A Study on the Eating disorders

- Focusing on Eating behavior -

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Background

- Eating disorders are a pathological states of extreme eating behaviors that ignore the biological desire (Kiriike, 2005) and, they involve eating behavior problems.
- They have been studied from the viewpoint of the parent-child relationship and the desire for thinness (Baba, 2013).
- New findings, however, elucidate the course of eating disorders from the perspective of eating behavior.
- This study aims to clarify the details of eating behavior in eating disorders, considering the detailed process of the change.

Methods

- Seven women (teenagers to woman in their forties) with a history of diagnosis of eating disorder (anorexia nervosa) participated in this study.
- Participants were confirmed to be in a state of remission.
- First, I provided adequate explanation for research, and then conducted an interview after agreement was obtained.
- All interview contents were transcribed.
- This interview data was analyzed using the grounded- theory approach (Saiki, 2013), which emphasizes the verifiability of data and generates new theory.

Table 1 Participants of Study

	age	History of diagnosis	Reason for selection of participants
A	20s	AN(B/P)	The generation of basic categories in AN (Binge-eating/purging type)
B	30s	AN(R)	The generation of basic categories in AN (Restricting type)
C	20s	AN(R)	Repeat hospitalization and discharges
D	10s	AN(R)	Fewer years after remission
E	50s	AN(R)	More years after remission
F	50s	AN(B/P)	Analysis for confirmation
G	20s	AN(B/P)	Analysis for confirmation

AN: Anorexia Nervosa
B/P: Binge-eating/purging type R: Restricting type
※E, F, G are now vegetarians.

Table 2 13 generated categories

	Generated categories
1	Refusal to eat
2	Purging behavior and excessive exercise
3	Decreased food intake
4	Diet based on calories
5	Vegetarian diet
6	General diet
7	Awareness that eating is fun
8	A sense of security in a vegetarian diet
9	Disagreements with vegetarian ideas
10	Awareness that "I don't gain weight suddenly."
11	A sense of security with a diet based on calories
12	Regretting the period of anorexia
13	Sense of fear about the physical condition
14	Fear of eating behaviors
15	Onset of eating disorder
16	Lack of insight into disease

Findings

- The analysis generated 13 categories. Based on these generated categories, the process of change from the state of refusing eating behavior is shown in the model diagram(Figure 1).
- In this model, the time series passes from left to right.
- Eating disorders involved conflicts of a "Fear of eating behavior" and a "Sense of fear against the physical condition ."
- The conflict process was managed by "justifying the reason for eating."
- In the process, it is important to realize that "I don't suddenly gain weight."
- As a result, it gradually became possible to eat various things.
- Depending on the patients, conflict resolutions are different; some participants began general eating behavior while others began eating behavior with avoiding animal food.

Figure 1 Model of the altered process of eating behavior

Discussion

- For remission of eating disorders, the process of convincing oneself is important.
- When following that process by "justifying the reason for eating," it gradually becomes possible to eat various foods.

Kiriike,Nobuo(2009). Eating disorders - I do not eat it, I can not eat it, I can not stop eating it- 2nd edition , Igakusyoin, p5(in Japanese)
Saiki,Kureiguhiru,Syoko(2013). Qualitative research method Seminar 2nd edition: Learning the grounded theory approach, Igakusyoin, (in Japanese)
Baba,Kenichi(2013). Recent treatments for eating disorders, Chapter1, Kongousyuppan, pp10-25 ,(in Japanese)