Scientific Translation Date: 19, Feb, 2020

Fourth Stage – Morning Classes Time: 08:30 & 09:30 Lecturer: Farah A. Abo Al-Timen

**6 Common Types of Eating Disorders (and Their Symptoms)**

 Eating disorders are a range of psychological conditions that cause unhealthy eating habits. They might start with an obsession with food, body weight, or body shape. In severe cases, eating disorders can cause serious health consequences and may even result in death if left untreated. Those with eating disorders can have a variety of symptoms. However, most include the severe restriction of food, food binges, or purging behaviors like vomiting or over-exercising.

**1. Anorexia nervosa**

 [Anorexia nervosa](https://www.healthline.com/health/anorexia-nervosa) is likely the most well-known eating disorder. People with anorexia generally view themselves as overweight, even if they’re dangerously underweight. They tend to constantly monitor their weight, avoid eating certain types of foods, and severely restrict their calories.

 يرجح أن يكون مرض فقدان الشهية العصبي من أكثر اضطرابات الأكل المعروفة. ينظر الناس الذين يعانون من مرض فقدان الشهية إلى أنفسهم بشكل عام على أنهم يعانون من زيادة الوزن، حتى لو كانوا يعانون من نقص الوزن بشكل خطير حيث أنهم يميلون إلى مراقبة وزنهم باستمرار، ويتجنبون تناول أنواع معينة من الأطعمة ، ويقومون بتقييد السعرات الحرارية بشدة.

Common symptoms of anorexia nervosa include:

* being considerably underweight compared with people of similar age and height
* very restricted eating patterns
* an intense fear of gaining weight or persistent behaviors to avoid gaining weight, despite being underweight
* a relentless pursuit of thinness and unwillingness to maintain a healthy weight
* a heavy influence of body weight or perceived body shape on self-esteem
* a distorted body image, including denial of being seriously underweight

**2. Bulimia nervosa**

 [Bulimia nervosa](https://www.healthline.com/health/bulimia-nervosa) is another well-known eating disorder. People with bulimia frequently eat unusually large amounts of food in a specific period of time. Each **binge eating episode** usually continues until the person becomes painfully full. During a binge, the person usually feels that they cannot stop eating or control how much they are eating.

.

Common symptoms of bulimia nervosa include:

* recurrent episodes of binge eating with a feeling of lack of control
* recurrent episodes of inappropriate purging behaviors to prevent weight gain
* a self-esteem overly influenced by body shape and weight
* a fear of gaining weight, despite having a normal weight

**3. Binge eating disorder**

 [Binge eating disorder](https://www.healthline.com/nutrition/binge-eating-disorder) is believed to be one of the most common eating disorders. Individuals with this disorder have symptoms similar to those of bulimia or **the binge eating subtype of anorexia**.

 Common symptoms of binge eating disorder include:

* eating large amounts of foods rapidly, in secret and until uncomfortably full, despite not feeling hungry
* feeling a lack of control during episodes of binge eating
* feelings of distress, such as shame, disgust, or guilt, when thinking about the binge eating behavior
* no use of purging behaviors, such as [calorie restriction](https://www.healthline.com/nutrition/calorie-restriction-risks), vomiting, excessive exercise, or laxative or diuretic use, to compensate for the binging

**4. Pica**

 [Pica](https://www.healthline.com/health/pica) is another eating disorder that involves eating things that are not considered food. Individuals with pica crave non-food substances, such as ice, dirt, soil, chalk, soap, paper, hair, cloth, wool, pebbles, laundry detergent, or cornstarch.

 Individuals with pica may be at an increased risk of poisoning, infections, gut injuries, and [nutritional deficiencies](https://www.healthline.com/nutrition/7-common-nutrient-deficiencies). Depending on the substances ingested, pica may be fatal.

**5. Rumination disorder**

 [Rumination disorder](https://www.healthline.com/health/rumination-disorder) is another newly recognized eating disorder. It describes a condition in which a person regurgitates food they have previously chewed and swallowed, re-chews it, and then either re-swallows it or spits it.

 Adults with this disorder may restrict the amount of food they eat, especially in public. This may lead them to lose weight and become underweight.

**6. Avoidant/restrictive food intake disorder**

 [Avoidant/restrictive food intake disorder (ARFID)](https://www.healthline.com/health/feeding-disorder-of-infancy-and-early-childhood) is a new name for an old disorder. Individuals with this disorder experience disturbed eating either due to a lack of interest in eating or distaste for certain smells, tastes, colors, textures, or temperatures.

Common symptoms of ARFID include:

* avoidance or restriction of food intake that prevents the person from eating sufficient calories or nutrients
* eating habits that interfere with normal social functions, such as eating with others
* weight loss or poor development for age and height
* nutrient deficiencies or dependence on supplements or tube feeding