorders have increased in the last 50-years because the body size image of what's considered the "ideal" man and woman are constantly shrinking and the media is pushing that idea of perfection on

anyone who will pay attention. Media is only getting more aggressive with social media pressures pushing the same body image ideal. There are even dangerous pro-anorexia websites giving comfort to those who want to feel validated in their unhealthy habits.

Society largely pushes a beauty ideal of being very thin onto women through various means, but, despite David's feelings of needing a skinny male body and his downward spiral into anorexia, this is not true about the ideal for men. The ideal man is not emaciated, so men don't normally feel the pressure to be super skinny.

29. Many of the women suffering from anorexia nervosa stop menstruating, a condition called amenorrhea. The lack of nutrition leads to a host of other medical issues including high blood pressure, lowered heart rate, low bone density, and "body swelling."

Anorexia can lead to a loss of muscle tissue throughout the body, fatigue, a weak diaphragm which can cause difficulty breathing. The heart can even lose muscle tone which can lower the beats per minute. Hypotension, or a blood pressure below 90/50 can result. A Weak heart can lead to congestive heart failure. That combined with low protein in the body can cause body swelling, especially in the feet called edema. Heart failure and circulatory issues also arise because of metabolic and electrolyte imbalances.

Prolonged food restriction can also make the gastrointestinal tract unable to handle normal meals leading to bloating, nausea and constipation. Also the bone marrow starts shutting down so you get fewer white blood cells which leads to a dampened immune response, fewer red blood cells which leads to lower energy levels, and fewer platelets which leads to easier bleeding and bruising.

It can also lead to osteoporosis where bones become weak and susceptible to fractures.

Anorexia affect body tissues resulting in dry skin, brittle nails, hair falling out in wads. The lack of fatty tissue makes it hard to get warm.

It can affect the brain which causes atrophy, encephalopathy, which can cause symptoms like ataxia, confusion, even death.