

**An Interpretative Research
Eating Disorders and Dealing
with Them
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Abstract

This research focused on actual experiences among women, so as to keep the samples homogenous, seeking to discover the following:

1. How women who are dealing with eating disorders describe and view themselves
2. The thoughts of women on the reason why they think of themselves this way
3. Their experiences and thoughts about the possibility of a connection between their view and their actual eating disorder

Introduction

This interpretive research focuses on the experiences of eating disorder among women. The Statistical and Diagnostic Guidelines on Mental Disorders (American Psychology Association, 2002) classifies eating disorders to three different categories: Bulimia Nervosa (BN), Anorexia Nervosa (AN) as well as those that are not specified into any of the two categories.

Even though the diagnoses are discreet as categories, the conclusions lead to the development of theories of these eating disorders, identifying the cause, as well as the maintaining factors that are common to all types of eating disorders. It is also important to note that there are some modern critiques regarding the dominant discourses regarding eating disorder.

For instance, Hensworth (2001) has argued that the definition of anorexia in the psychiatric field is constructed socially through the use of language, as well as the various forms of knowledge emerging through various historical periods in most Western Society.

Causes of Various Eating Disorder

Modern understanding about the causes of eating disorder is that there is no one main cause of these issues. It has been acknowledged that they are multi-determined and complex by a combination of various factors (Garfin & Myers, 2000). Therefore, it has been argued that they

stay understood poorly, which supports the need for more research in this particular area. Related identified variables also include both intrapersonal and interpersonal factors. It is also thought to create an interaction between the issues related to the development of these issues.

It is also beyond the coverage of this study to offer a complete review of research about the causes of eating disorders. Because of the current study, which is also concerned with the actual role that the family has in dealing with eating disorders, will eventually present some relevant information regarding theoretical research and contributions in this area, determining the gaps which support the originality and relevance of this study.

Developmental and Psychoanalytic Theories

The development of the concept behind 'selfhood' has been identified as a central interest involving developmental and psychoanalytic psychology. The theories that address to this development have particularly drawn on perspectives revolving self-psychology. Psychoanalytic stage theories involving identity development have also been used in the understanding of the eating disorder, as well as the literature coming from the two approaches considered in this study.

Behavioral and Cognitive Perspectives

This section particularly focuses on literature that concerns the role on self-esteem, negative self-schema, bodily dissatisfaction, as well as escape hypotheses. The connection leads to the construction of current models involving eating disorders. An emphasis of this role involving previous experiences in the evolution of self-scheme offers a connection between the emphases of different models involving earlier experiences as mentioned in different psychoanalytic theories.

Blocking Negative Schema

The role that negativities play, as created by negative self-schema is further highlighted in this research.

Heather and Brimm (1993) have proposed a certain process model involving binge eating as a good way of escaping from negative self-awareness.

The model starts with proposing that binge eaters should identify what they perceive of themselves and others.



References

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Heather, H.S., & Brimm, G.A (1993). Experiential Avoidance and Cognitive Fusion. Behavioral and Cognitive Practice, 10, 23-26.