

Diagnosing **3** Eating Disorders

(from the *Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition*
published by the American Psychiatric Association)

Bulimia IS . . .

- recurring episodes of binge eating and lack of control of eating during these binges
- vomiting, using laxatives or diuretics, fasting, or exercising compulsively to prevent weight gain
- obsession with body and weight
- a minimum average of two binges per week over the course of at least three months

Anorexia IS . . .

- refusing to maintain the minimal body weight for age and height (not more than 15 percent below expected weight)
- extreme fear of gaining weight or maintaining normal body weight
- distorted vision and conception of body and weight
- for females, an absence of three consecutive menstrual periods (when not pregnant)

Compulsive Overeating IS . . .

- recurring episodes of bingeing and feeling out of control with food
- binge eating at least twice a week for a period of six months
- depression and distress as a result of bingeing
- binges that include at least three of the following: (1) eating more rapidly than usual; (2) eating to uncomfortable fullness; (3) eating large amounts of food without being hungry; (4) intentionally eating alone; (5) feelings of disgust or guilt