

The Prevention of Eating Problems and Eating Disorders

Theory, Research, and Practice

Michael P. Levine and Linda Smolak

A Psychology Press Book

Prevention Of Eating Problems And Eating Disorders Theory Research And Practice

Sari Fine Shepphird



Prevention Of Eating Problems And Eating Disorders Theory Research And Practice:

The Prevention of Eating Problems and Eating Disorders Michael P. Levine, Linda Smolak, 2006-04-21 This is the first authored volume to offer a detailed integrated analysis of the field of eating problems and disorders with theory research and practical experience from community and developmental psychology public health psychiatry and dietetics The book highlights connections between the prevention of eating problems and disorders and theory and research in the areas of prevention and health promotion theoretical models of risk development and prevention e g developmental psychopathology social cognitive theory feminist theory ecological approaches and related research on the prevention of smoking and alcohol use It is the most comprehensive book available on the study of prevention programs especially for children and adolescents The authors review the spectrum of eating problems and disorders the related risk and protective factors the models that have guided prevention efforts to date the literature on the studies of prevention and suggestions for curriculum and program development and evaluation The book concludes with a new prevention program based on the Feminist Ecological Developmental model The 800 references highlight work done around the world The Prevention of Eating Problems and Eating Disorders addresses methodologies for assessing and establishing prevention the implications of neuroscience for prevention dramatic increases in the incidence of obesity the role of boys men and the media on body image prevention programming for minority groups and whether to focus on primary or secondary prevention Intended for clinicians and academicians from disciplines such as health clinical developmental and community psychology social work medicine and public health this book is also an ideal text for advanced courses on eating disorders *Prevention of Eating Problems and Eating Disorders : Theory, Research, and Practice* ,2006

The Prevention of Eating Problems and Eating Disorders Michael P. Levine, Linda Smolak, 2020-06-04 In a detailed analysis of the field of eating problems and disorders this book highlights the connections between the prevention of eating problems and disorders and theory and research in the areas of prevention and health promotion It also looks at models of risk development and prevention specific issues and challenges the status of current prevention research and lessons for prevention program development In this unique text Levine and Smolak draw on a range of interdisciplinary perspectives including prevention science developmental psychology public health and neuroscience to provide a thorough review history and critique of the topic in light of a range of empirical studies The only authored volume with a broad detailed and integrated view of theories research and practice this expanded fully revised and updated new edition features new chapters on dissonance based approaches public health biopsychiatry and neuroscience gender culture s technology obesity protective factors and ecological approaches The Prevention of Eating Problems and Eating Disorders Theories Research and Applications is essential reading for clinicians academics researchers graduate students upper level undergraduates and activists and advocates involved in work pertaining to eating disorders disordered eating prevention health promotion body image obesity and biopsychosocial perspectives 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 *Eating Disorders, Addictions and Substance Use Disorders* Timothy D. Brewerton, Amy Baker Dennis, 2014-07-08 Eating disorders addictions and substance use disorders are each challenging in their own right but they also commonly co occur causing major challenges for clinicians This book presents cutting edge research on the overlap of these complex disorders and reviews integrative assessment strategies and treatment approaches including enhanced cognitive behavioral therapy dialectical behavior therapy abstinence approaches motivational enhancement mindfulness meditation and pharmacotherapy The issue of whether eating disordered behaviors such as dieting binge eating and excessive exercise are merely other forms of addictive behavior is examined The authors argue both for and against the concept of food addiction in research clinical treatment and public policy The book will be of interest to psychiatrists addiction medicine physicians mental health substance abuse clinicians dieticians researchers and those affected by the disorders *The Wiley Handbook of Eating Disorders* Linda Smolak, Michael P. Levine, 2015-07-29 Drs Smolak and Levine are to be congratulated for this timely comprehensive two volume Handbook The list of contributors is impressive the breadth of topics covered is exhaustive and the overall organization is superb James E Mitchell MD Christoferson Professor and Chair of Psychiatry and Behavioral Science University of North Dakota School of Medicine and Health Sciences President and Scientific Director The Neuropsychiatric Research Institute Unquestionably the most comprehensive overview of eating disorders in the history of the field edited by two of its most respected scholars Drs Smolak and Levine have recruited distinguished clinicians and researchers to review every aspect of these illnesses from prevention to treatment This Handbook should be required reading for any professional that wants to work in this field Craig Johnson PhD FAED Chief Science Officer Eating Recovery Center Clinical Professor of Psychiatry University of Oklahoma College of Medicine Eating disorders are serious public health problems This comprehensive book on eating disorders is edited by two of the pioneers in the field Drs Linda Smolak and Michael Levine

Their work on topics such as eating disorders prevention media and eating disorders and the objectification of women have greatly informed our knowledge base and current practices In this outstanding volume Smolak and Levine pull together many of the leaders within the field of eating disorders I strongly recommend this book to anyone with an interest in the etiology consequences prevention or treatment of eating disorders Dianne Neumark Sztainer PhD Professor School of Public Health University of Minnesota Author I m Like So Fat Helping Your Teen Make Healthy Choices about Eating and Exercise in a Weight Obsessed World Renowned scholars Smolak and Levine have assembled the best scientists and clinicians to educate us about the major advances and important questions in the field of eating disorders This comprehensive Handbook is a must have rich and accessible resource Thomas F Cash PhD Professor Emeritus of Psychology Old Dominion University This groundbreaking two volume Handbook edited by two of the leading authorities on body image and eating disorders research provides evidence based analysis of the causes treatment and prevention of eating disorders The Wiley Handbook of Eating Disorders features the most comprehensive and up to date collection of eating disorders research ever assembled including contributions from an international group of scholars from a range of disciplines as well as coverage of DSM 5 The Handbook includes chapters on history etiological factors diagnosis assessment treatment prevention social policy and advocacy Boldly tackling controversies and previously unanswered questions in the field and including suggestions for further research at the conclusion of every chapter The Wiley Handbook of Eating Disorders will be an essential resource for students scholars and clinicians invested in improving the treatment and prevention of eating disorders Annual Review of Eating Disorders Stephen Wonderlich,James Mitchell,Martine de Zwaan,2007-02-20 Together with its companion volume Annual Review of Eating Disorders Part 2 this resource covers the twenty key topics including binge eating trauma self help assessment and negative body image It is a compilation of reviews from leading scientists and clinicians and is the essential update for busy professionals and health researchers *Treatment of Eating Disorders* Margo Maine,Beth Hartman McGilley,Douglas Bunnell,2010-09-08 Eating disorders EDs affect at least 11 million people in the United States each year and spread across age race ethnicity and socio economic class While professional literature on the subject has grown a great deal in the past 30 years it tends to be exclusively research based and lacking expert clinical commentary on treatment This volume focuses on just such commentary with chapters authored by both expert clinicians and researchers Core issues such as assessment and diagnosis the correlation between EDs and weight and nutrition and medical psychiatric management are discussed as are the underrepresented issues of treatment differences based on gender and culture the applications of neuroscience EDNOS comorbid psychiatric disorders and the impact of psychiatric medications This volume uniquely bridges the gap between theoretical findings and actual practice borrowing a bench to bedside approach from medical research Includes real world clinical findings that will improve the level of care readers can provide consolidated in one place Underrepresented issues such as gender culture EDNOS and comorbidity are covered in full Represents outstanding

scholarship with each chapter written by an expert in the topic area Handbook of Behavioral and Emotional Problems in Girls Debora Bell, Sharon L. Foster, Eric J. Mash, 2006-03-30 Psychopathology in children and adolescents has been extensively researched and addressed in terms of its epidemiology expression developmental pathways and causes And despite all the research studies and findings the question remained Are the emotional and behavioral problems of girls unique to the distinct aspects of female development behavior and adjustment To fully understand and address the emotional and behavioral problems of girls their distinct characteristics must be examined in terms of both developmental progression and context that is in terms of their various ethnic cultural socioeconomic backgrounds as well as family school and peer environments and influences The Handbook of Behavioral and Emotional Problems in Girls provides such an integrative conceptual framework in which to address such issues as Mood and anxiety disorders Eating and body image disorders ADHD pervasive developmental disorders learning disorders and mental retardation Aggression and delinquency Physical abuse sexual abuse and neglect Abuse and violence in dating relationships Substance abuse and homelessness Gender identity disorder In one easy to use volume the Handbook not only examines the most current theory and research as it relates to girls it also addresses the possibility for real world assessment as well as treatment and prevention of their emotional and behavioral disorders It provides clinicians academics and mental health professionals with a comprehensive and well balanced presentation that focuses solely on the unique behaviors and emotions of girls Handbook of Counseling Psychology Steven D. Brown, Robert W. Lent, 2008-06-02 This completely revised and updated Fourth Edition of the Handbook of Counseling Psychology presents a cross disciplinary survey of the entire field combining a scholarly review of important areas of counseling psychology with current and insightful analyses of topics The new edition equips you with a leading resource containing the latest information on the prevention and treatment of vocational educational and personal adjustment problems *100 Questions & Answers About Anorexia Nervosa* Sari Fine Shepphird, 2009-01-14 *100 Questions and Answers About Anorexia Nervosa* was recently named Mom s Choice Awards Gold Recipient in the Adult Books category Whether you are a newly diagnosed patient a friend or a relative of someone with anorexia nervosa or if you simply wish to gain a better understanding of this condition *100 Questions and Answers About Anorexia Nervosa* offers help This book offers a complete guide to understanding the causes of anorexia warning signs and diagnosis and practical suggestions on how to help loved ones suffering from anorexia as well as the treatment options available Written by a clinical psychologist with nearly 20 years experience in the field of eating disorders along with contributions from actual patients this book is an invaluable resource for learning about and fighting this disease **EMPOWER YOURSELF** 2010 180 pages **Using Writing as a Therapy for Eating Disorders** June Alexander, 2016-07-01 *Using Writing as a Therapy for Eating Disorders* The diary healer uses a unique combination of evidence based research and raw diary excerpts to explain the pitfalls and benefits of diary writing during recovery from an eating disorder In a time when diary writing remains a largely untapped resource in

the health care professions June Alexander sets out to correct this imbalance explaining how the diary can inspire heal and liberate provide a learning tool for others and help us to understand and cope with life challenges The book focuses on the power of diary writing which may serve as a survival tool but become an unintended foe With guidance patients who struggle with face to face therapy are able to reveal their thoughts through writing and construct a strong sense of self The effects of family background and the environment are explored and the therapeutic value of sharing diaries to better understand illness symptoms and behaviours is discussed Using Writing as a Therapy for Eating Disorders will be of interest to those who have recovered or are recovering from eating disorders or any mental illness as well as therapists clinicians and others working in the medical and healthcare professions **Handbook of Group Counseling and Psychotherapy** Janice L.

DeLucia-Waack,Cynthia R. Kalodner,Maria Riva,2013-12-02 The most comprehensive and thoroughly researched text available on this topic Handbook of Group Counseling and Psychotherapy Second Edition underscores the notion that group work is improved through increased collaboration between researchers and practitioners Edited by renowned leaders in the field this thoroughly updated and revised Second Edition explores current literature and research and offers suggestions for practice in psycho educational counseling and therapy groups The Handbook is divided into five main sections current and historical perspectives best practices multicultural and diverse groups groups in special settings and an introduction to special topics **Adolescence and Body Image** Lina A Ricciardelli,Zali Yager,2015-11-19 Body image is a significant issue for the majority of adolescents Anxieties relating to body image can be crippling across both genders their debilitating effects sometimes leading to mental health problems This important book is the first of its kind to focus specifically on adolescents providing a comprehensive overview of the biological psychological and socio cultural factors relating to the development of body image It also provides a detailed review of the measures which can be taken to address body dissatisfaction Discussing the role of culture family peers schools sport and media in stimulating a negative body image the book also examines the different challenges faced by girls and boys as they grow Eating disorders and body change strategies are also addressed as well as the challenges faced by youngsters affected by conditions causing visible differences such as hair loss in cancer patients The book also presents original research including the results from a large Australian study of the body image and associated health behaviours of adolescent boys and the results of a study of current teaching practices relating to body image Adolescence and Body Image will be ideal reading for students and researchers from a variety of fields including developmental health and social psychology sociology and cultural and health studies Professionals working with young people whether in education health promotion or any other allied discipline will also find this book an invaluable resource

Preventing Eating Disorders Niva Piran,Michael Levine,Catherine Steiner-Adair,2013-06-17 This comprehensive resource provides multiple prevention strategies programs and approaches for health and mental health workers educators researchers students and interested members of the community at large who work to prevent eating disorders and related

problems **Body Image** Thomas F. Cash, Linda Smolak, 2012-10-09 The standard reference for practitioners researchers and students this acclaimed work brings together internationally recognized experts from diverse mental health medical and allied health care disciplines Contributors review established and emerging theories and findings probe questions of culture gender health and disorder and present evidence based assessment treatment and prevention approaches for the full range of body image concerns Capturing the richness and complexity of the field in a readily accessible format each of the 53 concise chapters concludes with an informative annotated bibliography New to This Edition Addresses the most urgent current questions in the field Reflects significant advances in key areas assessment body image in boys and men obesity illness related body image issues and cross cultural research Conceptual Foundations section now incorporates evolutionary genetic and positive psychology perspectives Increased coverage of prevention **Handbook of Positive Body Image and Embodiment** Niva Piran, 2019-04-02 For five decades negative body image has been a major focus of study due to its association with psychological and social morbidity including eating disorders However more recently the body image construct has broadened to include positive ways of living in the body enabling greater understanding of embodied well being as well as protective factors and interventions to guide the prevention and treatment of eating disorders Handbook of Positive Body Image and Embodiment is the first comprehensive research based resource to address the breadth of innovative theoretical concepts and related practices concerning positive ways of living in the body including positive body image and embodiment Presenting 37 chapters by world renowned experts in body image and eating behaviors this state of the art collection delineates constructs of positive body image and embodiment as well as social environments such as families peers schools media and the Internet and therapeutic processes that can enhance them Constructs examined include positive embodiment body appreciation body functionality body image flexibility broad conceptualization of beauty intuitive eating and attuned sexuality Also discussed are protective factors such as environments that promote body acceptance personal safety diversity and activism and a resistant stance towards objectification media images and restrictive feminine ideals The handbook also explores how therapeutic interventions including Acceptance and Commitment Therapy Cognitive Dissonance and many more and public health and policy initiatives can inform scholarly clinical and prevention based work in the field of eating disorders **The Oxford Handbook of Eating Disorders** W. Stewart Agras, Athena Robinson, 2018 Fully revised to reflect the DSM 5 the second edition of The Oxford Handbook of Eating Disorders features the latest research findings applications and approaches to understanding eating disorders Including foundational topics alongside practical specifics like literature reviews and clinical applications this handbook is essential for scientists clinicians and students alike *The SAGE Encyclopedia of Abnormal and Clinical Psychology* Amy Wenzel, 2017-03-16 Abnormal and clinical psychology courses are offered in psychology programs at universities worldwide but the most recent major encyclopedia on the topic was published many years ago Although general psychology handbooks and encyclopedias include essays on abnormal and

clinical psychology such works do not provide students with an accessible reference for understanding the full scope of the field The SAGE Encyclopedia of Abnormal and Clinical Psychology a 7 volume A Z work print and electronic formats is such an authoritative work Its more than 1 400 entries provide information on fundamental approaches and theories various mental health disorders assessment tools and psychotherapeutic interventions and the social legal and cultural frameworks that have contributed to debates in abnormal and clinical psychology Key features include 1 400 signed articles contained in 7 volumes and available in choice of print and or electronic formats Although organized A to Z front matter includes a Reader s Guide grouping related entries thematically Back matter includes a Chronology Resource Guide Bibliography and detailed Index Entries conclude with References Further Readings and Cross References to related entries The Index Reader s Guide themes and Cross References between and among entries all combine to provide robust search and browse features in the electronic version

Media Effects Jennings Bryant, Mary Beth Oliver, 2009-01-13 With contributions from some of the finest scholars in the discipline Media Effects serves not only as a comprehensive reference volume for media effects study but also as an exceptional textbook for advanced courses in media effects Covering the breadth of the media effects arena this third edition provides updated material as well as new chapters focusing on effects of mobile media and other technologies As this area of study continues to evolve Media Effects will serve as a benchmark of theory and research for current and future generations of scholars

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