

Treating Boys and Men with Eating Disorders

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- I. Prevalence of Eating Disorders in Males
 - A. 10-15% of individuals with bulimia nervosa are male
 - B. 5-10% of individuals with anorexia nervosa are male
 - C. 40% of individuals with binge eating disorder are male

- II. Males at risk for Eating Disorders
 - A. Late puberty
 - B. Perfectionist
 - C. Low self-esteem
 - D. Low assertiveness
 - E. Certain athletes (wrestlers, bodybuilders, gymnasts)
 - F. Men who also have major depressive disorder and/or obsessive compulsive disorder

- III. Media Imagery
 - A. Directed toward boys and men today
 - B. Aggressive marketing of lean, tone, muscular body
 - C. Music videos
 - D. Athletes
 - E. Advertisements
 - F. Action figures

- IV. How are Eating Disorders Different in Males than Females?
 - A. Greater weight fluctuation
 - B. Premorbid obesity
 - C. Abuse laxatives and diet pills less frequently
 - D. More likely to excessively exercise
 - E. Less likely to seek treatment

- V. Treatment of Eating Disorders in Males
 - A. Similar to women on most aspects
 - B. Deal with issues of shame around masculinity
 - C. Lack of male role models
 - D. Many treatment centers do not accept boys and men