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The Prevention of Eating Problems and Eating Disorders

Theory, Research, and Practice

Michael P. Levine and Linda Smolak

A Psychology Press Book

Prevention Of Eating Problems And Eating Disorders Theory Research And Practice

Sharna Olfman



Prevention Of Eating Problems And Eating Disorders Theory Research And Practice:

The Prevention of Eating Problems and Eating Disorders Michael P. Levine, Linda Smolak, 2006-04-21 This is the first authored volume to offer a detailed integrated analysis of the field of eating problems and disorders with theory research and practical experience from community and developmental psychology public health psychiatry and dietetics The book highlights connections between the prevention of eating problems and disorders and theory and research in the areas of prevention and health promotion theoretical models of risk development and prevention e g developmental psychopathology social cognitive theory feminist theory ecological approaches and related research on the prevention of smoking and alcohol use It is the most comprehensive book available on the study of prevention programs especially for children and adolescents The authors review the spectrum of eating problems and disorders the related risk and protective factors the models that have guided prevention efforts to date the literature on the studies of prevention and suggestions for curriculum and program development and evaluation The book concludes with a new prevention program based on the Feminist Ecological Developmental model The 800 references highlight work done around the world The Prevention of Eating Problems and Eating Disorders addresses methodologies for assessing and establishing prevention the implications of neuroscience for prevention dramatic increases in the incidence of obesity the role of boys men and the media on body image prevention programming for minority groups and whether to focus on primary or secondary prevention Intended for clinicians and academicians from disciplines such as health clinical developmental and community psychology social work medicine and public health this book is also an ideal text for advanced courses on eating disorders

Prevention of Eating Problems and Eating Disorders : Theory, Research, and Practice ,2006 The Prevention of Eating Problems and Eating Disorders Michael P. Levine, Linda Smolak, 2020-06-04 In a detailed analysis of the field of eating problems and disorders this book highlights the connections between the prevention of eating problems and disorders and theory and research in the areas of prevention and health promotion It also looks at models of risk development and prevention specific issues and challenges the status of current prevention research and lessons for prevention program development In this unique text Levine and Smolak draw on a range of interdisciplinary perspectives including prevention science developmental psychology public health and neuroscience to provide a thorough review history and critique of the topic in light of a range of empirical studies The only authored volume with a broad detailed and integrated view of theories research and practice this expanded fully revised and updated new edition features new chapters on dissonance based approaches public health biopsychiatry and neuroscience gender culture s technology obesity protective factors and ecological approaches The Prevention of Eating Problems and Eating Disorders Theories Research and Applications is essential reading for clinicians academics researchers graduate students upper level undergraduates and activists and advocates involved in work pertaining to eating disorders disordered eating prevention health promotion body image obesity and biopsychosocial perspectives **Referenzwerk**

Prävention und Gesundheitsförderung Klaus Hurrelmann, 2018-09-10 Immer mehr chronische und degenerative Störungen und Krankheiten können nicht geheilt sondern lediglich über einen langen Zeitraum begleitet und in ihren Auswirkungen eingedämmt werden Strategien die einer Erkrankung vorbeugen und Gesundheit fördern gewinnen aus diesem Grund immer mehr an Bedeutung Das Werk erklärt anschaulich die Grundlagen von Prävention und Gesundheitsförderung sowie spezifische Präventionskonzepte bei somatischen Störungen und Krankheiten u a Herz Kreislauf Erkrankungen Krebs Atemwegserkrankungen neurologische Erkrankungen aber auch psychosomatischen und psychischen Störungen Dieses Werk hat sich in der Ausbildung von Medizinern Gesundheitswissenschaftlern Pflegefachleuten und vielen anderen Gesundheitsfachleuten ebenso wie Sozialwissenschaftlern Psychologen Pädagogen und Sozialarbeitern als Referenzwerk fest etabliert Die 5 Auflage wurde unter einer neuen Herausgeberschaft vollständig bearbeitet aktualisiert und ergänzt **Neue Ansätze der Kognitiven Verhaltenstherapie** Hans Gunia, Eduardo Keegan, 2025-11-24 Seit einigen Jahren besteht im Bereich der Kognitiven Verhaltenstherapie KVT ein wachsendes Interesse an Behandlungen die auf bestimmte zentrale Mechanismen oder Prozesse der Psychopathologie abzielen und die flexibel eingesetzt werden können um Verhaltensprobleme mit sehr unterschiedlichen Merkmalen zu behandeln Der Fokus geht also weg von kategorialen Diagnosesystemen und der Vorstellung dass jede Störung eine spezifische Ursache hat und daher eine spezifische Behandlung benötigt Der Band trägt dieser neuen Entwicklung Rechnung und stellt verschiedene transdiagnostische prozess und onlinebasierte Behandlungen vor um Antworten auf diese aktuellen Herausforderungen der KVT zu geben Anhand ausgewählter Beispiele z B Perfektionismus Prävention von Essstörungen Psychosen oder der Behandlung funktioneller dissoziativer Anfälle werden transdiagnostische Prozesse beschrieben und Ansätze für den Umgang mit diesen Prozessen bereitgestellt Achtsamkeit Tango in der Psychotherapie und die Arbeit mit Metaphern werden als wichtige transdiagnostische Behandlungsstrategien vorgestellt Zudem wird beschrieben wie digitale Medien und moderne Kommunikationstechnologien in kognitiv behaviorale Therapien integriert werden können um Herausforderungen die sich insbesondere in psychotherapeutisch unterversorgten Regionen ergeben zu begegnen Schließlich werden die Dialektisch Behaviorale Therapie DBT und die Dialektisch Behaviorale Therapie Radikal Offen DBT RO als transdiagnostische und prozessorientierte Ansätze vorgestellt die nicht nur bei der Behandlung von Persönlichkeitsstörungen sondern auch bei anderen Störungen eingesetzt werden können wenn es um die Behandlung emotionaler Probleme geht *The Wiley Handbook of Eating Disorders* Linda Smolak, Michael P. Levine, 2015-09-08 Drs Smolak and Levine are to be congratulated for this timely comprehensive two volume Handbook The list of contributors is impressive the breadth of topics covered is exhaustive and the overall organization is superb James E Mitchell MD Christoferson Professor and Chair of Psychiatry and Behavioral Science University of North Dakota School of Medicine and Health Sciences President and Scientific Director The Neuropsychiatric Research Institute Unquestionably the most comprehensive overview of eating disorders in the history of

the field edited by two of its most respected scholars Drs Smolak and Levine have recruited distinguished clinicians and researchers to review every aspect of these illnesses from prevention to treatment This Handbook should be required reading for any professional that wants to work in this field Craig Johnson PhD FAED Chief Science Officer Eating Recovery Center Clinical Professor of Psychiatry University of Oklahoma College of Medicine Eating disorders are serious public health problems This comprehensive book on eating disorders is edited by two of the pioneers in the field Drs Linda Smolak and Michael Levine Their work on topics such as eating disorders prevention media and eating disorders and the objectification of women have greatly informed our knowledge base and current practices In this outstanding volume Smolak and Levine pull together many of the leaders within the field of eating disorders I strongly recommend this book to anyone with an interest in the etiology consequences prevention or treatment of eating disorders Dianne Neumark Sztainer PhD Professor School of Public Health University of Minnesota Author *I'm Like So Fat: Helping Your Teen Make Healthy Choices* about Eating and Exercise in a Weight Obsessed World Renowned scholars Smolak and Levine have assembled the best scientists and clinicians to educate us about the major advances and important questions in the field of eating disorders This comprehensive Handbook is a must have rich and accessible resource Thomas F Cash PhD Professor Emeritus of Psychology Old Dominion University This groundbreaking two volume Handbook edited by two of the leading authorities on body image and eating disorders research provides evidence based analysis of the causes treatment and prevention of eating disorders The Wiley Handbook of Eating Disorders features the most comprehensive and up to date collection of eating disorders research ever assembled including contributions from an international group of scholars from a range of disciplines as well as coverage of DSM 5 The Handbook includes chapters on history etiological factors diagnosis assessment treatment prevention social policy and advocacy Boldly tackling controversies and previously unanswered questions in the field and including suggestions for further research at the conclusion of every chapter The Wiley Handbook of Eating Disorders will be an essential resource for students scholars and clinicians invested in improving the treatment and prevention of eating disorders

Handbook of Counseling Psychology Steven D. Brown, Robert W. Lent, 2008-06-02 This completely revised and updated Fourth Edition of the Handbook of Counseling Psychology presents a cross disciplinary survey of the entire field combining a scholarly review of important areas of counseling psychology with current and insightful analyses of topics The new edition equips you with a leading resource containing the latest information on the prevention and treatment of vocational educational and personal adjustment problems

Body Image Thomas F. Cash, Linda Smolak, 2012-10-09 The standard reference for practitioners researchers and students this acclaimed work brings together internationally recognized experts from diverse mental health medical and allied health care disciplines Contributors review established and emerging theories and findings probe questions of culture gender health and disorder and present evidence based assessment treatment and prevention approaches for the full range of body image concerns Capturing the richness and complexity of the

field in a readily accessible format each of the 53 concise chapters concludes with an informative annotated bibliography New to This Edition Addresses the most urgent current questions in the field Reflects significant advances in key areas assessment body image in boys and men obesity illness related body image issues and cross cultural research Conceptual Foundations section now incorporates evolutionary genetic and positive psychology perspectives Increased coverage of prevention

Handbook of Eating Disorders and Obesity J. Kevin Thompson, 2004 Special coverage addresses cosmetic surgery and cosmetic medical treatments how the media influences eating disorders weight and shape concerns of boys and men cross cultural aspects of eating disorders child sexual abuse and eating disorders and a feminist approach to eating disorders Book cover

Embodiment and the Treatment of Eating Disorders Catherine Cook-Cottone, 2020-09-22 Tools for the clinician to help clients turn their bodies into resources for healing from eating disorders Embodiment refers to the lived attunement of the inner and outer experience of self Cognitions are aligned with the sensing and feeling body Further in an attuned experience of self positive embodiment is maintained by internally focused tools such as self care practices that support physiological health emotional well being and effective cognitive functioning For those who suffer from eating disorders this is not the case in fact the opposite is true Disordered thinking an unattuned sense of self and negative cognitions abound Turning this thinking around is key to client resilience and treatment successes Catherine Cook Cottone provides tools for clinicians working with clients to restore their healthy selves and use their bodies as a positive resource for healing and long term health The book goes beyond traditional treatments to talk about mindful self care mindful eating yoga and other practices designed to support self regulation

The Creative Therapies and Eating Disorders Stephanie L. Brooke, 2008

Internationale Bibliographie der Rezensionen wissenschaftlicher Literatur, 2007 V.I.K. (very Important Kids) Jennifer Irving Haines, 2005

Early Intervention of Eating and Weight-related Problems Via the Internet in Overweight Adolescents Angela Ann Celio, 2005 More than one out of seven adolescents are currently overweight or obese and the majority of these adolescents are expected to experience compromised mental and physical health over their lifetimes Body dissatisfaction and the elevated rates of eating disordered behaviors in this population have rarely been addressed in obesity treatment programs This study evaluated the efficacy of an integrated Internet delivered early intervention approach targeting weight loss body dissatisfaction and reduction of eating disordered behaviors in an overweight adolescent sample Sixty one 12 to 18 year olds who were overweight or obese mean BMI percentile 97 71 2 51 were randomly assigned to Student Bodies 2 SB2 a 16 week Internet delivered program utilizing a cognitive behavioral approach or typical care TC Each week during the program SB2 participants logged on to the website to read psychoeducational materials complete online food physical activity weight and body image journals and participate in an asynchronous group discussion Assessments were conducted at baseline and at post treatment A statistically significant reduction in BMI z score was found when compared to the TC group $F(1, 58.629) = 0.015$, $ES = 0.19$ No statistically significant

differences were noted between groups on measures of eating disordered attitudes and behaviors with the exception of an increase in dietary restraint in the SB2 group $F(1, 55) = 4.88, p = .031$ which reflected program recommendations SB2 participants reduced consumption of high fat foods $F(1, 52) = 6.09, p = .017, ES = 0.61$ and increased eating related $F(1, 58) = 11.34, p = .001, ES = 0.94$ and physical activity related cognitive and behavioral skills use $F(1, 58) = 7.43, p = .008, ES = 0.78$ However none of these variables were shown to be mediators of outcome SB2 participants also reported reduced stress levels compared to increases in stress in the TC group $F(1, 51) = 9.41, p = .003, ES = 0.53$ Findings suggest that an Internet delivered intervention yields a modest reduction in weight status and that body image and eating disordered behaviors are not negatively impacted Implications include the acceptability of the Internet as a potentially effective modality in the treatment of adolescent obesity and associated conditions

The Sexualization of Childhood Sharna Olfman, 2009 Only a generation or two ago childhood in the United States was understood to be a unique and vulnerable stage of development a time for play and protection from adult preoccupations and responsibilities In recent decades however we appear to have jettisoned these norms and the lines that separate the lifestyles of even very young children from adults are blurring As widely known experts on the team that created this book explain children begin formal education now in preschool dress like adults listen to the same music play the same video games explore the same Internet sites and watch explicit depictions of sex and violence on TV and in movies What is the impact of immersing children in a sexualized world The Sexualization of Childhood first explains the nature of healthy sexual development It then describes the ways in which children are being sexualized and the physical and psychological consequences It then looks at the lower and lower age at which girls are experiencing puberty that reduction being fueled by the pseudoestrogens in so many of our foods and products as well as obesity Finally it examines what we can do legally politically and as caregivers to protect children from developmentally inappropriate sexual experiences *Papers on Anthropology*, 2006

American Psychiatric Association Practice Guidelines for the Treatment of Psychiatric Disorders American Psychiatric Association, 2002 Developed by the APA to assist in clinical decision making the Practice Guidelines series has become an invaluable resource to help benchmark care strategies for 11 common mental disorders The APA makes Practice Guidelines available to help improve patient care and give members access to the latest information and research Intended as a professional resource and not a standard of care the Practice Guidelines provide convenient summaries of what we know about key mental disorders and the effectiveness of specific treatments The eleven Practice Guidelines are Alzheimer's Disease and Other Dementias Of Late Life Bipolar Disorder Second Edition Borderline Personality Disorder Delirium Eating Disorders Second Edition HIV AIDS Major Depressive Disorder Second Edition Panic Disorder Psychiatric Evaluation Of Adults Schizophrenia Substance Use Disorder Alcohol Cocaine Opioids These guidelines help you Understand clinical features and symptoms Make a confident differential diagnosis Evaluate interventions commonly used to treat specific disorders Select the appropriate site of service Educate the patient and family Assess the efficacy and risks of

available medications Develop an individualized treatment plan *Encyclopedia of Mental Health* ,2015-08-26 Encyclopedia of Mental Health Second Edition Four Volume Set tackles the subject of mental health arguably one of the biggest issues facing modern society The book presents a comprehensive overview of the many genetic neurological social and psychological factors that affect mental health also describing the impact of mental health on the individual and society and illustrating the factors that aid positive mental health The book contains 245 peer reviewed articles written by more than 250 expert authors and provides essential material on assessment theories of personality specific disorders therapies forensic issues ethics and cross cultural and sociological aspects Both professionals and libraries will find this timely work indispensable Provides fully up to date descriptions of the neurological social genetic and psychological factors that affect the individual and society Contains more than 240 articles written by domain experts in the field Written in an accessible style using terms that an educated layperson can understand Of interest to public as well as research libraries with coverage of many important topics including marital health divorce couples therapy fathers child custody day care and day care providers extended families and family therapy **Preventing Eating Disorders Among Pre-Teen Girls** Beverly Menassa,2004-06-30 A must for parents teachers and counselors this book targets preadolescent girls aiming to engage them in educational activities that will empower them to avoid eating disorders The author examines eating disorders from sociocultural and feminist perspectives showing how disorders are most often caused by overexposure to media messages an unrealistic cultural fascination with thinness by continuous analysis of our bodies and a disordered cultural view of food Then Menassa presents a 10 session guide to prevention that engages girls in activities to spur and empower their independent thinking and reasoning For example girls become watchdogs of the media and write to companies that present women in a negative light in their advertisements The girls challenge ingrained beliefs and replace them with healthier ones Preadolescence is a time when girls minds are malleable and they are willing to challenge established activities such as media presentations Once girls hit puberty many will have already developed disordered eating behaviors many will have been on several diets therefore beginning the work to decode and combat harmful messages before that stage is crucial

New Books on Women and Feminism ,2005

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