

TRAUMA AND EATING DISORDERS

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GENETICS OF ANOREXIA NERVOSA

Keski-Rahkonen et al. (2007). Epidemiology and course of anorexia nervosa in the community. American Journal of Psychiatry, 164, 1259-1265.

- **2545 women from a Finnish twin registry**
- **DSM-IV anorexia nervosa = 2.2%**
- **55 cases of anorexia nervosa**
- **51 discordant twin pairs**
- **2 concordant twin pairs (both monozygotic)**
- **Overall concordance = $2/53 = 3.8\%$**

HOW THE FICTION THAT ANOREXIA NERVOSA IS GENETIC IS MAINTAINED

Mahon, P.B., Hildebrandt, T.B., & Burdick, K.E. (2017). *American Journal of Psychiatry*, 174, 821-822.

‘Anorexia nervosa is a chronic and often life-threatening illness with stable prevalence across cultures. Once described primarily as a disease with psychological underpinnings, it is now recognized as a biologically based, heritable syndrome.’

HOW THE FICTION THAT ANOREXIA NERVOSA IS GENETIC IS MAINTAINED

Duncan, L., et al. (2017). Significant locus and metabolic genetic correlations revealed in genome-wide association study of anorexia nervosa. *American Journal of Psychiatry*, 174, 850-858.

Yilmaz, Z., Hardaway, J.A., & Bulik, C.M. (2015). Genetics and epigenetics of eating disorders. *Advances in Genomics and Genetics*, 5, 131-150.

Mahon ----- Duncan ----- Yilmaz ----- Steinhausen

----- Kortegaard

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‘The heritability estimate for AN obtained from twin studies ranges from 0.48 to 0.74, meaning that up to 75% of phenotypic variation can be explained by additive genetic factors...’

‘The relative risk for AN susceptibility is elevated fourfold in family members of female probands...’

HOW THE FICTION THAT ANOREXIA NERVOSA IS GENETIC IS MAINTAINED

Steinhausen, H.-C., Jakobsen, H., Helenius, D., Munk-Jorgensen, P., & Strober, M. (2015). A nation-wide study of the family aggregation and risk factors in anorexia nervosa over three generations. *International Journal of Eating Disorders*, 48, 1-8.

	Relatives of 2370 Individuals With Anorexia Nervosa	Relatives of 7035 Individuals Without Anorexia Nervosa
Fathers	0	0
Mothers	4	0
Siblings	37	31
Offspring	4	3
Total	45 (1.9%)	36 (0.5%)

HOW THE FICTION THAT ANOREXIA NERVOSA IS GENETIC IS MAINTAINED

Steinhausen et al. (2015)

The rate of anorexia nervosa in the relatives of probands was $45/2037 = 0.022$, while the risk in control relatives was $36/7035 = 0.005$.

That is, the risk increased from half a percent to 2 percent, which is a relative risk of 4.0.

HOW THE FICTION THAT ANOREXIA NERVOSA IS GENETIC IS MAINTAINED

Kortegaard, L.S., Hoeder, K., Joergensen, J., Gillberg, C., & Kyvik, K.O. (2001). A preliminary population-based twin study of self-reported eating disorder. *Psychological Medicine*, 31, 361-365.

Sent questionnaires out to 34,142 Danish twins and got questionnaires back from 29,424.

Found anorexia nervosa in at least one member of 190 monozygotic female twin pairs and 248 dizygotic female twin pairs.

Using a narrow definition of anorexia nervosa, they found a concordance of 0.10 in monozygotic twins and 0.04 in dizygotic twin pairs, which would yield a heritability estimate of $[10\% - 4\% = 6\%] \times 2 = 12\%$.

MOTIVES FOR ANOREXIA IN SEXUAL ABUSE SURVIVORS

Phobias related to fellatio

Starving off secondary sex characteristics

Suicide by starvation

Punishment of other ego states

Suppression of menstruation

MOTIVES FOR ANOREXIA IN SEXUAL ABUSE SURVIVORS

Internal negotiation with other ego states

Re-enactment of childhood trauma

Cleansing the body

Maintaining an illusion of control

MOTIVES FOR BINGEING AND PURGING IN SEXUAL ABUSE SURVIVORS

Weight and body-image management

Purging the body of bad feelings

Mood state management

Filling up inner emptiness

Maintaining an illusion of control

Undoing fellatio and intercourse

MOTIVES FOR OBESITY IN SEXUAL ABUSE SURVIVORS

Make the body unattractive to perpetrators

Insulation between the self and outside world

To suppress promiscuous ego states

To fill up inner emptiness

To punish the self

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