

Review of Pathogenesis of Eating Disorders

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INTRODUCTION:

Eating disorders are psychological illnesses defined by abnormal eating habits that may involve either insufficient or excessive food intake to the detriment of an individual's physical and mental health. There are many causes of eating disorders, including biological, psychological and/or environmental abnormalities.

METHOD:

Articles in Pubmed and MeSH Database, using 'pathogenesis of eating disorders'. Also activated filters: publication date from 2013/01/01 to 2014/01/01.

OBJECTIVE:

The update of the latest publications on pathogenesis of eating disorders.

RESULTS:

We select seven studies (three reviews and four clinical trial) because of the topic relation and the high level of evidence.

CONCLUSION:

Gray matter (GM) and white matter (WM) were strongly reduced in acute AN. The completeness of brain volume rehabilitation remained equivocal.

Psychosocial resources were found to have strong associations with symptomatology. These findings provide additional support for the association between traumatization and ED. Clinical interventions for traumatized ED patients may benefit from a focus on post-traumatic stress symptomatology and personal resources.

We suggest that identifying comorbid ADHD is crucial for these patients and argue for the use of a structured interview, collateral history and investigation of onset of symptoms to establish a diagnosis of ADHD in adults with bulimia nervosa. Comorbidities and overlap of symptomatology need to be taken into account.

And maternal eating disorders together with comorbid psychopathology increase risk for psychiatric disorders in childhood and early adolescence, in particular for emotional disorders. This has important implications for prevention and future research.