

```

{
  "disease": "Bulimia Nervosa",
  "symptoms": [
    {
      "symptom": "Binging",
      "communicationEnglish": [
        "I eat a lot of food in a short time, more than what most people
would eat",
        "Binging episodes are a common occurrence for me",
        "I eat a lot of food in a short time, more than what most
people would eat",
        "Binging episodes are a common occurrence for me",
        "I just can't seem to stop myself when I start eating",
        "I often feel out of control when it comes to food",
        "It's like I'm on autopilot when I binge",
        "I eat until I feel physically uncomfortable",
        "After I start eating, I find it hard to stop",
        "I consume large amounts of food in one sitting",
        "My binging feels impulsive and compulsive",
        "I eat even when I'm not hungry",
        "I experience guilt and shame after a binge",
        "Binging provides temporary relief from emotional distress",
        "I hide or hoard food for my binging episodes",
        "Binging feels like a way to escape from my problems temporarily",
        "I eat rapidly during a binge",
        "I feel a sense of numbness or dissociation while bingeing",
        "Even though I know it's harmful, I can't resist the urge to binge",
        "My binging feels like a release from stress or tension",
        "I feel disgusted with myself after a binge",
        "I use food as a way to cope with difficult emotions",
        "I feel a sense of emptiness or loneliness before I start bingeing",
        "I try to hide my bingeing from others"
      ]
    }
  ],
  {
    "symptom": "Preoccupation with weight control",
    "communicationEnglish": [
      "I am always thinking of ways to reduce or maintain my weight",
      "Weight control is a persistent concern for me",
      "I'm always trying to watch what I eat",
      "I constantly worry about gaining weight",
      "I feel pressure to maintain a certain weight or size",
      "I'm obsessed with counting calories",
      "I avoid certain foods because I'm afraid they'll make me gain
weight",
      "I weigh myself multiple times a day",
      "I feel guilty if I eat something 'unhealthy'",
      "I'm always on some kind of diet or weight loss plan",
      "I compare my body to others constantly",

```

```

        "I feel like my worth is tied to my weight",
        "I'm constantly trying to find ways to burn more calories",
        "I feel anxious if I can't exercise",
        "I'm afraid of losing control over my weight",
        "I'm always thinking about my next meal",
        "I feel like I have to earn my food through exercise",
        "I'm always looking for ways to 'cheat' on my diet",
        "I feel like I'll never be thin enough",
        "I avoid social situations involving food",
        "I feel like I'm never satisfied with my body",
        "I'm always checking my reflection for signs of weight gain"
    ]
},
{
    "symptom": "Preoccupation with body shape and weight",
    "communicationEnglish": [
        "I am always thinking about my body shape and weight",
        "Body shape and weight are constant preoccupations for me",
        "I'm obsessed with how my body looks",
        "I constantly compare myself to others",
        "I feel like my body is never good enough",
        "I'm always checking myself in mirrors",
        "I'm afraid of gaining weight",
        "I feel ashamed of my body",
        "I'm always trying to suck in my stomach",
        "I feel like everyone is judging my appearance",
        "I avoid wearing certain clothes because they make me feel fat",
        "I'm constantly thinking about going on a diet",
        "I feel like I have to be thin to be loved",
        "I'm always trying to hide my 'problem areas'",
        "I feel like my worth is tied to my appearance",
        "I'm afraid of being seen in a swimsuit",
        "I feel self-conscious about eating in public",
        "I'm always checking my weight",
        "I'm afraid people will think I'm lazy if I gain weight",
        "I feel like my body is betraying me",
        "I'm always trying to camouflage my body",
        "I feel like I'll never be happy until I'm thin"
    ]
},
{
    "symptom": "Associated physiological disturbances due to repeated
vomiting",
    "communicationEnglish": [
        "I have bodily problems due to repeated vomiting",
        "Physiological disturbances arise from the frequent act of
vomiting",
        "I experience frequent headaches",
        "I have problems with my teeth due to vomiting",
        "I often feel weak and tired",

```

```

        "I have sores in my mouth from vomiting",
        "I get dizzy spells frequently",
        "I have irregular periods",
        "I experience acid reflux",
        "I have swollen glands",
        "I often have stomach pain",
        "I suffer from dehydration",
        "I have calluses on my knuckles from induced vomiting",
        "I have bad breath",
        "I experience chest pain",
        "I have difficulty swallowing",
        "I suffer from electrolyte imbalances",
        "I have a sore throat",
        "I experience frequent heartburn",
        "I have broken blood vessels in my eyes",
        "I suffer from chronic fatigue",
        "I experience hair loss"
    ]
},
{
    "symptom": "Specific Compensatory behaviours",
    "communicationEnglish": [
        "I try to balance my overeating by inducing vomiting",
        "I induce diarrhea frequently to reduce my weight",
        "Use of purgatives is a part of my compensatory behaviors",
        "I exercise excessively to burn calories",
        "I take laxatives to lose weight",
        "I fast for long periods to compensate for overeating",
        "I skip meals as a way to control my weight",
        "I chew and spit out food to avoid swallowing calories",
        "I use diuretics to reduce water weight",
        "I engage in extreme dieting",
        "I avoid social situations involving food",
        "I constantly monitor my food intake",
        "I purge after eating to avoid weight gain",
        "I restrict my food intake severely",
        "I use enemas to cleanse my system",
        "I avoid eating altogether to maintain my weight",
        "I use diet pills to suppress my appetite",
        "I follow strict food rules to control my weight",
        "I weigh myself multiple times a day",
        "I drink excessive amounts of water to feel full",
        "I only eat certain 'safe' foods",
        "I induce vomiting to get rid of calories",
        "I constantly worry about burning off what I eat"
    ]
},
{
    "symptom": "Vomiting",
    "communicationEnglish": [

```

```

    "Inducing vomiting is a specific behavior I engage in",
    "Vomiting is a compensatory mechanism I use after overeating",
    "I feel a sense of relief after vomiting",
    "I often feel nauseous before I vomit",
    "I can't stop myself from vomiting once I start",
    "I have bloodshot eyes after vomiting",
    "I experience chest pain after vomiting",
    "I feel ashamed of my vomiting",
    "I sometimes vomit without meaning to",
    "I have calluses on my fingers from inducing vomiting",
    "I feel like vomiting is the only way to control my weight",
    "I try to hide my vomiting from others",
    "I feel guilty after vomiting",
    "I'm afraid of the long-term effects of vomiting",
    "I sometimes vomit blood",
    "I feel out of control when I vomit",
    "I have a sore throat from vomiting",
    "I often gag before I vomit",
    "I'm embarrassed by my vomiting",
    "I feel disgusted with myself after vomiting",
    "I worry about others hearing me vomit",
    "I feel like vomiting is my only option to feel better"
  ]
},
{
  "symptom": "Use of purgatives",
  "communicationEnglish": [
    "I use purgatives as part of my weight control efforts",
    "Purgative use is one of my compensatory behaviors",
    "I feel a sense of relief after taking purgatives",
    "I experience stomach cramps after taking purgatives",
    "I'm afraid of becoming dependent on purgatives",
    "I feel guilty after taking purgatives",
    "I worry about the damage purgatives are doing to my body",
    "I feel bloated before taking purgatives",
    "I often feel nauseous after taking purgatives",
    "I'm afraid of the long-term consequences of purgative use",
    "I hide my purgative use from others",
    "I sometimes abuse purgatives",
    "I feel ashamed of needing purgatives to control my weight",
    "I'm afraid of purgatives not working",
    "I sometimes overdose on purgatives",
    "I have to take increasing amounts of purgatives to get the same
effect",
    "I'm constantly thinking about when I can take purgatives next",
    "I feel anxious if I can't access purgatives",
    "I feel disgusted with myself after taking purgatives",
    "I worry about the damage purgatives are doing to my organs",
    "I feel like purgatives are my only option to control my weight",
    "I often feel weak and shaky after taking purgatives"
  ]
}

```

```

    ]
  },
  {
    "symptom": "Sleep disturbance",
    "communicationEnglish": [
      "I have sleep disturbances",
      "My eating habits and concerns impact my sleep",
      "I have trouble falling asleep at night",
      "I wake up frequently during the night",
      "I have nightmares about food or weight",
      "I feel restless when I try to sleep",
      "I toss and turn all night",
      "I wake up feeling tired and unrefreshed",
      "I have trouble staying asleep",
      "I feel anxious when I think about sleeping",
      "I have racing thoughts when I try to sleep",
      "I wake up early in the morning and can't go back to sleep",
      "I have trouble concentrating during the day because of my poor
sleep",
      "I feel irritable and moody due to lack of sleep",
      "I feel fatigued during the day because of my disrupted sleep",
      "I rely on sleeping pills to fall asleep",
      "I feel afraid of going to sleep",
      "I have vivid dreams that wake me up",
      "I feel exhausted all the time because of my sleep problems",
      "I feel like my sleep is never restful",
      "I have trouble functioning during the day because of my sleep
disturbances",
      "I feel like my eating habits are affecting my ability to sleep"
    ]
  }
]
}

```