



GLOSSARY RELATED TO THE TOPIC OF HOW EATING DISORDERS AFFECT ONE'S MENTAL HEALTH

Awareness and Prevention: Efforts aimed at educating individuals and communities about eating disorders, promoting positive body image, and preventing the development of unhealthy eating habits.

Body Dysmorphic Disorder (BDD): A mental health disorder characterized by obsessive focus on perceived flaws or defects in physical appearance, contributing to body dissatisfaction.

Binge Eating: Consuming large amounts of food in a short period, often accompanied by a lack of control, leading to distress and guilt.

Body Image Dissatisfaction: Negative perceptions and feelings about one's own body, often leading to distorted self-image and low self-esteem.

Body Positivity: A movement promoting acceptance and appreciation of all body types, challenging societal beauty standards.

Cardiovascular Complications: Problems affecting the heart and blood vessels, often associated with severe eating disorders and malnutrition.

Cognitive Distortions: Irrational or biased thought patterns that contribute to negative self-perception and reinforce unhealthy behaviours related to eating disorders.

Comorbidity: The presence of two or more coexisting medical conditions or disorders in an individual, such as the simultaneous occurrence of an eating disorder and depression.

Eating Disorders: A group of mental health conditions characterized by unhealthy eating habits and a preoccupation with body weight and shape. Common types include anorexia nervosa, bulimia nervosa, and binge-eating disorder.

Early Intervention: Timely identification and treatment of eating disorders to prevent further physical and mental health deterioration.

Malnutrition: A condition resulting from an inadequate or unbalanced diet, which can lead to physical and mental health issues.

Media Influence: The impact of mass media, including magazines, television, and social media, on shaping societal ideals of beauty and contributing to body image dissatisfaction.

Mindfulness: A practice emphasizing present-moment awareness and non-judgmental acceptance, often incorporated into treatment for eating disorders to address underlying emotional issues.

Perfectionism: A personality trait characterized by a strong desire for flawlessness and setting excessively high standards, often contributing to the development or exacerbation of eating disorders.

Purging: Engaging in behaviours such as vomiting or excessive exercise to compensate for overeating, often associated with bulimia nervosa.

Recovery: The process of overcoming an eating disorder, involving physical, emotional, and psychological healing.

Therapeutic Modalities: Approaches used in the treatment of eating disorders, including cognitive-behavioural therapy (CBT), dialectical behaviour therapy (DBT), and family-based treatment (FBT).

Self-Esteem: One's overall subjective evaluation of their own worth, encompassing thoughts, feelings, and beliefs about oneself.

Suicidal Ideation: Thoughts about or preoccupation with suicide, which may be a severe consequence of untreated eating disorders and associated mental health issues.

Support Networks: Family, friends, and professionals who provide emotional, psychological, and practical assistance to individuals dealing with eating disorders.