

1. ANOREXIA AND BULIMIA NERVOSA



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Introduction: Eating disorders, which are mentally debilitating, life-threatening, and financially burdensome conditions, significantly compromise physical well-being and disrupt psychosocial functionality. Current diagnostic systems acknowledge six primary feeding and eating disorders [DSM (Diagnostic and Statistical Manual of Mental Disorders)]: anorexia nervosa, bulimia nervosa, binge eating disorder, avoidant-restrictive food intake disorder, pica, and rumination disorder. The impact of eating disorders on physical health is profound, leading to adverse effects on the cardiovascular, gastrointestinal, and endocrine systems. Anorexia nervosa is a severe mental disorder marked by an intense fear of weight gain and distorted body image. Individuals exhibit extreme dietary restrictions, purging, or excessive physical activity, with a unique focus on weight and shape concerns. Bulimia nervosa can occur at a normal or elevated weight; Key features include recurrent binge eating, loss of control, and compensatory actions to prevent weight gain, such as self-induced vomiting. Actuality: Anorexia and bulimia nervosa pose a significant disease burden in Moldova, impacting women's ability to maintain a positive self-image, attain a fulfilling social status, and experience happiness.

Aim of study. The aim of this research is to assess the impact of social-determinants and family-related factors on the initiation of eating disorders.

Materials and methods. The study involves scrutinizing 20 patient records obtained from a psychiatric clinical hospital, conducting a clinical case study through semi-structured interviews, and reviewing international articles sourced from databases such as PubMed, Research Gate, ScienceDirect, and the Psychiatry Manual of the Department of Mental Health, Medical Psychology, and Psychotherapy at USMF.

Conclusion. Individuals with anorexia nervosa endure a deep-seated fear of weight gain, leading to stringent dietary restrictions, while those with bulimia nervosa grapple with recurring binge-eating episodes and subsequent compensatory behaviors. Effective treatment for both disorders requires a comprehensive approach addressing distorted thoughts, physical health, and psychosocial factors. Acknowledging the formidable societal pressures related to body weight is pivotal, as individuals often contend with societal expectations that can contribute to the genesis and perpetuation of these disorders. Early detection and intervention remain crucial, underscoring the significance of holistic approaches that consider the societal context and pressures surrounding body weight.

Keywords. Eating disorders, anorexia nervosa, bulimia nervosa, social determinism, family factors.