APID, Firenze, 24 marzo 2012

Disturbi dell'alimentazione e immagine del corpo

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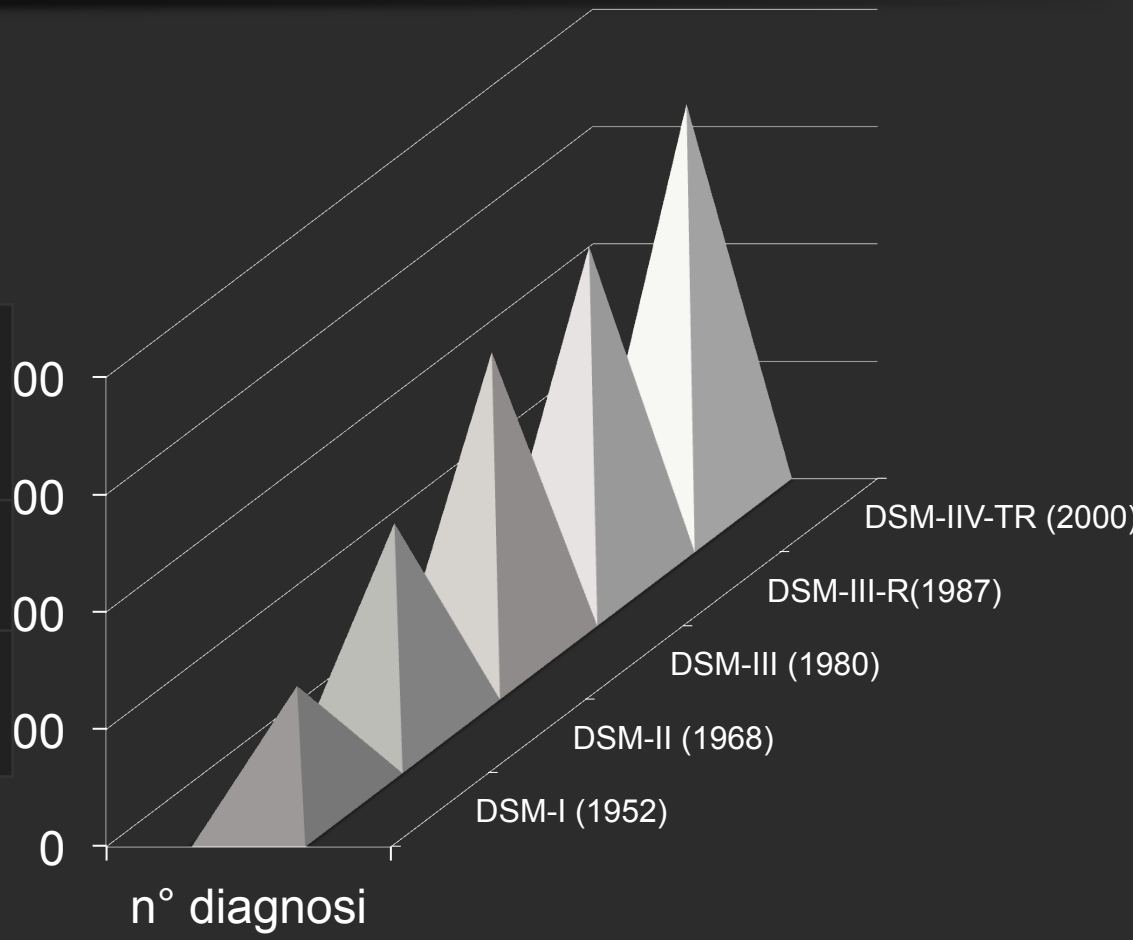
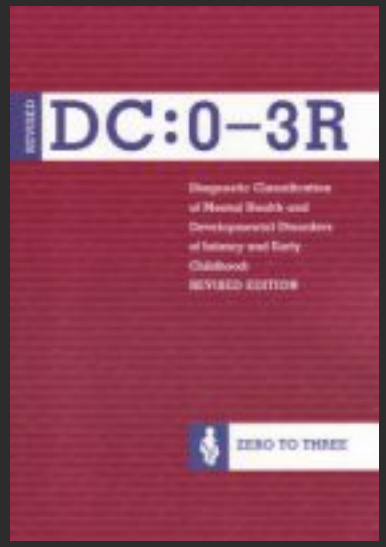
nominare i disturbi dell’alimentazione

DSM: proliferation of diagnostic categories

DSM I	DSM II	DSM III	DSM III-R	DSM IV-TR
1952	1968	1980	1987	2000
106	**182**	**265**	**292**	**350+**



DC:0-3R

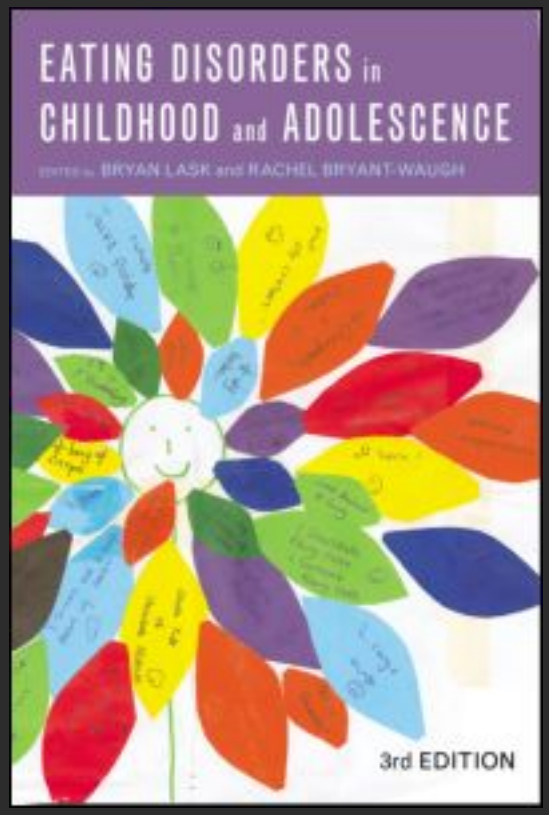


DC:0-3R

Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood. *Revised edition*,

Zero to Three, 2005

GOS criteria



Lask B, Bryant-Waugh R, editors.

Eating Disorders in Childhood and Adolescence

London: Routledge; 2007

3rd Edition.

New syndromes?

Vandereycken W, 2011 (a

Vandereycken W

Media hype, diagnostic fad or genuine disorder? Professionals' opinions about night eating syndrome, orthorexia, muscle dysmorphia, and emetophobia..

Eat Disord. 2011;19(2):145-55

Many "new" syndromes have been proposed for inclusion in the DSM-V:

Night Eating Syndrome

Orthorexia

Muscle Dysmorphia

Emetophobia

…

PS·EAD

An increasing number of cases of eating disorders in the **postoperative period** are being reported.

Segal A, Kinoshita Kussunoki D, Larino MA

Post-surgical refusal to eat: anorexia nervosa, bulimia nervosa or a new eating disorder? A case series.

Obes Surg 2004;14(3):353-60

A broad spectrum of ...

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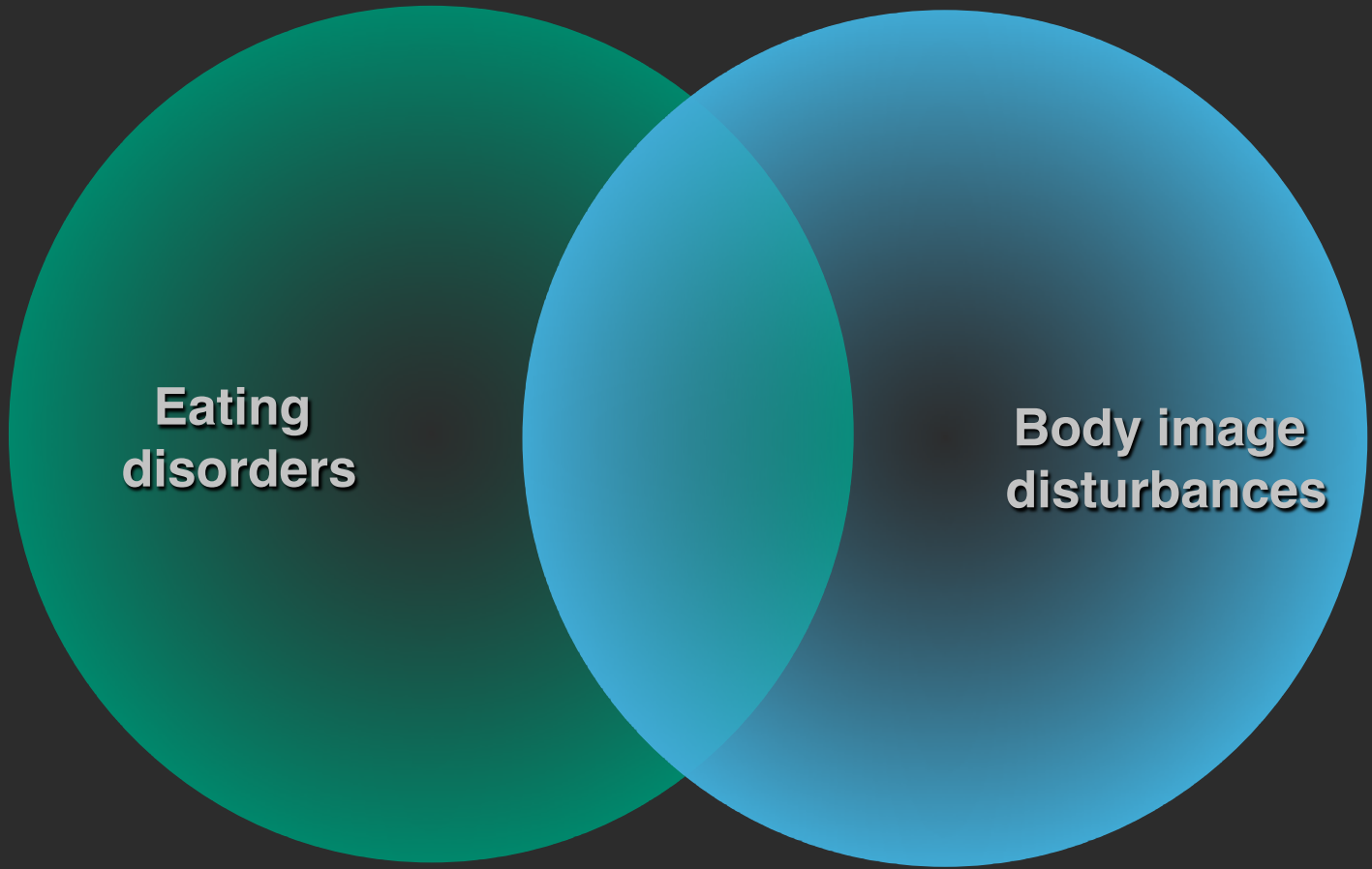
immagine del corpo

Un fenomeno del Novecento …



Pierre Bonnier (1905)

“ Noi sappiamo di occupare un certo nostro luogo, ed è grazie a questo schema che ci orientiamo ***oggettivamente*** *nel mondo e* ***soggettivamente*** *riguardo alla localizzazione delle diverse parti del nostro proprio corpo ”*

(Bonnier, 1905)

Schema corporeo

schema corporeo

rappresentazione del corpo

- *topografica*
- *spaziale*
- *dinamica*

che permette di orientarsi continuamente rispetto all'ambiente esterno e alle varie parti del proprio corpo.

Aschematie

Le ***aschematie*** (disturbi dello schema corporeo) sono definite:

- ***negative*** quando manca la consapevolezza di parti del corpo (p.e. autotopoagnosia, sindrome di Gerstmann, emisomatoagnosia etc.)

- ***positive*** quando vi è l'illusione dell'esistenza di parti del corpo in realtà mancanti (p.e. arto fantasma)

Ambroise Paré (1551)

"... dopo un'amputazione, per lungo tempo, alcuni pazienti dicono di sentire ancora dolore nella parte amputata ..."

Paul Schilder (1935)

*" ... il **quadro mentale** che ci facciamo del nostro corpo, vale a dire il modo in cui il corpo appare a noi stessi … "*

Immagine del corpo • componenti

costrutto psicologico complesso al quale contribuiscono componenti :

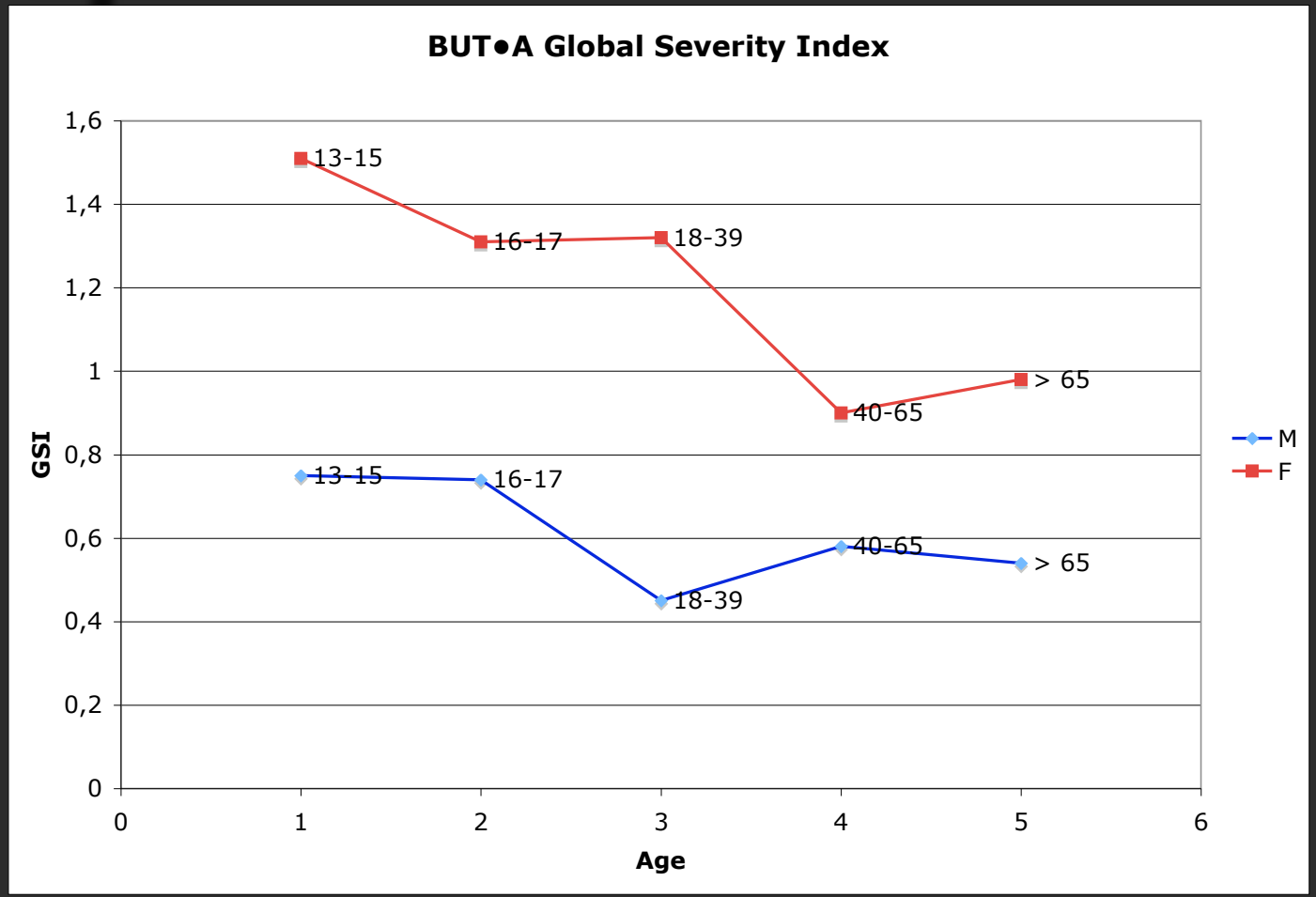
- *senso-percettive* → *(size estimation)*
- *cognitive*
- *affettive*
- *comportamentali*
- *relazionali*

→ *giudizio di valore (body image satisfaction)*

Wood et al. 1996
Stormer & Thompson 1996
Cash & Pruzinsky, 1990 e 2002

BUT: predictive validity for sex …

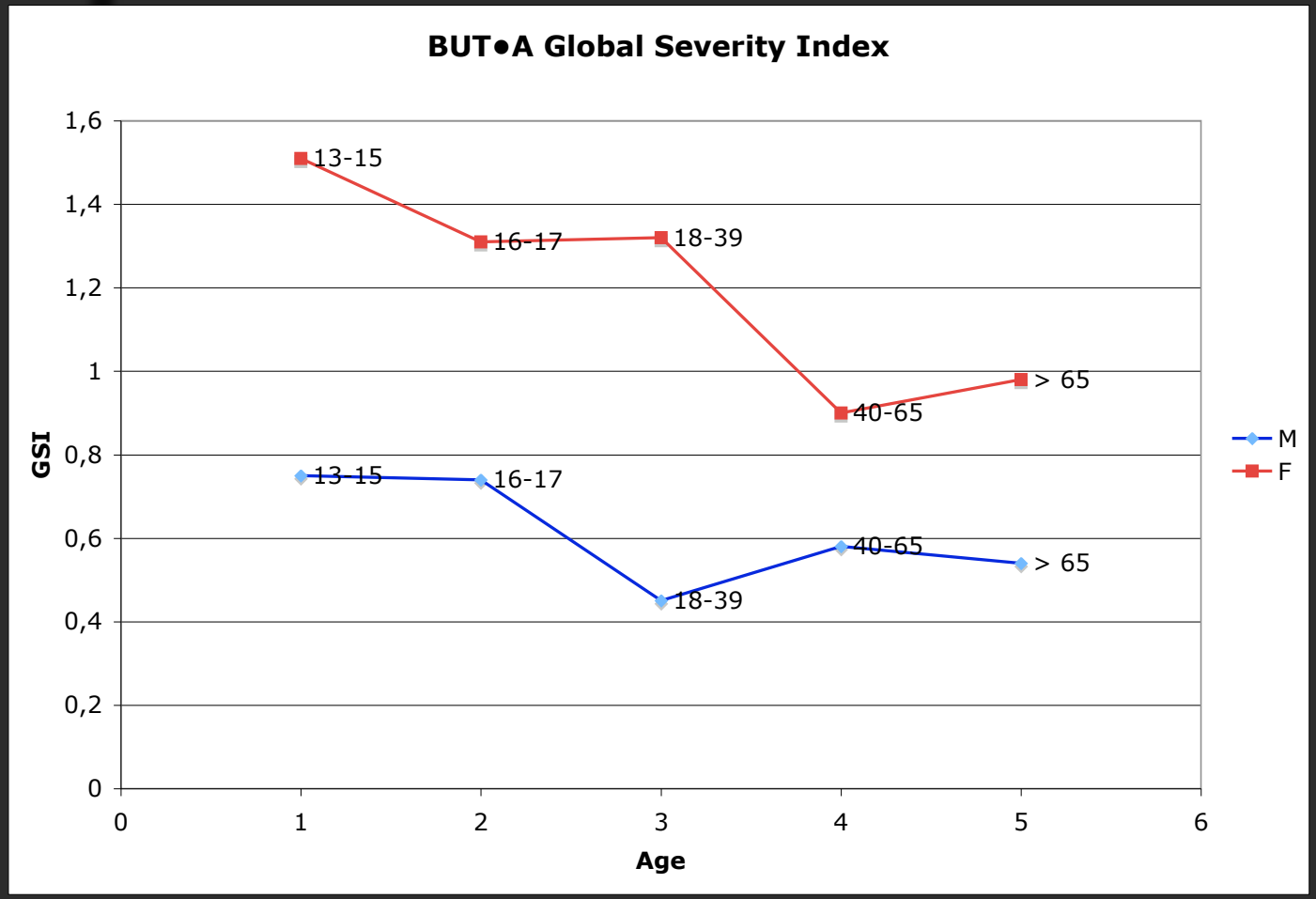
(Cuzzolaro M et al, 2006)



The discriminant functions concerning differences between males and females are highly significant above all in the 13-39-age range.

… and for age

(Cuzzolaro M et al, 2006)

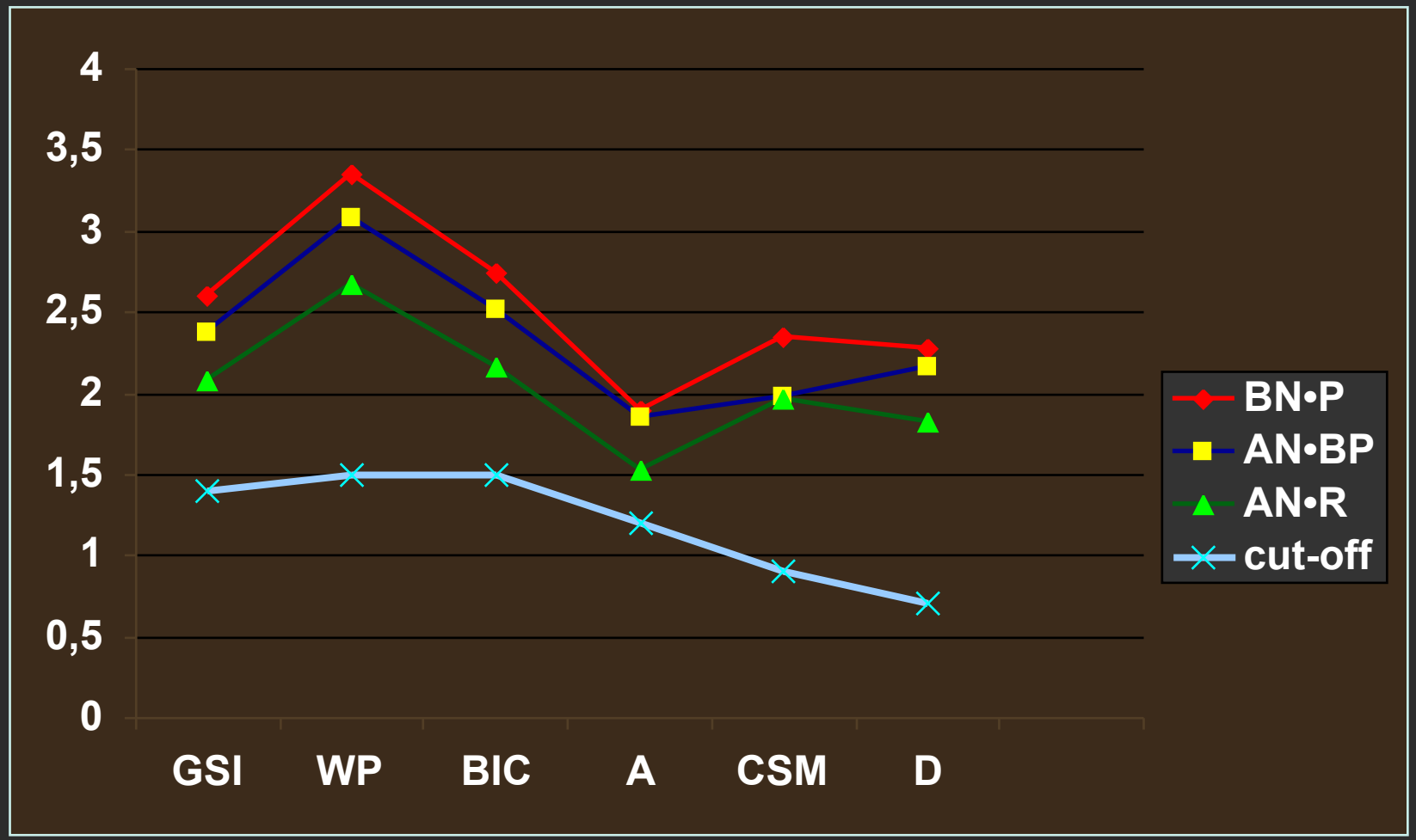


The females under 40 had significantly higher scores compared to the others

In males there were no significant differences among the different age groups

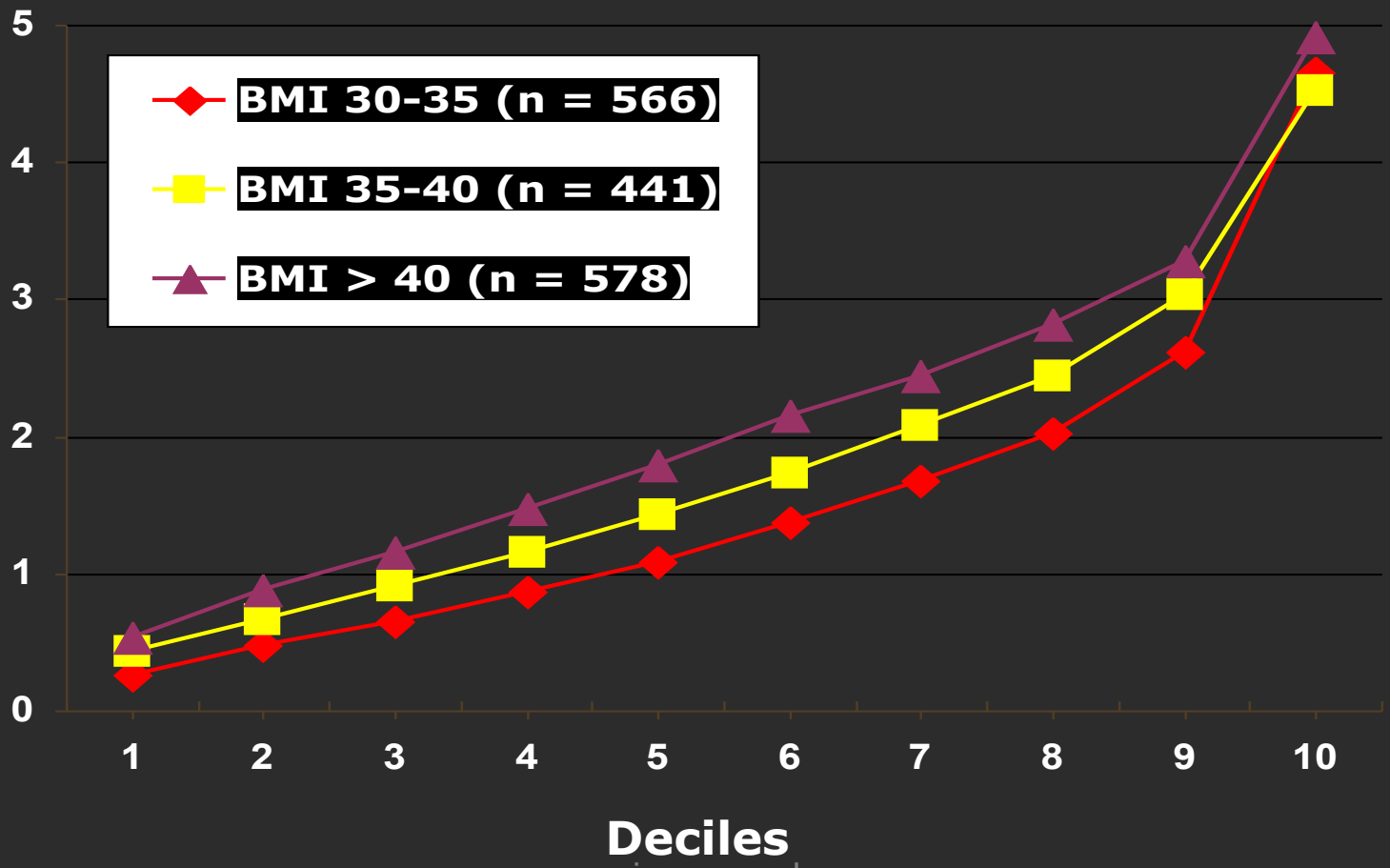
Anoressie, Bulimie e punteggi BUT

(Cuzzolaro M et al, 2006)



Body Uneasiness Test

Global Severity Index by BMI (Marano G et al, 2007)



Means and standard deviations of BUT scores in BED and non-BED obese patients (Cuzzolaro M et al, 2008)

BUT-A scores		Males BED N=70	Males NON-BED N=70	t		Females BED N=89	Females NON–BED N=89	t	
Global Severity Index	M	2.11	1.33	4.32	***	2.83	1.97	5.22	***
	SD	1.07	0.93			0.98	1.19		
Weight Phobia	M	2.57	1.73	4.04	***	3.17	2.45	3.84	**
	SD	1.22	1.08			1.13	1.36		
Body Image Concerns	M	3.02	2.06	3.72	**	3.71	2.79	4.78	***
	SD	1.43	1.44			1.10	1.44		
Avoidance	M	1.68	0.76	4.63	***	2.66	1.47	6.12	***
	SD	1.32	0.85			1.28	1.33		
Compulsive Self Monitoring	M	0.95	0.67	2.03	*	1.47	1.11	2.29	*
	SD	0.87	0.64			1.06	1.04		
Depersonalization	M	1.48	0.79	3.65	**	2.32	1.32	5.23	***

Eating disorders and body image disturbance

	disordered eating	body image disturbance
Anorexia Nervosa	✓	✓
Bulimia Nervosa	✓	✓
Binge Eating Disorder	✓	✓

Psicopatologia dell'immagine del corpo

Dismorfofobia

Nel 1886 Enrico Morselli descrisse una nuova forma di disturbo mentale che propose di chiamare ***dismorfofobia***.

La definì come caratterizzata dalla penosa sensazione di essere portatore di una imperfezione o di una deformità dell'aspetto che agli altri, invece, appare normale.

La dismorfofobia non è, però, una fobia. È un rovello ossessivo; oppure, altre volte, un franco delirio che riguarda il proprio sembiante.

A. Dürer

BDD e BUT

Cuzzolaro M, Giorgini L e Cardi V

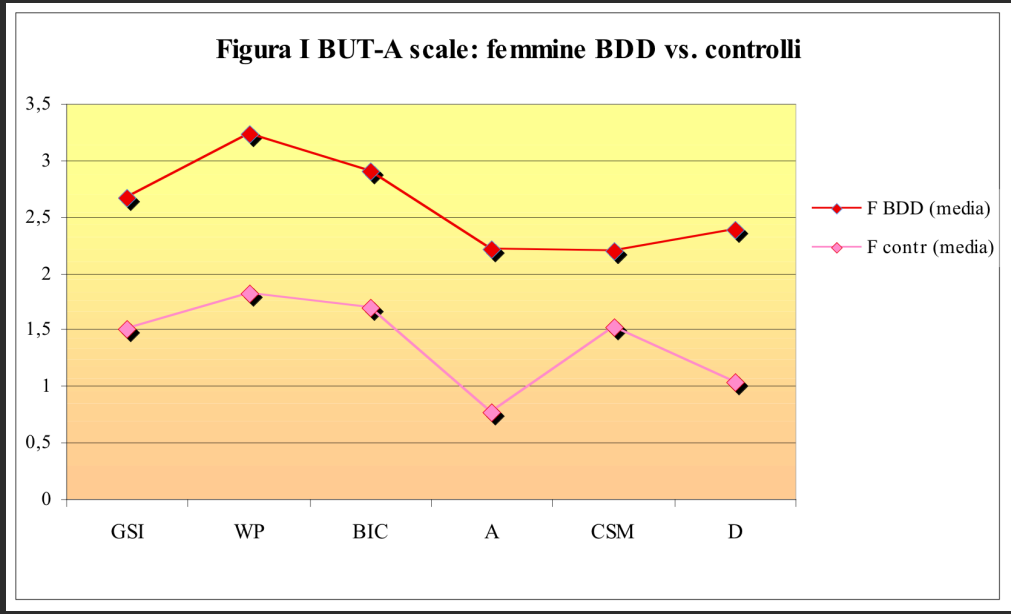
Identità e immagine corporea. Il disturbo di dismorfismo corporeo.

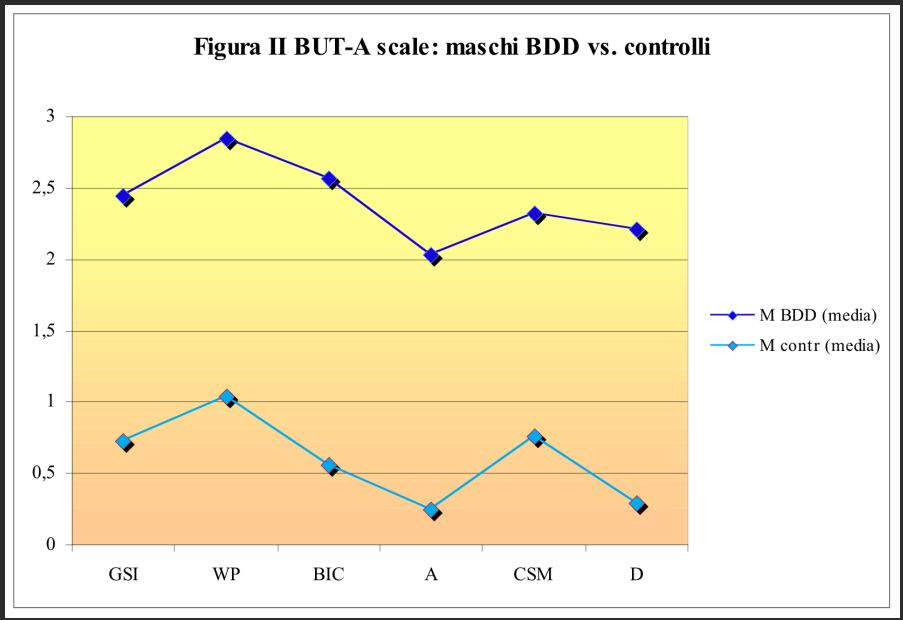
In: Gentile MG, editor.

Aggiornamenti in nutrizione clinica. N° 16

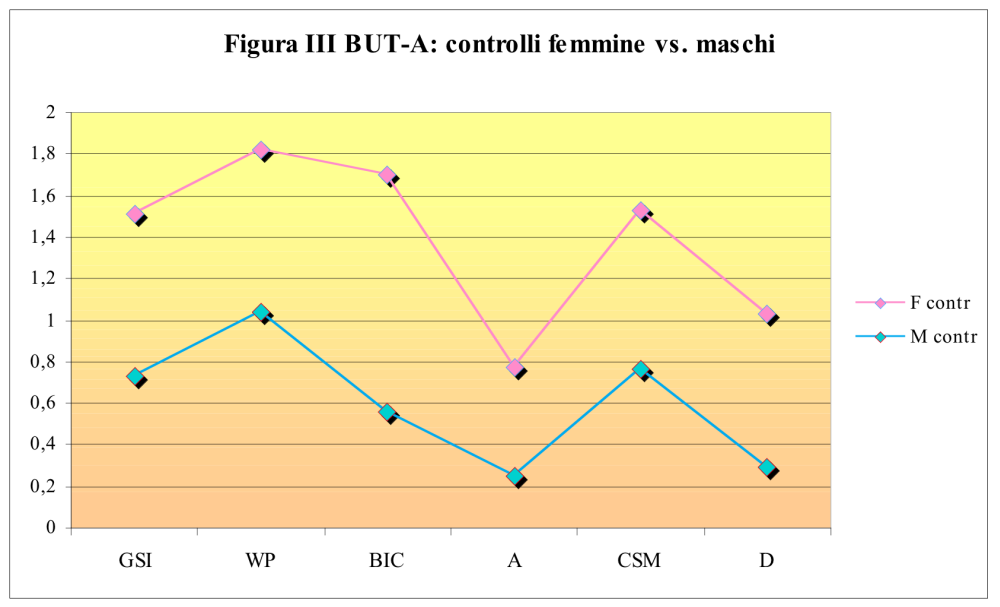
Fidenza: Mattioli; 2008. p. 71-85

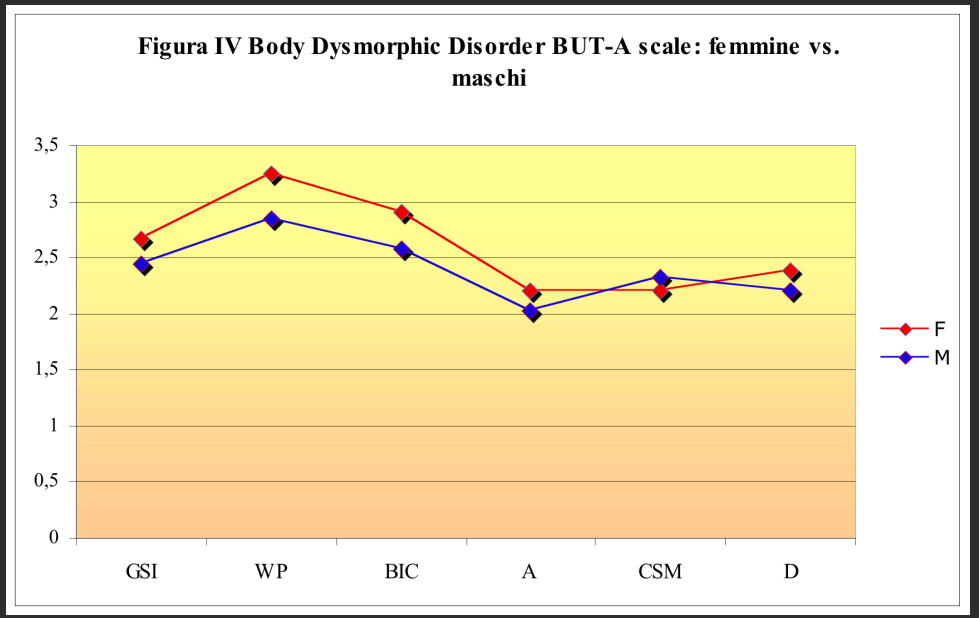
BUT • A
Body Dysmorphic Disorder vs. controls





BUT • A
Body Dysmorphic Disorder vs. controls





BDD e chirurgia estetica

L'interesse per il disturbo di dismorfismo corporeo è molto aumentato negli ultimi trent'anni.

Un motivo è stato la grande diffusione degli interventi di chirurgia estetica, pericolosamente richiesti da chi soffre di questo disturbo.

THE INDEPENDENT

10 February 2009

Alicia Douvall: addicted to cosmetic surgery (a

"I'm on a quest for change …".

"My philosophy is: if it can be changed, it will be".

Identità e immagine del corpo

Posé comme représentant de soi, il [le corps] *devient affirmation personnelle, mise en évidence d'une esthétique et d'une morale de la présence.*

le corps inachevé

(David Le Breton, 1999)

... corps brouillon

Le corps est soumis à un *design* parfois radical ...

(D. Le Breton, 2002)

- *body building*
- régimes alimentaires
- cosmétiques
- prises de produits comme le DHEA
- gymnastiques de toute sortes
- marques corporelles
- chirurgie esthétique
- transexualisme
- *body art*
- etc.

Il n'est plus question de se contenter du corps que l'on a, mais d'en modifier les assises pour le completer ...

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danza-movimento-terapia
e
disturbi dell’alimentazione

DMT e DA: uno studio italiano

Carraro A et al, 1998 (a

Carraro A, Cognolato S, Bernardis AL

Evaluation of a programme of adapted physical activity for Eating Disorder patients.

Eat Weight Disord. 1998;3(3):110-4

The importance of work focused on body experience in the therapy of Eating Disorders is widely acknowledged.

Even so, few researches have been devoted to this aspect.

DMT e DA: uno studio italiano

Carraro A et al, 1998(b

This paper describes the employment of adapted physical activity as part of a residential cure programme for 96 eating disorder patients.

The wide variety of working tools includes both **individual and group** activities:

- movement exercise
- adapted sports
- dancing
- expressive activities
- relaxation.

DMT e DA: uno studio italiano

Carraro A et al, 1998(c

The following are used to evaluate results:

- individual and group talks
- specific observation scales
- video recordings of some meetings.

The observations indicate that controlled physical activities

can be usefully integrated

into an ED cure project.

DMT e DA: uno studio tedesco

Laumer U et al, 1997 (a

Laumer U

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1997;47(5

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The Feldenkrais Method is

a somatic educational system

designed by

Moshé Feldenkrais (1904–1984).

DMT e DA: uno studio tedesco

Laumer U et al, 1997 (b

15 eating disordered patients treated at the Roseneck hospital for behavioural medicine rated-by means of a questionnaire consisting of scales of

- the Body Cathexis Scale (BCS)
- the Body Parts Satisfaction Scale (BPSS)
- the questionnaire for body perception (Fragebogen zum Korpererleben; FKE)
- the Emotion inventory (Emotionalitatsinventar; EMI-B)
- the Anorexia-Nervosa-Inventory for Self-rating (ANIS)
- the Eating Disorder Inventory-2 (EDI).

before and after participating in **a nine hour** course of the Feldenkrais Method.

DMT e DA: uno studio tedesco

Laumer U et al, 1997 (c

The participants of the Feldenkrais-course showed

- increasing contentment with regard to problematic zones of their body and their own health
- as well as concerning acceptance and familiarity with their own body.

DMT e DA: uno studio tedesco

Laumer U et al, 1997 (d

The outcome points to the therapeutical effectiveness

of the Feldenkrais Method

with eating-disorder patients

within a multimodal treatment program.