



# Risk factors related to obesity and other eating disorders

K Yamada\*

Department of Psychology, Catholic University of Milan, Milan, Italy

\*Corresponding author: E-mail: [yamada123@gmail.com](mailto:yamada123@gmail.com)

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## DESCRIPTION

Obesity is associated with several health complications. Obese people have an increased risk of several physical diseases including cancer, diabetes, high blood pressure and heart disease. Obesity is also associated with mental health and several psychosocial problems. In fact obese women are poorer mental health than healthy women. Obesity related mental health problems seen in women and men. Women are more likely than men to suffer from obesity related mental health complications. One factor that can be detrimental to the mental health of individuals with obesity is exposure to well-documented discriminatory attitudes and behaviors in different areas, such as employment, education and healthcare. Discrimination against individuals with higher Body Mass Index (BMI) can be problematic because it may induce strong dissatisfaction with body weight and shape, which is a risk factor for development of comorbid eating disorder (Bray 2004).

Eating disorders have been frequently studied in group of individuals. Obesity is mainly seen binge eating disorder and followed by bulimia nervosa.

Binge eating is a growing problem. The increased in morbidity may be related to possible contribution of bulimia to obesity and then to societal expectations. Obese people will lose excess weight. Potentially increasing prevalence of individuals by their behavior is of concern due to medical and psychosocial risks.

There is theoretical and clinical debate among most of medical professionals about the appropriate treatment for individuals having obesity and comorbid eating disorders (Kopelman 2000). The controversial aspect of this debate concerns the benefits and harms of weight loss diet. Health care professionals who specialize in eating disorders, especially those persons who primarily care for patients having anorexia nervosa and bulimia nervosa, often encourage the maintenance of the healthy weight are often concerned about the use of diet driven by the idealization of the leanness (Evans et al., 2004).

Strict dieting is often a main symptom of eating disorders such as anorexia nervosa and bulimia nervosa. Some of the medical professionals have a negative perception of strict dieting. By taking an example of the trans diagnostic cognitive behavioral model of eating disorders which is used to guide the gold standard treatment for the binge eating disorder and bulimia nervosa known as cognitive behavior therapy shows strict dieting as a central behavioral component in the maintenance of the eating disorders. Concerns regarding dieting are derived from studies found relationships between strict dieting and eating disorder symptoms. Classic study in this field namely the Keys' study was found that young healthy men submitted prolonged periods of semi starvation experienced symptoms which were similar to those experienced people with eating disorders such as preoccupation with food, binge eating and distress (Pi 2009). A study found that a significant proportion of patients were not currently dieting to avoid weight loss. Study also found that people who dieted to lose weight was less frequently than those who did not follow diet (Ogden et al., 2007).

Previous studies have been examined the effects of treating the individuals having obesity and comorbid eating disorders with eating disorder treatments by alone and also in combination. In this study 51% of participants who received treatment, 36% of participants who received behavioral weight loss therapy and 40% of participants who received strict diet and treatment followed by behavioral weight loss therapy. Binge eating disorder was shown to be in the remission. It also showed that by reduced bulimia significantly more than behavioral weight loss after his 12 months and that behavioral weight loss reduced weight significantly more than diet. In addition to the participants from binge eating had significantly reduced BMI compared to those who did not follow strict diet. Overall, the above studies shows that specific combination of obesity treatment and strict diet for eating disorders can significantly reduce binge eating and weight loss in obese individuals and comorbid eating disorders.

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