

# caps / counseling and psychological services

# Eating Disorders

As students at UCSD, you deal with so many things -- each and every day. You strive to do your best, meet the expectations of others, and try to live up to your own sets of goals and values. At times it may feel as though we are not in control of all these things. For some, their bodies ... their weight ... the image they project ... these are some of the few things they believe they can control. When dieting and serious concern with weight and body image become all-consuming, difficulties with self-esteem, eating habits, and physical condition can result. For a few, serious eating disorders can develop.

## What you can do if you believe you or a friend may be experiencing an Eating Disorder:

CAPS and Student Health Service offer a collaborative approach to the treatment of eating disorders.

- Call CAPS at (858) 534-3755, or come directly to our Central Office at Galbraith Hall 190, and request to meet with one of our psychologists; the Intake Coordinator will schedule an appointment for you.
- Go to Student Health Service (<http://studenthealth.ucsd.edu>) or your primary physician for a thorough medical evaluation.
- During business hours (8:00am-4:30pm): If this is an urgent matter and you need to speak with someone immediately, call (858) 534-3755, and indicate the seriousness of your situation; you will be able to speak with a psychologist shortly.
- Outside business hours: If this is an urgent matter and you need to speak with someone immediately, call (858) 534-HELP, and your need to speak with a psychologist; you will be able to speak with a psychologist shortly.
- Take our Online Mental Health Assessment on our website (<http://caps.ucsd.edu>)

## Have you ever thought...?

- “I don’t feel good enough”
- “I can’t remember when I wasn’t worried about making everything just perfect”
- “Nothing I do – even if I’m careful about what I eat and drink – it doesn’t seem to make a difference in how I feel about myself and my life ...”

It is not uncommon for students in college to be vulnerable to different types of eating disorders. College experiences, including comparing yourself to those around you, stress of academic work, family pressure or issues, relationship difficulties, changes in your body and your level of comfort, hectic schedules, and many other stressors, can all impact you in a way that may set the stage to develop an eating issue.

## The following is a brief description of the 3 main types of eating issues:

- Anorexia Nervosa
- Bulimia Nervosa
- Binge Eating Disorder

### Anorexia Nervosa:

- Refusal to maintain body weight at or above a minimally normal weight
- Intense fear of weight gain or being “fat”
- Feeling “fat” or overweight despite dramatic weight loss
- Loss of menstrual periods in girls and women post-puberty
- Extreme concerns with body weight and shape
- Feelings of shame or guilt

### Bulimia Nervosa:

- Eating large quantities of food in short periods of time, often secretly, without regard to feelings of “hunger” or “fullness” and to the point of feeling “out of control” while eating
- Following these “binges” with some form of purging or compensatory behavior to make up for the excessive calories taken in: self-induced vomiting, laxative or diuretic abuse, fasting, and/or obsessive or compulsive exercise
- Extreme concern with body weight and shape
- Feelings of shame or guilt

### Binge Eating Disorder:

- Frequent episodes of eating large quantities of food in short periods of time, often secretly, without regard to feelings of “hunger” or “fullness”
- Frequent feelings of being “out of control” during binges
- Eating large quantities of food rapidly, without really tasting the food
- Eating alone
- Extreme concern with body weight and shape