INDEX

AA/BA. See American Anorexia/Bulimia Association
Abraham, S., 10
Acrocyanosis, 11
ADA. See American Dietetic Association
Agras, W. S., 112–14, 117–18, 121–22
Alcoholism, 4; in bulimia, 15; in patients and families, 3. See also Substance abuse
Alexithymia, 136, 143
American Anorexia/Bulimia Association (AA/BA), xix
American Dietetic Association (ADA), 24
American Psychiatric Association (APA): DSM-IV, x; and eating disorders criteria, x; official treatment recommendations, 178
Andersen, A. E., 11, 19, 109
Andreasen, N. C., 11
Anemia: in anorexic patients, 12
Anorexia-Bulimia: description in case history by nutritionist, 42–47
Anorexia nervosa: and acrocyanosis, 11; American lead in, 150; and brain tissue loss, 11; bulimia overlap with, 13, 136; CBT and, 112, 119–20; cognitive testing results in, 11; and complications in CBT,
Anorexia nervosa (continued)
119–20; criteria for, x; and defense against starvation, 8; food obsession in, 8, 18; toll on heart of, 11; hospitalization for, 12; and hunger denial, 18; incidence of, xiii–xiv, 119; and malnutrition effects, 11–12, 19; medical monitoring and, 15; medication ineffectiveness in, 53; and menstruation, 10; and need for nutritional counseling, 12; and dangers of low weight, 8–9; and osteoporosis, 10–11; patients’ self-view in, 7–8; personal perspective of recovery, 159–77; physical dangers in, 15; physical tolls of, 10–12; as psychiatric problem, 1–2; and need for psychotherapy, 12; recognition of, ix, xiii–xiv; recovery from, 12; and reproductive system, 10; and starvation, 8, 18; and stomach function, 11; and stomach function impairment, 11; without weight loss, 10. See also Bulimia; Eating disorders
Anorexics: bulimic symptoms in, 13; cardiovascular impairment in, 11; dehydration in, 27; destructive behaviors of, 20; and emotional restricting, 30; and food obsession, 18; hunger/food intake pattern of, 35; and infertility, 10; miscarriage rate in, 10; obsessive-compulsive behavior in, 55; SSRIs for, 52–53; and time to master problem, 37–38
Antidepressants, 51–52, 54; for binge reduction, 50, 52; in bulimia treatment, 52, 179–80; for purge reduction, 50, 52. See also Selective serotonin reuptake inhibitors
Anxiety disorders, 54; and eating disorders, 54; medications for, 54
APA. See American Psychiatric Association
Apple, R. F., 114, 117–18
Arndt, S., 11
Arnow, B., 112, 118, 122, 135
Ativan, 54
Bader, D., 98–105
Barber, N., xiv
Bauers, C. M., 19
Bayer, L., 19
The Beauty Myth, 150
Beck, A. T., 113
Becker, A. E., 13
Behavior modification: for bulimics, 30–31. See also Cognitive-behavioral therapy
Bemis, K. M., 119
Bergmann, M. V., 101
Bernardot, D., 28
Beyond Diet, 22
Biely, J., xiv
Binge-eating disorder, 3–4; CBT and, 118; and hunger denial, 18; IPT for, 121–22; psychoeducational group therapy for, 122; and starvation as control, 18. See also Eating disorders
Bingeing: activities substituting for, 41; amount of food as, 43; antidepressant medication for, 50; binge characteristics, 129; as bulimic behavior, 20; carbohydrates and, 27; denial of, 43; as escape, 41; factors triggering, 113, 116–17; and fear of weight gain, 25, 40; and food discrimination, 78; and metabolic rate, 21; patient understanding of, 29; physical problems associated with, 129; PMS and,
37; prevention of, 29–31; rigid dieting and, 116; situations triggering, 115; SSRIs and, 52; suggestions for prevention of, 30. See also Bulimia
Black, M. J., 134
Body fat: measurement of, 24–25; minimum food intake and, 26; percentage, 25–26
Body image, 39; distortion of, 46–47, 137
Boris, H. N., 103
Bowen, M., 61
Brisman, J., 69
Brodén, S., 89–96
Broden, J., 8, 21–22
Bruch, H., xiv, 136–37, 156, 170
Bugenthal, J. F., 169
Bulimarexia, 92–93
Bulimia: anorexia overlap with, 13, 136; antidepressant treatment for, 50–53, 180; CBT and, 112–18; criteria for, x; dental problems in, 14, 19; gynecological problems in, 14–15; and hunger denial, 18; incidence of, xiii–xiv; incidence of medical difficulties in, 13; ITP for, 121; laxatives and, 14; medical monitoring and, 15; myopathy in, 14; NIH study of, 127–28; non-purging type, 13; and incidence of medical/psychiatric difficulties, 13–15; impact on gastrointestinal system, 13; physical tolls of, 13–15; psychiatric difficulties incidence in, 13; purging type, 13–14; recognition of, xiii–xiv; response prevention treatment for, 122; risks in, 19; as search for solace, 100; SSRIs and, 52; starting from anorexia, 40; starting with anorexia, 40; and starvation as control, 18; symptoms suffered in, 13, 19. See also Anorexia nervosa; Eating disorders, Case histories
Bulimics: antidepressant medication for, 50; behavior modification for, 30–31; destructive behaviors of, 13–14, 20; emotional discomforts of, 13; exercise and, 30; food plan for, 25; hunger/food intake pattern of, 36; Ipecac abuse by, 14; and laxative abuse, 14, 19; and substance abuse, 15; and time to master problem, 37–38
Burros, M., 27
Burton, J., 121
BuSpar, 54
Caloric intake: average daily need, 21; and metabolic rate, 21–24; for normal metabolism, 26–27; preferred sources, 27; in refeeding plan, 23–24; symptoms following reduction in, 60; and weight maintenance, 22–23
Caloric restriction: and personality traits, 151
Carbohydrates: calories per gram of, 28; as calories source, 27; and craving for sweets, 27–28, 37; results of high c. experiment, 28
Carr, S. J., 121
Carter, B., 62, 75
Case histories, 65–67; bulimarexia, 92–93; family therapy, 65–74; individual psychotherapy, 139–46; nutritional counseling, 40–47; psychotherapy, 139–46; relationship to food, 79–87; symptom signs, 90–105; symptom-signs, 99–105; therapeutic use of humor, 92–93; treating the symptom, 67–69; treating the underlying
Case histories (continued)

stresses, 69–74; treatment perspectives, 67

CBT. See Cognitive-behavioral therapy

Ceasar, M. A., 99
Chambers, J. B., 11
Chami, T., 11
Chernin, K., 159
Chevron, E. S., 121
Clark, D. M., 117
Cognitive-behavioral therapy (CBT), xvi; and anorexia nervosa, 112, 119–20; anorexics/bulimics difference in, 119–20; and binge-eating disorders, 118; and bulimia nervosa, 112–18; comorbidity considerations in, 113–14; complications in, 119–20; description of, 114; with dietitian, 5; in eating disorders treatment, 112–13, 123; and individual psychotherapy, 134–35; nurse’s role in, 127–32; and other psychological treatments, 122–23; outcome studies of, 134–35; preliminary considerations, 113–14; self-monitoring in, 114–15; stage 1, 114–15; stage 2, 116–17; stage 3, 117–18; and symptom management, 134

Cognitive testing: in anorexia, 11

Coker, S., 123
Cole, A. G., 121–22
Comorbid illness, 54–55; examples of, 53; substance abuse as, 113–14

Connor, S., 21

Connors, M. E., xvii, 19, 137
Cooke, R. A., 11
Cooper, P. J., 119, 123
Crisp, A. H., xiv

Critical weight, 9

Czyzewski, D., 168

Dancyger, I. F., 180
Dare, C., 11, 180
Davis, R., 112, 123

DBT. See Dialectical behavioral therapy

Dehydration, 26–27

Depression: as comorbid illness, 53; in eating disorder patients, 3

Derrida, J., 99
Devlin, M., 3

Diagnostic and Statistical Manual of Mental Disorders (DSM-IV), x

Dietary restriction: factors obscuring impact of, 8–10; impact of, 8–9

Dietitian, 19

Dodge, E., 180
Driscoll, R., 94

DSM-IV, see Diagnostic and Statistical Manual of Mental Disorders

Dysphoria, 99, 136

Eagle, M., 112, 122

Eating disorders: ancient reports of, ix; antidepressants for, 179–80; APA criteria for, x; binge eating disorder, 3–4; brain mass recovery in, 11; causes of, ix; CBT and, 112; and comorbidity, 53–54; complexity of, 4–5; as coping mechanisms, 156; depression in, 3; DSM-IV recognition of, x; early approach to, 1; emotional
problems and, 19; events triggering, 42; family concerns and, 4–5; family stress and, 57–58; feminist movement and, xiv–xv; and hunger denial, 18; illnesses comprising, 19; incidence of, xiii; interpersonal psychotherapy and, 121–23; and life decisions, 6; and managed care, 107–10; managed care and, 108–10; multidetermined etiology of, xv; new category of, 3; patient diversity, 4; perspectives on status of, 178–82; precipitating factors, xv, 4; predominance of females with, xiv, xvi; psychotherapy for, 19; recognition of, xiii–xiv; recovery factors, xvii; recovery from, xvi–xvii; recovery prospects, 3–4; social/emotional impact of, 6; speculations about causes of, xiv; and starvation as control, 18; status of field, 181; as symptom, 19; treatment approaches to, xiv–xv; treatment for, 3–4; treatments for anxiety in, 54; treatment team for, 19–20; understanding of, ix–x; value of, 139
Eating Disorders Awareness and Prevention (EDAP), xiv
Eckert, E. D., 180
EDAP. See Eating Disorders Awareness and Prevention
Eisler, I., 180
Eldredge, D., 118
Emery, G., 113
Emetine. See Ipecac
Emotional problems: in bulimia, 13; and emotional eating, 30, 38; and nutritional counseling, 20; underlying eating disorders, 19
Employment Retirement Income Security Act (ERISA): and denial of services, 109
Engbloom, S., 118
Epstein, L., 138
ERISA. See Employment Retirement Income Security Act
Evaluation: of eating disorder patients, 5
Exercise, 28–29; for bulimics, 30
Fairburn, C. G., 112–13, 116, 118–19, 121, 123, 127–29, 131
Fallon, P., 59, 60
Families: depression in, 3; involvement in treatment, 1–2
Family systems: case histories, 65–74; and eating disorders, 57–75; family as system, 58; and family rules, 61–62, 65–66; inherited stress in, 63–65; parental tension in, 65–66; predictable stress in, 62–63; and recovery process, 58–59; stress sources in, 62–65; treatment perspectives, 67; unpredictable stress in, 63. See also Family therapy; Physiological system; Sociocultural system
Family therapy, xvi, 19; other modes of treatment, 74–75; treating the symptom, 67–69; treating the underlying stresses, 69–74. See also Family systems
Fat: in balanced intake, 26, 32; calories per gram, 28; excess calories and, 31–32; weight loss from, 21. See also Body fat
Fat phobia, 25, 32
Fleming, C., 123
Fleming, F., 11
Fluoxetine, 180; for bulimic patients, 127–28. See also Selective serotonin reuptake inhibitors
Food: patients’ fears about, 77–78; preoccupation with, 8, 118. See also Food obsession

Food intake pattern: in anorexics, 33, 35; in bulimics, 33, 36; in recovered patient, 33, 34

Food obsession, 8–9, 77–78; in anorexics, 8; as anorexics’ enemy, 18; eating to end, 40; and recovery, 20; relationship to, 77–88

Food plan: ADA’s system and, 24; bulimics and, 25; and dehydration vs. rehydration, 26–28; goals of, 23–24; patient’s adjustment of, 29; in refeeding plan, 23–24; as weight loss plan, 22

Foppiani, L., 180

Freud, S., 94–95

Friedrich, W. N., 59, 60

Fursland, A., 142

Gabriel, G., 90

Garfinkel, P. E., 22, 59


Garner, M. V., 112

Geist, R. A., 101

Gesensway, D. B., 99

Goldkopf-Woodtko, M., 159–77

Gonzalez, R. G., 103

Gordon, R. A., 149

Gould, S. J., 98

Grande, F., 60

Greenfeld, D., 14, 49–56

Greenenson, R., 95

Grinspoon, S., 11, 13

Gross, J., 122

Group therapy, 19, 42, 99; humor in, 95–96; as springboard, 155. See also Psychoeducational group therapy

Gusti, M., 180

Gynecological problems: in bulimia, 14–15

Haig, R. A., 95

Halmi, K. A., 180, 181

Hamburg, P., 99, 100, 102

Hasin, D., 3

Hawton, K., 117

Heebink, D. M., 181

Heinmaa, M., 123

Henschel, A., 8, 21–22

Herman, C. P., 151

Herzog, D. B., 11, 13, 178, 180

Hope, R. A., 121

Horn, R. L., 3

Horney, K., xv

Hunger: defined, 31; and eating, 31; and physiology, 31

Hunger pattern: in anorexics, 33, 35; in bulimics, 33, 36; in recovered person, 33, 34

Huse, C. D., 27

Ideal weight, 9

Infertility, 10

Interpersonal psychotherapy (IPT): CBT comparison with, 121; and eating disorders, 121–22; problem areas in, 121

Ipecac abuse, 14

IPT. See Interpersonal psychotherapy

Irvine, M. J., 122

Ivey, A., 175

Johnson, C., xvii, 19, 137–38

Jones, D. M., 136, 149

Jones, R., 121

Kahm, A., xvi, 17–47

Kamal, N., 11

Kapp, S. K., 19

Katahn, M., 22
Keel, P. K., 180
Keller, H., 133
Keller, M. B., 178, 180
Kennedy, S., 123
Kerr, M. E., 61
Keys, A., 8, 21–22, 60
King, N., 148–58
Kinoy, B. P., xiii–xvii, 107, 156
Kirk, J., 117
Klibanski, A., 11, 13
Krueger, D., 99
Kubie, L., 95
Lavori, P. W., 178, 180
Laxative abuse, 14
le Grange, D., 180
Leitenberg, H., 122
Leukopenia, 12
Levenkron, S., 43, 136
Llewellyn-Jones, D., 10
Lonergan, E. C., 153, 156
Low weight: and eating disorders, 3; effects of, 8–9; hospitalization for, 12. See also Critical weight; Ideal weight; Overweight
Lucas, A., 27
Luise, L., 180
Malnutrition: of anorexia, 12; and depression, 8; effects of, 19; and metabolic rate, 21–24. See also Starvation
Managed behavioral health companies (MBHCs): and confidentiality, 109–10; ethical issues for, 108; growth of, 108; impact on eating disorders, 109
Managed care: MBHCs, 108; and patient-therapist relationship, 108
Marcus, M. D., 3, 113, 116, 118
Marmor, A. K., 180
Marnell, M., 118
MBHCs. See Managed behavioral health companies
McCann, U. D., 3
McDougall, J., 136, 143
McGoldrick-Orfanidis, M., 62, 75
McVey, G., 123
Medications: antidepressants, 50–53; for anxiety disorders, 54; and obsessive-compulsive disorder, 55; patients’ concerns about, 50–51; psychiatric, 52
Menichini, U., 180
Menstruation: anorexia and, 10
Metabolic rate: bulimic behavior and, 21; caloric intake and, 21–24; diet and, 22, 26; malnutrition and, 21–24; and physiological changes, 21; starvation and, 40
Mickelsen, O., 8, 21–22
Mickley, D. W., xv–xvi, 19, 44–45, 127; medical aspects, 7–15; outcomes and outlook, 178–83; Wilkins Center, 1–6
Miller, J. P., 118
Miller, S., 57
Mira, M., 10
Mitchell, J. E., 3, 180–81
Mitchell, J. W., 118
Mitchell, S. A., 134
Mussell, M. P., 118
Myopathy, 14
National Institute of Health (NIH), 127–28
Norring, C. E. A., 178, 180
Nudelman, S., 122
Nugent, S., 118
Nussbaum, K. M., 180
Nutritional assessment, 46–47; and eating patterns, 24–25; and moti
Nutritional assessment (continued)

Nutritional balance education, 17; ADA food group exchange system, 24; on prevention of bingeing/purging, 29–31; on body image, 39–40; on caloric need, 21–24; on carbohydrates, 27–28; on dehydration vs. rehydration, 26–28; on emotional eating, 38; on exercise, 21, 28–29; on fat intake, 32; on hunger, 31–33, 34; on metabolic rate, 21–24; on nutritional assessment, 24–26; on patients’ expectations, 20, 37–38; on PMS effects, 33, 37; on pubertal development, 24–26; on realistic body weight, 39–40; refeeding plan in, 22–23. See also Food plan, Nutritional counseling

Nutritional counseling, 19, 99; in anorexia, 12; and behavior, 20, 29–30; and carbohydrate education, 27–28; case histories, xvi, 40–42, 42–47; emotions and, 20; expectations from, 20; philosophy and approach to, 20; physiology considerations, 20; for recovery, 17–20; in treatment plan, 20–24; treatment team in, 19–20; and weight control, 17; in weight restoration, 12. See also Nutritional balance education

Obsessive-compulsive disorder: eating disorders and, 55; medication for, 55

“One Stone Solution,” 151

Orbach, S., 59

Ortmeyer, I. S., xvi, 107–10, 133–46

Osteoporosis: of anorexia, 10–11; in male anorexics, 11

Outcome Study, 17

Overeaters: and binge eating disorder, x, 3; and response to hunger, 31; similarity to bulimics, 3; suggestions for, 30; and time to master problem, 37–38

Overeaters Anonymous, 3

Overweight: and eating disorders, 3; and weight loss, 10. See also Low weight

Paul, I., 95

Pear, R., 109

Peterson, C. B., 118, 181

Peveler, R. C., 121, 123

Physiology, 60–61; hunger and, 31; and nutritional counseling, 20; vomiting effects on, 14

Pike, K. M., 112, 119, 120

PMS. See Premenstrual syndrome

Polivy, J., 151

Premenstrual syndrome (PMS): and eating disorders attitudes, 33, 37; effect of, 33, 37

Prozac. See Selective serotonin reuptake inhibitors

Psychiatric consultation, 50–56; with bulimics, 50; with eating disordered patients, 49–56; in evaluation of patients, 49; with family, 49–50; for medication, 50–55; with therapist, 55–56; in treatment plan, 49, 50

Psychiatrist: and medications, 50–56; as treatment consultant, 50–56; in treatment plan, 19, 50
Psychoeducational group therapy, 122
Psychotherapy: benefits of humor in, 89–96; in bulimia treatment, 50; case discussion, 139–46; in current treatment plan, 19; with eating disordered patients, 49–56, 121–22; in eating disorders treatment, 19; family/patient hesitancy about, 49–50; and growth and change, 133–46; to help family/patients, 12; indications for, 49; as main treatment, 19; managed care and, 134; professional collaboration in, 137; and psychoeducational evaluation, 143; questioning humor in, 95; and recovery, 179; the therapeutic process, 136–39; vs. CBT, 134–35; in weight restoration, 12. See also Interpersonal psychotherapy

Pubertal development, 25–26
Purging, 20, 40; antidepressant medication for, 50; gastrointestinal effects of, 13–14; goal of ending, 41; and ipecac abuse, 14; and metabolic rate, 21; patient understanding of, 29; prevention of, 29–31; SSRIs and, 52; types of, 13–14; and water retention, 27

Quinlan, D., 14
Quinn, S., xv

Raeburn, S. D., 112, 121–22
Rajarethinam, R., 11
Rasore, E., 180

194  Index

Schuster, M., 11
Schwartz, D., 59
Selective serotonin reuptake inhibitors (SSRIs): in anorexia nervosa treatment, 52–53; and comorbid conditions, 53–54; and weight gain, 52. See also Antidepressants
Shaw, B. F., 113
Siegel, M., 69
Sifford, I. A., 121–22
Sociocultural system, 59–60
Sohlberg, S. S., 178, 180
Solomon, R. A., 121
Spitzer, R. L., 3
SSRIs. See Selective serotonin reuptake inhibitors
Starvation: anorexic symptoms and, 8; as control, 18; effects of, 7–8, 19, 25; emergency treatment for, 19; and food obsession, 28; and hunger signals, 32–33; and metabolic rate, 40; as punishment, 91; and weight loss, 21. See also Malnutrition
Streigel-Moore, R., 22
Stresses: in family systems, 62–65; inherited s., 63–65; parental tension, 65–66; predictable family life-cycle s., 62–63; treating underlying s., 69–74; unpredictable s., 63
Stunkard, A., 3
Stunkard, A. J., 118
Substance abuse: bulimia and, 15; as comorbid illness, 113–14; eating disorders and, 14
Suhr, M. A., 168
Sullivan, H. S., 135
Sunday, S. R., 180–81
Swayze, V. W., 11
Swiller, H., 136
Symptoms: attacking eating s., 78; of bulimia in anorexics, 13; and CBT management, 134; defining s. as disease, 98–99; of eating disorders, 7–15; of insufficient fat intake, 32; interpretation of, 99; letting go of, 164, 167; mourning the loss of, 153–54; in reduced caloric intake, 60; as starvation defense, 8; symptom-signs case history, 99–105; treating the, 67–69
Systems theory: conceptualizing, 58; and family system. See Family systems; and physiological system, 60–61; and sociocultural system, 59–60
Szmukler, G., 180
Taylor, H. L., 8, 21–22, 60
Tchel, C. F., 112, 118, 121–22
Therapist: and family counseling, 57–58; and patient’s eating efforts, 29–30; psychiatrist consultation with, 55–56; in treatment team, 19; use of humor by, 89–96
Thinness: cultural importance of, 59–60; cultural pressure for, 98; feminist perspective of, 150–51; as goal, 18; jealousy of, 153; obsessive striving for, 92; paying the price for, 39; as perfection, 149–51; preoccupation with, 3, 137; “relentless pursuit of,” 137; as strain, xv. See also Underweight patients
Thode, N., xvi, 57–75
Thompson, M., 59
Thrombocytopenia, 12
Treatment: managed care and, xvi, 123; systems involved in, 59; therapeutic use of humor in, 89–96
Treatment approaches, xiv; CBT,
112–20; IPT, 121–22; psychoeducational group therapy, 122; response prevention, 122; in 1980s, 1–2; short-term psychological, 122–23

Treatment plan: calorie counts in, 22–24; components of, 19; decisions regarding, 5; evaluation of, 5; evaluation throughout, 5; multimodal program, 19; nutritional counseling in, 20–24. See also Recovery

Treatment process: recurring themes in, 148–57; and superwoman syndrome, 149–50, 155; and thinness, 149–50

Treatment team, 19; components of, 19; psychiatric consultant in, 50

Undereaters: and response to hunger, 31

Underweight. See Low weight

Valium, 54
Vara, I., 122
Vitousek, K. M., 112, 119, 120

Wadden, T., 3
Walsh, B. T., ix–xi, 127
Water retention, 27
Wegner, A. Z., xvi, 112–24
Wegner, J. T., xvi, 112–24
Weight: body type and, 9; gaining control over, 18, 115; and One Stone Solution, 151; preoccupation with, 151; realistic body weight, 39–40. See also Critical weight; Ideal weight

Weight gain, 3; in anorexia recovery, 12; and body image, 39, 137; fear of, 13, 18, 24, 137; and metabolic rate restoration, 21–22; urgency of, 12; water retention and, 27. See also Overweight patients

Weight loss: desire for, 39; effects of, 12, 25; and fat, 21; food plan and, 22; and menstruation, 10; starvation and, 21; toll of, 8–9. See also Malnutrition

Weight restoration: and menstruation, 10; in recovery process, 12. See also Weight gain

Weinshel, M., 69
Weissman, M. M., 121
Whitehead, W. E., 11
Wilfrej, D. E., 121–22
Wilkins Center for Eating Disorders, x–xi, xix, xv, xvii, 44, 155; affiliations, 3; in CBT study, 127–28; collaborative approach of, 5; conditions targeted by, 2–3; family issues, 4–5; history of, 1–6; and Outcome Study, 178–81; staff development, 2; treatment plan decisions, 5

Williams, M., 89–90
Wilson, G. T., 112–13
Wilson, T., 113, 116
Wineburgh, M., 108
Wing, R. R., 3, 118
Winnicott, D. W., 101
Wolf, N., 150–51
Wonderlich, S., 181
Wooley, O. W., 151
Wooley, S. C., 151
Work Group on Eating Disorders 2000, 178. See American Psychiatric Association

Xanaz, 54
Yanovski, S., 3
Zerbe, K. J., 110, 135