

Anorexia Nervosa: Evade the Deadly Mental Trap Before It Devours You

Juhaina Bajaman ¹

1. Alfaisal University College of Medicine

✉ **Corresponding author:** Juhaina Bajaman, jbajaman@alfaisal.edu

Categories: Psychiatry

Keywords:

How to cite this poster

Bajaman J (2012) Anorexia Nervosa: Evade the Deadly Mental Trap Before It Devours You. Cureus 4(10): e437.

Abstract

In recent years, eating disorders have emerged as a serious threat to health in the developed world. This paper addresses a multitude of areas linked to anorexia nervosa: prevalence, stigma, causative factors, treatment concerns and ethical issues. A literature review was composed to weigh the causal role of stigma, compare Western and Eastern reactions, and outline recommended treatment methods. A wide range of academic articles were perused to bolster claims with authentic data. The aim of this paper is to promote widespread awareness with the intention of eradicating opinions and behaviors that lead to the development of this mental illness. Since treatment plans and related ethical issues are still under deliberation, the only outlet is the enactment of preventive measures on a global basis. Also, the text lays emphasis on the seriousness and “multi-determined” nature of this condition. Society-born disorders like AN can only be combated by the combined efforts of the same society.

Open Access

Published 10/12/2012

Copyright

© Copyright 2012

Bajaman. This is an open access article distributed under the terms of the Creative Commons Attribution License CC-BY 3.0., which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Distributed under

Creative Commons CC-BY 3.0

