



Eating Disorder Case Study

Health Psychology:

Meet Stella...

Stella is a 25-year-old female who strongly identifies with the prevalent dominant culture.

Because of this, she loves fashion, style and clothes.

However, since turning 18, Stella has noticed that it is harder and harder for her to lose any weight she puts on.

Consequently, she spends many hours everyday thinking about how to lose weight and looks in the mirror at least 20 times per day obsessing over her size and shape.

To make matters worse, Stella's relationship with her family is often negative and she has only a few close friends to confide in.

Stella's classmates describe her as sometime strange and very socially awkward.

She often starts trendy crash diets, but ultimately ends up overeating and then feeling guilty for her failure.

Because of this this guilt Stella often exhibits an outward depressed and/or angry mood.

Even Stella's doctor says she is at a very normal weight for her age, but deep down inside she lives in constant fear of gaining more and more weight, as time goes by.

- 1) What (if any) eating disorder is Stella at risk for developing and what factors might be contributing?
- 2) What symptoms should her family/doctor look for that she has developed an eating disorder?
- 3) If she develops this eating disorder, what treatments might be effective in treating it?

Remember to USE and DEFINE class terms in your answer (you may use information from lecture, the text, or outside resources).

Case studies should be in 12 point Times New Roman font and should be double-spaced. No title page or reference section is necessary