

Introduction to psychology

Lecture 3

Appetite and Eating disorders

Obesity- It is determined by a person's body mass index (BMI), your weight in kilograms divided by your height in meters squared.

Fat- the amount of white fat cells stored in a body

How do we control food intake?

Body

- Short-term store using glucose
- Long-term store using fat

Changes in body fat affect appetite

Fat cells secrete a hormone called leptin

More fat = more leptin, suppressing appetite

Less fat = less leptin, more food intake

Sensation

Food flavor- taste, smell and touch form flavor

Sensory specific satiety slows intake in a meal

More we eat a certain food, the less likely we are to like it less.

Digestive organs send signals to the brain. When we are full, when we are hungry. The gut bacteria signals fat content, these signals are communicated through nerves, hormones and nutrients.

Environment

Time and Place are key factors that cue your appetite.

Social facilitation- the robust tendency for individuals to consume more food with friends and family as compared to eating alone. WHY? Physical presence and social interaction stimulate a comfortable environment to eat, similarly eating while watching TV.

Portions and plate size make a difference. More food present = more intake.

Brain

Brain- Neurochemicals

Neurochemicals modulate eating. Eg serotonin and dopamine, increased levels of serotonin and dopamine both suppress appetite. Neurochemicals are modulated by events, leptin suppresses appetite and ghrelin increases appetite.

Hypothalamus- ventromedial nucleus (stop eating), Lateral hypothalamus (start eating)

Psychology And Medicine Of Appetite Disorders

Research Subject Analysis With Reference Bibliography



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Psychology And Medicine Of Appetite Disorders Research Subject Analysis With Reference Bibliography:

Psychology and Medicine of Appetite Disorders Barbara C. Poole,1994-01-01 **Psychology & Medicine of Appetite Disorders** Barbara Carona Poole,1987-01-01 **American Book Publishing Record** ,2007 **Medical and Health Care Books and Serials in Print** ,1997 *Bibliographic Index* ,2004 [Subject Guide to Books in Print](#) ,1993

Psychosocial Risk Factors in the Development, Maintenance and Treatment Outcome of Eating Disorders

Matteo Aloï, Antonino Carcione, Giovanni Castellini, Gianluca Lo Coco, Marianna Rania, Cristina Segura-Garcia ,Karin Waldherr,2024-09-25 Eating disorders EDs are mental disorders characterized by altered eating habits and excessive concerns about weight and body shape They arise mainly during adolescence and predominantly affect females The three most common types of EDs are Anorexia nervosa AN which is characterized by restriction of food intake significant low body weight an intense fear of gaining weight and disturbances in body shape and weight experience Bulimia nervosa BN which is characterized by recurrent binge eating episodes followed by behaviors that compensate for the overeating i e self induced vomiting excessive exercise or extreme use of laxatives enemas or diuretics and self evaluation based on body shape and weight Binge eating disorder BED which is characterized by the recurrence of binge eating episodes without the use of compensatory behaviors for weight control and feelings of distress embarrassment and guilt To date researchers and clinicians agree that a multifactorial model is the most suitable for explaining the onset and maintenance of EDs For example a risk factor for BED may be lower parental care as it may trigger greater confusion and uncertainty in responding to unpleasant emotional experiences This contributes to an impaired personality development more severe psychopathological symptomatology and greater difficulty in both identifying and distinguishing feelings of hunger and satiety from other emotions Attachment styles have also been explored in patients with EDs According to the attachment theory attachment insecurity could disrupt the ability to identify and express emotional states and might impair affect regulation skills i e emotional dysregulation Within the two main dimensions of attachment insecurity i e attachment anxiety and avoidance higher attachment anxiety is related to greater symptom severity in patients with AN and BN Moreover prior studies have examined impaired emotional competences ECs theory of mind ToM and metacognition which refer to how individuals identify express understand regulate and use their emotions or those of significant others These skills may also explain why attachment insecurity places individuals at greater risk of EDs Although particular personality traits i e impulsivity perfectionism self esteem attachment styles trauma and metacognition clearly play a role in the onset and maintenance of EDs little is known about their associations and underlying mechanisms

Treating and Preventing Adolescent Mental Health Disorders Dwight L. Evans,Edna B. Foa,Raquel E. Gur,Herbert Hendin,Charles P. O'Brien,Daniel Romer,Martin E.P. Seligman,B. Timothy Walsh,2017-07-12 Sponsored by the Adolescent Mental Health Initiative of the Annenberg Public Policy Center APPC of the University of Pennsylvania and the Annenberg Foundation Trust at Sunnylands Trust Treating and

Preventing Adolescent Mental Health Disorders Second Edition provides a major update since the first edition in 2005. It addresses the current state of knowledge about the major mental health disorders that emerge during adolescence including updated DSM 5 diagnostic criteria. Here six commissions established by the APPC and the Sunnylands Trust pool their expertise on adolescent anxiety, schizophrenia, substance use disorders, depression, and bipolar disorders, eating disorders, and suicidal behavior in sections that thoroughly define each disorder, outline and assess available treatments, discuss prevention strategies, and suggest a research agenda based on what we know and don't yet know about these various conditions. Two additional behavioral disorders, gambling and internet addiction, are covered in this second edition. As a meaningful counterpoint to its primary focus on mental illness, the volume also incorporates the latest research from a seventh commission on positive youth development, which addresses how we can fully prepare young people to be happy and successful throughout their lives. Concluding chapters discuss overarching issues regarding the behavioral and mental health of adolescents, overcoming the stigma of mental illness, the research policy and practice context for the delivery of evidence-based treatments, and the development of a more robust agenda to advance adolescent health. Integrating the work of eminent scholars in both psychology and psychiatry, this work will be an essential volume for academics and practicing clinicians and will serve as a wake-up call to mental health professionals and policy makers alike about the state of our nation's response to the needs of adolescents with mental disorders.

Abnormal Psychology Ronald J. Comer, 2012-02 Ron Comer's *Abnormal Psychology* continues to captivate students with its integrated coverage of theory, diagnosis, and treatment; its inclusive, wide-ranging cross-cultural perspective; and its compassionate emphasis on the real impact of mental illness on the lives of patients and their families. Long acclaimed for being well-attuned to the evolution of the field and changes in the classroom, Comer's bestselling text returns in a timely new edition, fully updated in anticipation of the DSM 5 and enhanced by powerful new media tools.

Eating Disorders Pamela K. Keel, 2017 *Eating Disorders* presents a comprehensive and accessible investigation of eating disorders, spanning topics such as historical and cross-cultural trends in prevalence of eating pathology, biological bases of eating disorders, and treatment and prevention. It provides an examination of the intersections of culture, mind, and body and includes case studies throughout, helping bring eating disorders to life. This second edition is fully revised and updated to reflect changes in the DSM 5 as well as research and practice advances that have occurred over the past decade. Specifically, the second edition provides coverage of newly named syndromes, a new chapter on feeding disorders and obesity, an expanded discussion of RDOC initiative, expanded coverage of eating disorders in men, a section on mediators and moderators of treatment response, a section of suggested additional sources that includes articles, books, movies, and on-line sources for reliable and accurate information, a new description of cognitive behavior therapy that outlines what CBT for bulimia nervosa looks like as experienced from the patient's perspective, and a new discussion of prevalence and risk of dietary supplements. The book will be useful in abnormal psychology, clinical psychology,

gender and psychopathology and eating disorders courses and as a supplemental text in courses within nursing nutrition and sports medicine

Abnormal Psychology Ann M. Kring, Sheri L. Johnson, 2018-01-09 *Abnormal Psychology The Science and Treatment of Psychological Disorders* consists of a balance and blending of research and clinical application the use of paradigms as an organizing principle and involving the learner in the kinds of real world problem solving engaged in by clinicians and scientists Students learn that psychopathology is best understood by considering multiple perspectives and that these varying perspectives provide the clearest accounting of the causes of these disorders as well as the best possible treatments

Fundamentals of the Science and Treatment of Psychological Disorders, with eBook Access Code Sheri L. Johnson, Ann M. Kring, 2025-10-21 A REFINED FOCUSED APPROACH TO LEARNING PSYCHOPATHOLOGY Adapted from the 16th edition of Kring and Johnson's popular text *The Science and Treatment of Psychological Disorders* this Fundamentals version offers a streamlined textbook that maintains the strengths of the traditional text Johnson and Kring continue to bring to light cutting edge research which they balance against clinical understanding Throughout they strive to provide clear prose helpful examples of clinical cases to illustrate symptoms and treatments and up to date scientific coverage of issues that are front and center in current media such as opioids and vaping and digital mental health With a shorter more focused text the authors give learners a solid foundation in psychopathology They emphasize an integrative approach showing how psychopathology is best understood by considering multiple perspectives biological cognitive behavioral and socio emotional and how these varying perspectives can provide us with the clearest accounting of the causes of these disorders For each disorder they provide learners with an understanding of the best supported biological and psychological treatments so that learners come away with the latest science on what works and for whom Critical issues in how race culture and country of origin are considered The final chapter of the book covers important legal and ethical issues in the mental health field The importance of stigma and mental illness is discussed throughout the book never is this more important than now when many social ills are too easily blamed on mental illness e g gun violence while we continue to warehouse people with mental illness in jails at an astonishing rate

AN INTERACTIVE MULTIMEDIA LEARNING EXPERIENCE This textbook includes access to an interactive multimedia e text Icons throughout the print book signal corresponding digital content in the e text Case Study Videos and Pause and Ponder Activities A collection of fourteen 7 to 10 minute Case Study Videos presents an encompassing view of a variety of psychological disorders featuring people experiencing these disorders and their family members describing symptoms from their own perspective In addition each video provides concise information about the available treatment options and commentary from a mental health professional Each video is presented in the context of a Pause and Ponder activity with the following elements Part I Pause Readers are asked to read several short examples of everyday life situations facing a person or people with a particular disorder and assess their own ability to empathize Part II Learn Readers are directed to view the Case Study Video and answer a series of

questions with interactive self scoring Part III Ponder Finally readers are asked to respond to one or more open ended questions and to reassess their ability to empathize Concept and Topic Videos In early chapters short videos complement the reading with broad overviews of important concepts like the scientific method the importance of reliability and validity in research etc In later chapters these short videos are designed to draw students in and provide a general overview of the disorders and treatments they will read about and study Instructor s Resources include brief open ended question sets for use with these videos that ask questions to stimulate students curiosity like What did the video confirm about your prior understanding of What did the video challenge about your prior understanding of Did anything surprise you if so what What are you curious to learn more about concerning Interactive Figures Charts Tables Appearing throughout the enhanced e text interactive figures process diagrams and tables facilitate the study of complex concepts and processes and help students retain important information Even many of the simplest figures are interactive to encourage online readers to pause and absorb the information they present before scrolling on to additional reading Interactive Self Scoring Check Your Knowledge Questions and Practice Quizzes Students can check their answers to the Check Your Knowledge questions at the end of each major chapter section instantly and each chapter includes a self scoring Practice Quiz to help prepare for graded assignments and exams

Binge-Eating Disorder James E. Mitchell, Michael J. Devlin, Martina de Zwaan, Scott J. Crow, Carol B. Peterson, 2007-10-18 This innovative scientific reference and clinical tool is virtually two books in one Part I thoroughly yet succinctly reviews the literature on binge eating disorder covering diagnosis and epidemiology clinical features and course links to obesity medical risks and current treatment data Part II provides an evidence based cognitive behavioral treatment manual Session by session guidelines address how to help individuals or groups change their eating behavior cope with emotional triggers restructure problematic thoughts deal with body image concerns and associated problems maintain improvement and prevent relapse Featured are more than 40 clearly explained homework assignments and handouts all in a large size format with permission to photocopy

Psychiatric Nursing - eBook Norman L. Keltner, Debbie Steele, 2018-06-13 Covering the field s latest trends and treatments Psychiatric Nursing 8th Edition provides you with the solid therapeutic skills you need to deliver safe and effective psychiatric nursing care This new edition features a unique three pronged approach to psychotherapeutic management which emphasizes the nurse s three primary tools themselves and their relationship with patients medications and the environment Written in a friendly approachable style this text clearly defines the nurse s role in caring for individuals with psychiatric disorders like no other book on the market Unique A practical three pronged approach to psychotherapeutic management includes 1 the therapeutic nurse patient relationship 2 psychopharmacology and 3 milieu management Unique Norm s Notes offer helpful tips from the lead author Norman Keltner at the beginning of each chapter making it easier to understand difficult topics DSM 5 information is integrated throughout the text along with updated content and NANDA content Patient and Family Education boxes highlight information that the

nurse should provide to patients and families Nursing care plans highlight the nurse's role in psychiatric care emphasizing assessment planning nursing diagnoses implementation and evaluation for specific disorders Case studies depict psychiatric disorders and show the development of effective nursing care strategies NEW Chapter on Models for Working with Psychiatric Patients revised as new chapter on Emotional Focused Model of Behavior NEW Update to various chapters within Unit III Medication Psychopharmacology include the latest drugs used for managing psychiatric disorders NEW Update to Communicate Professionally chapter includes methods of communication including social media and other current forms of technology NEW Update to Variables Affecting The Therapeutic Environment Violence and Suicide chapter reorganizes how the five phase assault cycle is presented so it flows better and is easier to comprehend NEW Several of the clinical disorders chapters such as the Schizophrenia Depressive Disorders and Anxiety Disorders updated with the latest information on treatments and drugs

Shorter Oxford Textbook of Psychiatry Paul Harrison, Philip Cowen, Tom Burns, Mina Fazel, 2017-09-22 Widely recognized as the standard text for trainee psychiatrists the Shorter Oxford Textbook of Psychiatry stands head and shoulders above the competition The text has been honed over seven editions displaying a fluency authority and insight rarely found in textbooks which makes the process of assimilating information effective and enjoyable The book provides an introduction to all the clinical topics sub specialties and major psychiatric conditions required by the trainee psychiatrist Throughout the authors emphasize the basic clinical skills required for full assessment and understanding of the patient Discussion of treatment includes not only scientific evidence but also practical problems in the management of patients in a family and social context Full attention to ethical and legal issues is given within the evidence based approach to practice provided in the text Introductory chapters focus on recognition of signs and symptoms classification and diagnosis psychiatric assessment and aetiology Further chapters deal with all the major psychiatric syndromes as well as providing detailed coverage of pharmacological and psychological treatments The book gives equal prominence to ICD and DSM classifications often with direct comparisons making the book relevant to the practice of psychiatry throughout the world Boasting greater use of summary boxes tables and lists within a new modern design the Shorter Oxford Textbook of Psychiatry remains the most up to date secondary level textbook of psychiatry available The extensive bibliography has been brought up to date and there are targeted reading lists for each chapter The Shorter Oxford Textbook of Psychiatry fulfils all the study and revision needs of psychiatric trainees but will also prove useful to medical students GPs qualified psychiatrists and those in related fields who need to be kept informed with current psychiatric practice

Ferri's Clinical Advisor 2024, E-Book Fred F. Ferri, 2023-06-13 For more than 25 years Ferri's Clinical Advisor has provided immediate answers on the myriad medical diseases and disorders you're likely to encounter in a unique easy to use format A bestselling title year after year this popular 5 books in 1 reference delivers vast amounts of information in a user friendly manner It is updated annually to provide current and clinically relevant answers on over 1 000 common medical conditions including diseases and

disorders differential diagnoses clinical algorithms laboratory tests and clinical practice guidelines all carefully reviewed by experts in key clinical fields Extensive algorithms along with hundreds of high quality photographs illustrations diagrams and tables ensure that you stay current with today s medical practice Contains significant updates throughout all 5 sections covering all aspects of diagnosis and treatment Features 26 all new topics including monkeypox occupational asthma care of the transgender patient infantile hypotonia long COVID medical marijuana cannabinoid use disorder and abuse of performance enhancing hormones among others Includes useful appendices covering palliative care preoperative evaluation nutrition poison management commonly used herbal products in integrated medicine and much more Offers online access to Patient Teaching Guides in both English and Spanish An eBook version is included with purchase The eBook allows you to access all of the text figures and references with the ability to search customize your content make notes and highlights and have content read aloud Extreme Eating Behaviours Hubertus Himmerich,Ute Krügel,Ahmad Saedisomeolia,2021-03-03

Eating Disorders Justine J. Reel,2018-05-10 This encyclopedia offers a variety of resources for readers interested in learning more about eating disorders including hundreds of reference entries interviews scholarly debates and case studies While many people may reflexively imagine an anorexic or bulimia teenage girl upon being asked to think about eating disorders eating disorders are a form of mental illness that can take many forms and affect individuals of all genders ages and ethnic backgrounds In fact an estimated eight million people in the United States struggle with an eating disorder making eating disorders one of the most prevalent forms of mental illness in America This two volume encyclopedia comprehensively examines eating disorders as the forms they can take their causes and potential complications and how they can best be treated and prevented It also examines the influence had by cultural factors such as the fashion industry television and movies and social media More than just a simple A to Z reference Eating Disorders Understanding Causes Controversies and Treatment also includes valuable features such as Q A interviews with those affected by and working to combat eating disorders case studies scholarly essays that voice opinions in key debates and a directory of resources for individuals seeking help *Exposure Therapy for Eating Disorders* Carolyn Black Becker,Nicholas R. Farrell,Glenn Waller,2019-12-16 Exposure Therapy for Eating Disorders teaches therapists to recognize the myriad ways exposure can and should be systematically included in ED treatment providing practical guidance on when and how to use exposure techniques with this clinical population **Handbook of Cultural Psychiatry** Wen-Shing Tseng,2001-06-06 Cultural psychiatry is primarily concerned with the transcultural aspects of mental health related to human behavior psychopathology and treatment At a clinical level cultural psychiatry aims to promote culturally relevant mental health care for patients of diverse ethnic or cultural backgrounds From the standpoint of research cultural psychiatry is interested in studying how ethnic or cultural factors may influence human behavior and psychopathology as well as the art of healing On a theoretical level cultural psychiatry aims to expand the knowledge and theories about mental health related human behavior and mental

problems by widening the sources of information and findings transculturally and providing cross cultural validation This work represents the first comprehensive attempt to pull together the clinical research and theoretical findings in a single volume Key Features Written by a nationally and internationally well known author and scholar The material focuses not only on the United States but also on various cultural settings around the world so that the subject matter can be examined broadly from universal as well as cross cultural perspectives Proper combination of clinical practicalities and conceptual discussion Serves as a major source for use in the training of psychiatric residents and mental health personnel as well as students of behavior science in the areas of culture and mental health A total of 50 chapters with detailed cross referencing Nearly 2000 references plus an appendix of almost 400 books 130 tables and figures

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