# Problem

Changes in eating behavior is associated with depression in several ways (either increase or decrease in appetite)

# Relation with depression

Changes in eating behavior are a diagnostic criterium in 2 types of depression[[1]](#footnote-1):

* Premenstrual Dysphoric Disorder: the criterium is “Marked change in appetite; overeating; or specific food cravings.”
* Persistent Depressive Disorder: the criterium is “Poor apetite or overeating”

Major depressive episodes that occur in a seasonal pattern are often characterized by loss of energy, hypersomnia, overeating, weight gain, and a craving for carbohydrates.

Essentially all major nonmood disorders (i.e., anxiety, substance use, trauma and stressor-related, feeding and eating, and obsessive-compulsive and related disorders) increase the risk of an individual developing depression.

# Keyword origin

(?<![a-z0-9]) ?eating problem

(eat|food) .\* diarrhea

(eat|food) .\* vomitt?ing

(havenâ€™?'?t|have ?not) eaten (dinner|lunch) for

isnâ€™?'?t able to eat anything

wasnâ€™?'?t able to eat anything

compulsive snacking

a hard time eating

abnormal eating habits

acid reflux

addicted to fast food

addicted to sugar

always crave for food

always food craving

anorexia

anorexia nervosa

appetite has died

appetite is diminishing

appetite is off

appetite is sometimes lost

appetite lessens

appetite loss

appetite non-exist

appetite please come back

appetite reduce

appetite suppressant

appetite suppressed

ask for a dietitian

belch a lot

binge eat

binge eater

binge eating

bulimia nervosa

(canâ€™?'?t|can ?not) control my appetite

(canâ€™?'?t|can ?not) control my eating

(canâ€™?'?t|can ?not) stop eating

(canâ€™?'?t|can ?not) stop overeating

compulsive overeating

couldn'?t stop eating

decrease in appetite

decrease in my appetite

decreased appetite

depressed appetite

deserve to starve

destroy(ed)? appetite

diarrhea .\* (eat|food)

disordered eating

disordered eating behavior

disordered eating habits

(donâ€™?'?t|do ?not) have appetite

(donâ€™?'?t|do ?not) want to eat

dyspepsia

eat a large amount

eat in secret

eat.{0,15} full very quickly

eating .\* sick

eating a large amount

eating disorder

eating in secret

eating issue

eating makes me feel so bad

ed behavior

excess food consumed

excessive appetite

extreme food restriction

fast food addiction

fear of choking

fear of gaining weight

feel .{0,15}awful .{0,15}to eat

flatulence

food controls my life

full very quickly .{0,15} eat

guilty after eating

hate eating

have a binge

have ed .{0,15}

have no appetite

(havenâ€™?'?t|have ?not) had any appetite

indigestion

issue.{1,15} with .{1,15} eating

killed (\w+ )?appetite

lack of ap?petite

lack of interest in food

lack(ed)? an? appetite

lose a bit of my appetite

lose( my)? ap?petite

lose control over \*eating

losing my appetite

loss of appetite

lost (\w+ )?appetite

loss all of my appetite

low appetite

my appetite just (donâ€™?'?t|do ?not) ease off

my appetite just (wonâ€™?'?t|will ?not) ease off

never feel hungry

never feel starving

never have an? appetite

no ap?petite

non[- ]existent appetite

not able to eat anything

not eat very much at all

not eating due to an illness

not much of an appetite

obsessed with diet

obsessed with eating

obsessed with food

obsessed with my weigh

on a massive binge

over ?eat(ing)?

over ?weight

poor appetite

poor diet

prader[- ]willi syndrome

preocc?upation with food

record my weight every morning

reduced appetite

reflux disease

sick .\* eating

struggl(e|ing) with food

struggle to eat

struggle with anorexia

struggled with anorexia

struggling with anorexia

struggle with eating

struggling to eat

stuck in .{0,15}binge purge cycle

sugar addiction

suppress.{0,10} appetite

suppressed appetite

throw up my meals

too food craving

try to not eat

uncomfortable after eating

upset stomach

very little appetite

vomitt?ing .\* (eat|food)

worse appetite

wrong with appetite

zero appetite

1. Diagnostic and Statistical Manual of Mental Disorders, 5th edition. <https://dsm.psychiatryonline.org/doi/book/10.1176/appi.books.9780890425596> [↑](#footnote-ref-1)