

# Therapy Worksheet for Eating Disorder

## What is the theory behind this Therapy Worksheet for Eating Disorder?

Eating Disorders are severe mental illnesses related to unhealthy or abnormal eating patterns that significantly affect one's physical and mental health. These eating habits are a result of severe disturbances in one's thoughts, perceptions and emotions associated with one's food intake, body shape and size. Early detection of eating disorders can significantly improve chances of recovery.

## How will the worksheet help?

The worksheet will provide a list of common signs and symptoms that are indicative of an eating disorder or the likelihood of developing one. It is important to be aware of these warning signs so that people can get the right help at the right time. Since teens and adolescents are especially vulnerable, this list can help parents recognize the signs in their children.

## How to use the worksheet?

This worksheet can be used in mental health awareness programs for the general public specially for parents in schools and colleges to make them aware of the general warning signs of eating disorders so that early detection is possible.

## Therapy Worksheet for Eating Disorder

**Eating disorders are severe disturbances in one's eating patterns that can cause multiple mental and physical issues that are not addressed at the right time. It is not a lifestyle choice but a recognized mental illness that needs the right professional help. The following list provides general signs and symptoms associated with the three common eating disorders.**

Anorexia nervosa	Bulimia nervosa	Binge-eating
<ul style="list-style-type: none"> <li>- Very restrictive food intake</li> <li>- Preoccupation with caloric intake and intense exercising</li> <li>- Binge eating episodes followed by 'purges'</li> <li>- Unhealthily low body weight</li> <li>- Obsession with thinness or wanting to keep losing weight</li> <li>- In denial about low body weight</li> <li>- Body image issues</li> <li>- Persistent physical health issues such as:               <ul style="list-style-type: none"> <li>*Muscle loss</li> <li>*Thinning bones</li> <li>*Severe Constipation</li> <li>*Brittle and yellow hair and nails</li> <li>*Anaemic</li> <li>*Lethargy</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- Uncontrollable overeating episodes followed by compensatory behaviors such as vomiting, fasting, using laxatives etc</li> <li>- Weight can be under, average or above healthy weight</li> <li>- Inflamed and swollen throat due to excessive vomiting</li> <li>- Acid reflux and other gastric issues</li> <li>- Dehydration from use of laxatives</li> <li>- Electrolyte imbalance</li> <li>- Signs indicative of consumption of an abnormally large amount of food</li> <li>- Dental problems related to frequent vomiting.</li> <li>- Use mints, gums, mouthwash or other types of mouth fresheners often</li> <li>-</li> </ul>	<ul style="list-style-type: none"> <li>- Episodes of uncontrollable overeating</li> <li>- Lifestyle changes around the need to cater to binge eating episodes</li> <li>- Hide or hoard food from others</li> <li>- Low self-esteem</li> <li>- Feelings of guilt and shame surrounding their food intake</li> <li>- Eating even when not hungry</li> <li>- Report being unable to control excessive eating even when uncomfortable</li> <li>- Failed attempts to stop binge episodes</li> </ul>

## Reference

[National Institute of Mental Health. \(2021\) \*Eating Disorders\*. Retrieved 19 December 2022 from https://www.nimh.nih.gov/health/topics/eating-disorders](https://www.nimh.nih.gov/health/topics/eating-disorders)

You can find more wellness and mental health worksheets [here](#).