

Psychological and psychiatric aspects of bulimia nervosa

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This study was mainly concerned with studying the psychological and psychiatric aspects of bulimia nervosa, including the psychopathology and the relation between bulimia nervosa and psychiatric disorders as affective disorders, anxiety disorders, personality disorders and substance use disorders. The results showed that bulimia nervosa is more prevalent among single, highly educated, upper-class, young females. It has a multifactorial etiology, heredofamilial, biological, psycho-pathological and socio-cultural. There are many underlying psychiatric disorders in patients with bulimia nervosa, mostly affective disorders. Patients with bulimia nervosa may show a past history of anorexia nervosa. Antidepressants and cognitive-behavioral therapy are the most effective in treating bulimia nervosa.