



1115 Bethel Road, 1st Floor 43220 Phone (614) 538-0353

Above all else, guard your heart, for out of it flows the Wellspring of life.

Proverbs 4:23

MENTAL HEALTH ISSUES

Bulimia Nervosa

Potential Symptoms / Causes

- A. Recurrent episodes of binge eating. An episode of binge eating is characterized by both of the following:
 1. eating, in a discrete period of time (e.g., within any 2-hour period), an amount of food that is definitely larger than most people would eat during a similar period of time and under similar circumstances
 2. a sense of lack of control over eating during the episode (e.g., a feeling that one cannot stop eating or control what or how much one is eating)
- B. Recurrent inappropriate compensatory behavior in order to prevent weight gain, such as self-induced vomiting; misuse of laxatives, diuretics, enemas, or other medications; fasting; or excessive exercise.
- C. The binge eating and inappropriate compensatory behaviors both occur, on average, at least twice a week for 3 months.
- D. Self-evaluation is unduly influenced by body shape and weight.
- E. The disturbance does not occur exclusively during episodes of Anorexia Nervosa.

Specify type:

- **Purging Type:** during the current episode of Bulimia Nervosa, the person has regularly engaged in self-induced vomiting or the misuse of laxatives, diuretics, or enemas
- **Nonpurging Type:** during the current episode of Bulimia Nervosa, the person has used other inappropriate compensatory behaviors, such as fasting or excessive exercise, but has not regularly engaged in self-induced vomiting or the misuse of laxatives, diuretics, or enemas



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Alternative Causes

Anorexia Nervosa; Binge-Eating/Purging Type; Kleine-Levin syndrome; Major Depressive Disorder, With Atypical Features; Borderline Personality Disorder.