# Topic 5

## Eating Disorders, Obesity, and Sleep-Wake Disorders

### Mind Map of Essential Knowledge (Vocabulary and Concepts):

#### Eating Disorders
- **Anorexia**
  - Refusal to maintain body weight
  - Intense fear of gaining weight
  - Body image distortions
  - Denial of seriousness of low body weight

- **Bulimia**
  - Recurrent episodes of binge eating
  - Recurrent compensatory behavior to prevent weight gain such as vomiting, use of laxatives, diuretics, enemas, fasting or excessive exercise
  - Body image distortions

- **Binge-Eating**
  1. Recurrent binge eating with no purging
  2. Compulsive overeating

#### Obesity
- A Condition of excess body fat, generally defined by a body mass index above 30
  - **Factors**
    - Genetics
    - Metabolism
    - Fat Cells
    - Lifestyle
    - Psychological
  - Ethnic and Sociocultural Differences
    - Socioeconomic Factors
    - Acculturation

#### Sleep Disorders
- **Dyssomnias**
  - Insomnia
  - Hypersomnolence
  - Narcolepsy
  - Breathing-Related Sleep Disorder
  - Circadian Rhythm Sleep Wake Disorder

- **Parasomnias**
  - Sleep Terrors
  - Sleepwalking
  - REM Sleep Behavior Disorder (RBD)
  - Nightmare Disorder

#### Prevention and Treatments
- **Causes**
  - Underlying physical problems
  - Genetic differences in brain mechanisms controlling sleep
  - Drug Use
  - Psychological factors such as depression/anxiety
  - Frequent time shifting of sleep and wake cycles
  - Exposure to trauma

- **Treatments**
  - Drugs
  - Surgery or devices
  - Cognitive Behavioral Therapy

#### A Good Night’s Sleep

### Causes
- Sociocultural Pressure
- Psychological problems including ego deficiencies such as lack of autonomy or uncertain identity, cognitive disturbances, mood disorder, and control issues
- Family Factors
- Biological Factors including neurochemistry and genetic influences

### Treatments
- Psychotherapy including Cognitive-Behavioral Approaches
- Family Therapy
- Biomedical including drugs and hospitalization
- Dietary Advice