Discussion Questions

# Chapter 10: EATING DISORDERS

1. Suppose you are talking to a friend who is obese. He mentions his concern and lack of understanding over the matter that he tends to overeat and crave sugary foods even when he is not hungry. Describe to him how these behaviors might be explained from an evolutionary perspective.

2. Cultural beliefs and social media can often contribute to perceptions of the ideal body image. In what ways do these influences contribute to negative views of the self and low self-esteem? Further discuss how these perceptions and beliefs are relevant to someone with an eating disorder.

3. Given the range of health-related disorders associated with being overweight or obese, discuss why people who are overweight or obese are often not recognized as having an eating disorder?

4. Describe why depression and anxiety are often linked (co-occur, dual diagnoses) with various types of eating disorders? How would you therapeutically address these co-occurring diagnoses in treatment?

5. Imagine that you are a mental health professional and an individual who fears she may have binge eating disorder has entered your office. In what particular behaviors (i.e., eating habits) might you ask the woman if she engages? If she is in fact diagnosed with the disorder, what treatment might you suggest?