

**TABLE 10.4** Suggestive Risk Factors in Anorexia Nervosa

- A. Familial
  - 1. A family member or relative with anorexia nervosa, bulimia nervosa
  - 2. A family member or relative with depression or alcohol/drug abuse/dependence
- B. Individual Biological Factors
  - 1. Early menarche
  - 2. Mildly overweight
- C. Individual Psychological Factors
  - 1. Perfectionistic—obsessional personality
  - 2. Sense of ineffectiveness, lack of confidence, low self-esteem
  - 3. Affective disorders (depression)
- D. Individual Behaviors
  - 1. Dieting
  - 2. Involvement in activities or professions that emphasize weight control: gymnastics, ballet, wrestling, jockeys, actors, and models
- E. Cultural
  - 1. Living in an industrialized country
  - 2. Emphasis on thinness as beauty
  - 3. General significant weight increase in the general population in the U.S. over the past 40 years
- F. Stressful life events
  - 1. Death of a close relative or friend
  - 2. Sexual abuse