Prevention and Treatment of Negative Body Image and Eating Disorders

HOW PHYSICIANS CAN CONTRIBUTE TO PREVENTION OF AND SUCCESSFUL OUTCOMES FOR PATIENTS STRUGGLING WITH DISORDERED EATING

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DALLAS, TX
What is the Lifetime Prevalence of AN among women?

1. 0.3%
2. 1.2%
3. 0.9%
4. 2.0%
Audience Quiz: Prevalence of ED

What is the Lifetime Prevalence of AN among women?

1. 0.3%
2. 1.2%
3. 0.9%
4. 2.0%
DSM-V diagnosis of Anorexia Nervosa includes minimum % of weight requirement. True or False

1. TRUE

2. FALSE
Patients diagnosed with Bulimia Nervosa experience a lack of control over eating.

1. True
2. False
**Audience Quiz: Diagnosis of ED**

Binge Eating Disorder includes those who overeat multiple times a day in a period lasting 3 months or more.

1. True
2. False

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**True** | **False**
Anorexia Nervosa

- Restriction of energy intake relative to requirements, leading to a sig. low body weight
- Intense fear of gaining weight or becoming fat
- Disturbance in the experience of one’s weight or shape, undue influence of weight/shape on self-evaluation, or persistent lack of recognition of the seriousness of the current low body weight
- Subtypes: Restricting and Binge-Eating/Purging
AN: Diagnostic Markers

- Hematology
- Serum Chemistry
- Endocrine
- Electrocardiography
- Bone Mass
- Electroencephalography
- Resting energy expenditure
- Physical signs and symptoms
Bulimia Nervosa

- Recurrent episodes of binge eating, characterized by:
  - Eating, in a discrete period of time, an amount of food that is definitely larger than what most individuals would eat
  - A sense of lack of control over eating during the episode

- Recurrent inappropriate compensatory behaviors in order to prevent weight gain
- Both occur, on average, at least 1X/week for 3 mos.
- Self-evaluation is unduly influenced by body shape and weight
- The disturbance does not occur exclusively during episodes of AN
BN Diagnostic Markers

- Laboratory Abnormalities
- Fluid and electrolyte abnormalities
  - Hypokalemia
  - Hypochloremia
  - Hyponatremia
- Loss of gastric acid
  - Metabolic alkalosis
  - Metabolic acidosis
- Elevated serum amylase
- Dental enamel loss; enlarged parotid glands; cardiac myopathies
Binge Eating Disorder

- Eating an unusually large amount of food in a given period; lack of control over eating during the episode

- The eater must experience three out of five associated states:
  - Eating much more rapidly than normal
  - Eating until feeling uncomfortably full
  - Eating large amounts of food when not feeling physically hungry
  - Eating alone because of being embarrassed by how much one is eating
  - Feeling disgusted with oneself, depressed, or very guilty after overeating

- The binge eater must be very distressed about his or her binge eating, binges must take place at least 2X/wk for >6 months;

- No “inappropriate compensatory behaviors” following a binge
Communication: No one will care how much you know until they know how much you care

- Compassionate Communication
- Phrasing Questions
- Offering Hope
- Collaboration and continuity of Care
What can you do to influence Prevention?

- Evaluation of relationship with food
- Weighing In
- Nutrition
- Waiting room/Office materials
- Resources and Referrals
Evaluation and Treatment

- **What happens for a pt after referral?**
  - Evaluation for Level of Care
  - Outpatient/IOP/PHP/IH

- **Outpatient Therapy**
  - Individual Psychotherapy
  - Group Psychotherapy
  - Family Psychoeducation and Therapy
  - Nutrition Therapy
  - Yoga/Mindfulness Practices
Embody Love Center: An Integrated Approach to Treatment

Psychotherapy: Individual/Group/Family

Holistic Nutrition

Yoga and Meditation
Yoga as Therapeutic Tool

Thoughts

Behaviors <-> Emotions
Embody Love Movement: A Community of Recovery
Embody Love Movement: A prevention model

1. Create a community of recovery by engaging those in recovery in service to others
2. Prevent negative body image and ED
3. Promote self-acceptance
4. Provide body awareness and attunement
5. Educate about media strategy and literacy
6. Provide emotional vocabulary
7. Endorse positive internal and external dialogue
8. Access individual responsibility in cultural shift
Embody Love Movement’s Inner Beauty Shop™
Facilitator Trainings

Melody Moore, Ph.D., RYT

Original Catalysts

Mental Health Workers

Yoga Teachers and Educators

Other Women In Recovery
Inner Beauty Shop™ Impact

- We have served over 1,500 girls and women through this program in its first 2 years
- Our Embody Love Clubs have served an additional 2,500 girls in High School and College campuses
- Outcome research (n=217) shows:
  - A significant increase in Self-Esteem according to the Rosenberg Self-Esteem Scale
  - An significant increase in awareness of perceived socio-cultural idealization of beauty
  - A significant decrease in matching self appraisal of body image to perceived appraisal by media culture
Questions, Comments, and Concerns