

APA Research Paper Sample

WOMEN VERSUS ANOREXIA NERVOSA

Women Dealing with Anorexia Nervosa

Psychology 101

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Introduction

About 14 million in the USA alone have to deal with a condition that eventually came to be known as Anorexia Nervosa. It is a disease that is characterized as one of the most intractable and the least understood among all mental illnesses (Sandra, Wilmer and Schwan, 2005, p.138). Many victims dealing with this disease will have to fight it for their entire life. However, if Anorexia Nervosa is detected early, especially during teenage years, it is highly possible to treat it with an appropriate solution (Chain, 2003).

Treatments Available

Upon detecting the symptoms, including weight loss, strict dieting, fasting, binge eating, feeling weak, dizzy and depressed, family members need to seek the counsel of a professional health care provider. The professional will look into the complete medical history of a person, and conduct a physical examination. After completing the process, the physician can start treating the individual dealing with Anorexia Nervosa, which may involve some referrals to counseling specialists, nutrition, as well as other medical fields.

Counseling Options

One of the so-called traditional types of treatment is counseling, often called as psychotherapy. The goal of this field is to work closely with the patient so that with therapy, the individual can control her personal eating behavior, maintaining her body weight. When talking about psychotherapy, there are two main types involved: individual and family therapy.

Individual Therapy

Individual therapy works by counseling with the patient one-on-one. At times, there are involved medical specialists who work as a team, but the therapy sessions are usually in between the patient and the doctors. This method comes with mixed results. According to a certain article published in the American Academy of Psychiatry (2001), individual therapy can be considered as a superior form when treating adolescents that are older, as well as those who go through a late onset.



However, findings from both articles show that individual therapy is not really the best type of treatment for those who are dealing with the problem.

Family Therapy

Despite the fact that individual therapy may not work well with individuals who have early onset Anorexia Nervosa, or with young adolescents, family therapy often seems to come with a significant stride when it comes to the treatment of this group of patients. It may not just use the help coming from parents as well as other family members, but it may also ask assistance from friends and schools as part of the strategy.

One strategy is a certain program referred to as the Maudsley Method. This is a new treatment which was developed back in the earlier 1980's in London. Under this method, parents are coached to assist their kids in gaining weight by any means that are effective. This is done by preparing the foods that they like, with a 24-hour monitoring so that purging is prevented.

Nutritional Therapy

While both individual, as well as family therapies are the traditional approaches to this issue, nutritional therapy, which is also referred to as psychoeducational therapy, is used commonly as well. The focus of psychoeducation involves the process of providing nature regarding the nature of the illness, with the hopes of cultivating certain attitudinal and behavioral changes in the life of a patient. On top of that, a research has also reported that psychoeducation that is family based also produces similar results with that of family therapy while costing affordably. However, the results may not necessarily be replicated together with a group of adolescents that are older.

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Medication

Medication is another type of method that is used in treating Anorexia Nervosa. Through the use of medication, together with pharmacological therapy in treating Anorexia Nervosa also introduces some very promising results. Medications is used commonly together with another type of treatment, same with several other treatments. This is often called as multidisciplinary approach. At the same time, pharmacological therapy implements the use of medicine which can help patients in reducing their fears of getting anxious and depressed, as well as in gaining weight (Cooper, 2003).

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